



NAMI

Lane County

National Alliance on Mental Illness

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

updated 9/18/17

CRISIS INTERVENTION

White Bird Crisis Line – 541-687-4000

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

Hourglass Community Crisis Center—541-505-8426

CAHOOTS in Eugene – 541-682-5111 (Eugene Police non-emergency line. Operates 11 AM-3AM 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 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 January 2018, evenings from 6:30 to 9 PM, LCBHS Room 198. Call the Resource Center for information and to be placed on the sign-up list.

NAMI Connection Group-Mental Health Peer Support Group

Thursdays 1 to 2:30 PM at the 2411 Martin Luther King Jr. Blvd, Eugene, Room 198

NAMI Mindfulness Group

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

NAMI Family to Family Class

The next 12 week class begins January 9th, 2018, 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

This 10-week class occurs throughout the year. Call the Resource Center (541-343-7688) for class or teacher information or to be placed on the sign-up list.

NAMI Homefront

This 6-week class begins Wednesday, October 18th, 6:30-9 PM. Call the Resource Center (541-343-7688) to register

University of Oregon

NAMI Campus Connection—Mental Health Support Group
Tuesdays 6pm to 7:30pm Lillis Bldg., 955 E 13th Ave. (13th & Kincaid Streets) Peterson Hall, Room 105.

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 4th 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 Pizza Night

Every fourth Wednesday, 6-8 PM, Boy Scouts of America Oregon Trail Council Bldg, 2525 MLK Jr. Blvd. Pizza and beverages free for vets and families.

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) Mondays and Thursdays from 2-3 PM, Laurel Hill Center (LHC), 2145 Centennial Plaza, Eugene, contact Tina at 541-485-6340.

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.

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.

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.

Willamette Family - 541-762-4300 195 W. 12th Ave. Same-

day treatment services for mental health and drug/alcohol abuse as well as individual and group counseling and medication titration. They take OHP and other insurance.

ORGANIZATIONS PROVIDING SUPPORT FOR PERSONS WITH MENTAL HEALTH ISSUES

Early Assessment and Support Alliance (EASA) – 541-682-

7561. 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.

Peer Support Club, 990 Oak St., Eugene. Main office for all disability services, 20 E. 13th Avenue. Eugene. 10 AM-4 PM, Monday-Friday. e-mail: lila@lilaoregon.org; www.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.

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

Main Office: 1258 High Street, Eugene. Dedicated to supporting family relationships. Mental health and substance abuse treatment.

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.

Cascade Behavioral Health – 541-345-2800.

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

Willamette Family - 541-762-4300 195 W. 12th Ave. Same-

day treatment services for mental health and drug/alcohol abuse as well as individual and group counseling and medication titration. They take OHP and other insurance.

SPANISH LANGUAGE COUNSELING

Centro Latino Americano – 541-687-2667

944 W. 5th Ave., Eugene. Community Mental Health, family and individual counseling. 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.