



NAMI

Lane County

National Alliance on Mental Illness

NAMI PROGRAMS, CLASSES, SUPPORT GROUPS, & OTHER COMMUNITY RESOURCES

updated 5/10/17

CRISIS INTERVENTION

White Bird Crisis Line – 541-687-4000

Veterans Crisis Line – 1-800-273-8255, press 1

CAHOOTS in Eugene – 541-682-5111 (Eugene Police non-emergency line. Operates 24 hours in Eugene.)

CAHOOTS in Springfield – 541-726-3714 (Springfield Police non-emergency line. Operates Noon-11:30 PM in Springfield.)

Womenspace Crisis Line – 541-485-6513 (Womenspace office, 541-485-8232)

Sexual Assault Crisis Line (SASS) – 541-343-7277; 800-788-4727

NAMI PEER SUPPORT GROUPS, CLASSES & PROGRAMS

Eugene-Springfield

NAMI Family to Family Support Group (for graduates of F2F Class) 1st Thursday of every month at 7 PM. LCBHS 2411 Martin Luther King, Jr. Blvd. 2nd Floor Conference Room.

NAMI Friends and Family Support Group

2nd, 3rd, 4th and 5th Thursdays at 7-8:30 PM. NAMI Resource Center, 2411 Martin Luther King Jr. Blvd.

NAMI Family to Family Class

The next 12 week class begins September 5, - November 21, 2017, 6:30-9 PM, LCBHS Room 198. Call the Resource Center for information and to be placed on the sign-up list.

NAMI Peer to Peer Education Course

An education program focused on mental health, wellness and recovery for anyone experiencing a mental health challenge. Call the Resource Center (541-343-7688) for information and to be placed on the sign-up list.

NAMI Mindfulness Group

Thursdays, 4-5 PM, NAMI Resource Center. Free, no registration. Marty Parrill, facilitator. Call 541-520-3096, or email mparrill@aol.com for more information.

Out 'n Abouters NAMI Weekly Bingo

Fridays at 3:30 PM, Shepard Apartments, 938 Jefferson St., Eugene.

NAMI Connections Group-Mental Health Peer Support Group

Thursdays, 1-2:30 PM at the NAMI Resource Center, 2411 Martin Luther King Jr. Blvd, Eugene.

University of Oregon

NAMI Campus Connection—Mental Health Support Group

Tuesdays from 6-7:30 PM. Summer Location: Lillis Bldg., 955 E 13th Ave. (13th & Kincaid Streets) Peterson Hall, Room 105. School Year Location: HEDCO Education Bldg., 1655 Alder Street (17th & Alder), Room 144.

Cottage Grove

NAMI Connection—Mental Health Support Group

Fridays from 1:30-3:00 PM, Healing Matrix, 632 Main St.

NAMI Friends and Family Support Group

2nd and last Mondays, 7-8 PM, Healing Matrix, 632 Main St.

NAMI Friendship Group

Thursdays, 10 AM, Jack Sprats, 510 E. Main St.

Florence

NAMI Friends & Family Support Group

4th Thursday every month from 6-8 PM, 1720 34th St. For information call Monica Kosman, 541-902-8308.

NAMI Connection—Mental Health Support Group

Every Wednesday, 6:30 – 8 PM, New Winds Apartments Community Room, 750 Laurel St., Florence. (Park on street.)

Family to Family Class

For information and to sign up for future classes, call or email Monica Kosman at 541-902-8308 or monistar@aol.com.

Veterans

NAMI Veteran & Family Connection Support Night

Every **FIRST** Wednesday, 6-8 PM, Boy Scouts of America Oregon Trail Council – 2525 Martin Luther King Blvd., Eugene. Pizza and beverages free for vets and families. Games and activities available for kids.

NAMI Events

NAMI Resource Center will be closed Monday, May 29, 2017 for **Memorial Day** and July 3 & 4, 2017 for Independence Day.

Outrun the Stigma NAMI Lane County Walk - - Alton Baker Park – **Sunday, June 11, 2017 – 10am-2pm**. Please call 541-343-7688 for information

ADDITIONAL COMMUNITY SUPPORT GROUPS

DBSA (Depression/Bipolar Support Alliance Group)

2nd and 4th Mondays from 7-8:30 PM. First United Methodist Church, 1376 Olive St., Eugene. Contact Cynthia at 541-632-3173. Email moonlightsea@me.com.

Eugene Dual Diagnosis Anonymous

(Mental illness and drug addiction) Tuesday from 1-2pm and Thursdays from 2-3pm, Laurel Hill Center (LHC), 2145 Centennial Plaza, Eugene, call 541-485-6340 for information.

Trans*Ponder

Monthly community support groups and social gathering for trans-identified and gender-questioning folks on the 1st and 2nd Saturdays of every month. For meeting times and location details contact transponder.eugene@gmail.com.

BRAIN INJURY SUPPORT

BIG (Brain Injury Group)

Tuesdays 11 AM-1 PM Hilyard Community Center, 2580 Hilyard Avenue, Eugene. Contact Curtis Brown, 541-998-3951, bccbrown@gmail.com.

Community Rehabilitation Services of Oregon Support Group

3rd Tuesday in Jan., May, Sept. and Nov., last Tuesday in March, 7-8:30 PM, St. Thomas Episcopal Church, 1465 Coburg Rd., Eugene. Contact Jan Johnson 541-342-1980, admin@communityrehab.org.

Head Bangers – Potluck Social

3rd Tuesday, Apr., June, July, Aug., Oct., Nov. from 6:30-8:30 PM. Monte Loma Mobile Home Rec Center, 2150 Laura St., Springfield. Contact Jan Johnson, 541-342-1980 or admin@communityrehab.org.

ADVOCACY Lane County Consumer Advocacy Council

4th Tuesday from 1-3 PM. LCBHS, 2411 Martin Luther King, Jr. Blvd., Rm. 198 Eugene.

MENTAL HEALTH SERVICES

Lane County Behavioral Health Services – 541-682-3608

LCBHS encompasses a broad array of services and programs, including commitment information, foster home resources, and children's services.

PeaceHealth Behavioral Health Services – 458-205-7100

University District, 770 E. 11th Ave., Eugene. Intensive Outpatient and Partial Hospitalization programs for adults 18 and over. www.peacehealth.org for more information.

White Bird Clinic – 541-342-8255

Low Cost Medical & Dental Clinics; Chrysalis Drug Treatment, Alcohol & Drug Counseling; Homeless Health Care (Physical & Behavioral Health); many more services.

Volunteers in Medicine Behavioral Health Services – 541-

685-1800. Access to mental health care for low-income adults including diagnostic services, counseling, and medication. 2260 Marcola Rd., Springfield.

ORGANIZATIONS PROVIDING SUPPORT FOR PERSONS WITH MENTAL HEALTH ISSUES

Early Assessment and Support Alliance (EASA) – 458-205-

7074. Help to identify, support, and refer for care young people (15-25) whose symptoms are consistent with the onset of a psychotic illness such as schizophrenia or bipolar disorder.

Laurel Hill Center – 541-485-6340. Provides a wide variety of

services and housing for persons experiencing severe mental health issues. www.laurel.org for more information. 2145 Centennial Plaza, Eugene.

LILA (Lane Independent Living Alliance) –541-607-7020.,

Main office for all disability services, 20 E. 13th Avenue. Eugene. 10 AM-4 PM, Monday-Friday. e-mail:

lila@lilaoregon.org.

Oregon Family Support Network (OFSN) - 541-342-2876.

For families of children with emotional, behavioral, or mental health needs. 72A Centennial Loop, Suite 150.

Sexual Assault Support Services (SASS) - 541-484-9791.

24 hour support, 541-343-7277. Advocacy and support for past and present survivors (male and female) of sexual assault. 591 W. 19th Ave., Eugene.

COUNSELING

Center for Community Counseling – 541-344-0620

1465 Coburg Rd., Suite 1, Eugene. Non-profit providing affordable counseling.

Center for Family Development – 541-342-8437

261 E. 12th Ave., Eugene. Arrive M-Th, 9am to get a first come, first serve, afternoon appointment. Dedicated to supporting family relationships. Mental health and substance abuse treatment. Mid-Sept. to June sessions

Options Counseling and Family Services – 541-687-6983

1255 Pearl St., #102, Eugene. Non-profit. Individual and group therapy for children, adolescents, adults, and families; Oregon Health Plan, health insurance and private pay.

Northwest Christian University Counseling Center – 541-349-

7471. Individual counseling sessions \$5.00. Call for appt.

Hourglass Community Crisis Center – 541-505-8426 Short-

Term Crisis Assessment & Stabilization Services.

Cascade Behavioral Health – 541-345-2800. Counseling

services with the goal of promoting resilience and wellness for older adults. Medicare and Medicaid referrals accepted. 2650 Suzanne Way, Suite 120, Eugene.

SPANISH LANGUAGE COUNSELING

Centro Latino Americano – 541-687-2667

944 W. 5th Ave., Eugene. Community Mental Health, family, individual, drug/alcohol counseling and youth mentorship Medicaid, uninsured, sliding scale. info@centrolatinoamericano.org

Madrone Mental Health Services – 541-210-8090

150 Shelton McMurphy Blvd., Ste. 101, Eugene. Spanish speaking outpatient behavioral and mental health program. Private pay and OHP.

OTHER COMMUNITY RESOURCES

Housing Agencies

ShelterCare – 541-686-1262

St. Vincent DePaul – 541-485-9759

Halfway House Services – 541-343-5831

Lane Co. Central Housing Wait List – lanewaitlist@gmail.com

Various

Food for Lane County – 541-343-2822

Eugene Mission – 541-344-3251

Lane Transit (LTD) (Bus) – 541-687-5555

RideSource (LTD) – 541-682-5566. Origin-to-destination transportation for people who are unable to use the bus due to a disability. Call to apply for ADA approval letter.