

Hood River Mental Health Resources During COVID-19

Organization	Services during COVID19
Oregon Department of Human Services	Available through office phone lines for food stamps, Medicaid insurance, child welfare, and unemployment. Call (541) 386-3199 . Open M-F 8-5
Alcoholics Anonymous	https://www.gorgeaa.org/ Online schedule for women and men meetings Zoom meetings offered 7 days/week AA Hotline 1-833-423-3863 (1-833-HAD ENUF)
Narcotics Anonymous	https://www.gorgeaa.org/ Online schedule for meetings Call (800) 429-7690
Community Action Program	Gorge Outreach offers Hotel vouchers For referral call 971-238-4438
Mid-Columbia Housing Authority	Bridges to Health Pathways Community Health Workers are assisting with housing/Section 8. Available via phone or email, no in person visits. Call 541.296.5462 Email: info@mid-columbiahousingauthority.org Website: https://www.mid-columbiahousingauthority.org/
The Next Door	FREE Mental Health Crisis Line: 541-308-7110 M-F 9-5pm. Until June 1st. Zoom & Teams Available. Offering ongoing mental and behavioral health services for youth and families with OHP, also have therapists who specialize in work with youth and substance use disorder.
Mid- Columbia Center for Living	FREE Warm Line (Hood River specific) for non-crisis support specifically for Children and Families Call 541-386-2620 Tues 1-3pm (English only) Fri 9-11 am (English and Spanish) 24 Hour Crisis Line 1-888-877-9147
Helping Hands Against Violence	Local hotline 541-386-6603 National Domestic Violence Hotline: 1-800-799-7233 Email: advocate@helpinghandsoregon.org Offering most shelter services & telecommunication
One Community Health (Hood River and The Dalles)	FREE phone or video Telehealth for patients. Addressing stress, health behaviors, mental health, and substance use. New patients can establish care after counseling. Call or text "#talk2020" to schedule at 541-386-6380 M-F 8-5:30

Providence Gorge Counseling and Treatment Services	Call 541-387-6138 . Offer Telehealth. We have staff on-call 24/7 for crisis intervention .
Private Therapists in The Gorge	Website: therapyinthegorge.com Search therapist by location and insurance. Website is up to date on which therapists provide Telehealth with video (most offer tele-counseling via phone), and who is accepting new patients.
Northshore Medical Group	Tessa Wallace, LCSW--all payors Kim Thomson, LCSW--all payors Emily Mysogland, MSW--Medicaid only Karin Guertin, MSW--Medicaid only All are doing telehealth, all currently taking new patients. Call 509-493-2133

Other possible links to include on website:

Constructivist Listening partnerships by Nanci Luna Jimenez and sponsored by The Next Door
<https://ljist.com/event/healing-together-virtual-gathering-healthcare-workers/>

Mental health resources for community <https://gorgelove.org>

For seniors and people with disabilities

- <https://www.adrcforegon.org/consite/index.php~>

- The Circles of Care, encourages community members to create groups of 3-5 people that will check in on each other: "The Circles of Care program connects older adults in TD and Mosier to volunteers who help with supportive services. Due to Covid-19 our volunteers are currently only supporting older adults with friendly check-ins over the phone and grocery shopping support/delivery. We do not have caregivers in our program. That being said, if you have any older adults that you work with who might benefit from the services our volunteers are providing at this time, please feel free to refer them."

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