<table>
<thead>
<tr>
<th>Name of Agency (include address)</th>
<th>Contact (phone and website if applicable)</th>
<th>Clientele Served (Individual, family, couples, children, drug and alcohol issues, special classes, etc)</th>
<th>Costs/Insurance (Flat rate or sliding scale, if sliding what is the range, OHP accepted? Other insurance?)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bethel School District Mental Health Services Eugene, OR</td>
<td>(541)-607-1498 N/A</td>
<td>(Bethel district students only)</td>
<td>All insurances, including OHP.</td>
</tr>
<tr>
<td>Center for Community Counseling 1465 Coburg Road Eugene, OR 97401</td>
<td>(541)-344-0620 <a href="http://www.cceuegene.org">www.cceuegene.org</a></td>
<td>Individual counseling for adults 18 or older.</td>
<td>Sliding scale from $1-$53 dollars, no insurance or medical cards accepted.</td>
</tr>
<tr>
<td>Center for Family Development 1258 High Street Eugene, OR 97401</td>
<td>(541)-342-8437 <a href="http://www.c-f-d.org">www.c-f-d.org</a></td>
<td>Openings only for families or couples.</td>
<td>Sliding scale $1.00-$52.00 depending on income and dependents.</td>
</tr>
<tr>
<td>Center for Family Therapy HEDCO Clinic 1655 Alder St. Ste. 170 Eugene, OR</td>
<td>(541)-346-0923 <a href="https://education.uoregon.edu/hedco-clinic">https://education.uoregon.edu/hedco-clinic</a></td>
<td>Families, couples, individuals.</td>
<td>Sliding fee scale $15-100/hr. Based on Annual income.</td>
</tr>
<tr>
<td>Child &amp; Family Center 195 W. 12th Avenue Eugene, OR</td>
<td>(541)-346-4805 cfc.uoregon.edu</td>
<td>Family-centered counseling. No individual or couples counseling.</td>
<td>Sliding scale. $0-$50.00/hr. Depending income and family size.</td>
</tr>
<tr>
<td>Direction Service Counseling Center 576 Olive Street, Ste. 107 Eugene, OR 97401</td>
<td>(541)-344-7303 <a href="http://www.directionservice.org/">http://www.directionservice.org/</a></td>
<td>Adults, children, and adolescents.</td>
<td>Accept OHP. $175.00/intake and $140.00/visit.</td>
</tr>
<tr>
<td>Eugene Therapy Hult Plaza Building 401 East 10th Avenue Suite 330 (3rd Floor) Eugene, OR 97401</td>
<td>(541)-868-2004 <a href="mailto:info@eugenetherapy.com">info@eugenetherapy.com</a></td>
<td>We have therapists in our office that work with individuals, couples, families, and children.</td>
<td>We accept different insurances. Sliding scale from $20 to $65 based on financial need.</td>
</tr>
<tr>
<td>Lane County Mental Health Services 2411 MLK Jr. Blvd.</td>
<td>(541)-682-3608 N/A</td>
<td>Adults</td>
<td>Accept OHP. If meet criteria.</td>
</tr>
<tr>
<td>Looking Glass Counseling Program 20 E. 13th Avenue Eugene, OR</td>
<td>(541)-484-4428 <a href="http://www.lookingglass.us">www.lookingglass.us</a></td>
<td>Children, families, adults, adolescents (up to 21 years old, drug and alcohol).</td>
<td>Some Masters level interns: $10/hr if available. Sliding scale-call in. OHP or insurance.</td>
</tr>
<tr>
<td>National Suicide Prevention Lifeline N/A</td>
<td>1-(800)-273-8255</td>
<td>Children, families, adults, adolescents.</td>
<td>N/A, no cost.</td>
</tr>
<tr>
<td>Northwest Christian University 755 E. 11th Avenue Eugene, OR</td>
<td>(541)-349-7471 <a href="http://www.nwcu.edu">www.nwcu.edu</a></td>
<td>Not necessarily have to be a Christian to gain access.</td>
<td>Sliding scale. Intern therapists. 1st appt. fee, $5.00/session.</td>
</tr>
<tr>
<td>Options 1255 Pearl Street Eugene, OR</td>
<td>(541)-687-6983 <a href="http://www.options.org">www.options.org</a></td>
<td>Adults, families, couples counseling.</td>
<td>OHP, insurance, out of pocket $121/hr or $194/hr for PMHNP. Sliding scale</td>
</tr>
<tr>
<td>Oregon Social Learning Center 1170 Pearl St. Eugene, OR</td>
<td>(541)-541-743-4340 <a href="http://www.oslccp.org">www.oslccp.org</a></td>
<td>Counseling &amp; crisis services for South Lane County.</td>
<td>OHP, no private insurance.</td>
</tr>
<tr>
<td>PeaceHealth Counseling Services 1525 12th St. Suite 22 Florence, OR</td>
<td>(541)-902-6085 <a href="http://www.peacehealth.org">www.peacehealth.org</a></td>
<td>Individuals, adults, adolescent, and couples.</td>
<td>All insurances including OHP.</td>
</tr>
</tbody>
</table>
### Counseling Referral Agencies - Lane County

<table>
<thead>
<tr>
<th>Agency</th>
<th>Location</th>
<th>Contact Information</th>
<th>Services Provided</th>
<th>Insurance Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>South Lane Mental Health</td>
<td>Cottage Grove, OR 97424</td>
<td>(541)-942-3939, <a href="http://www.slmh.org">www.slmh.org</a></td>
<td>Individuals, adults, adolescent, and couples.</td>
<td>OHP, no private insurance.</td>
</tr>
<tr>
<td>University of Oregon Counseling</td>
<td>Eugene, OR</td>
<td>(541)-346-4954, N/A</td>
<td>Individual and couples. With some group options.</td>
<td>Sliding scale $10.00-$50.00.</td>
</tr>
<tr>
<td>Vet Center</td>
<td>Eugene, OR</td>
<td>(541)-465-6918</td>
<td>Combat veterans; also offers MST services.</td>
<td>N/A, no cost.</td>
</tr>
<tr>
<td>Volunteers in Medicine Clinic</td>
<td>Eugene, OR</td>
<td>(541)-685-1800, <a href="http://www.vim-clinic.org">www.vim-clinic.org</a></td>
<td>Individuals and families.</td>
<td>Individuals and families Not eligible for Oregon Health Plan (OHP), Medicare, and Medicaid.</td>
</tr>
<tr>
<td>White Bird Counseling</td>
<td>Eugene, OR</td>
<td>(541)-342-8255, <a href="http://www.whitebird.org">www.whitebird.org</a></td>
<td>Homeless “path program” openings</td>
<td>OHP openings, sliding scale Immediate intake with crisis counseling 24/7.</td>
</tr>
<tr>
<td>Willamette Family</td>
<td>Eugene, OR</td>
<td>(541)-343-2993</td>
<td>Women and children.</td>
<td>OHP, sliding scale for low income individuals.</td>
</tr>
<tr>
<td>4J School-Based Health Centers</td>
<td>Eugene, OR</td>
<td>Churchill (541)-790-5227, N. Eugene (541)-790-4445, Sheldon (541)-790-6644, S. Eugene (541)-790-8020</td>
<td>Residents of 4J area, including siblings under 19.</td>
<td>Free to 4J students</td>
</tr>
</tbody>
</table>

**Questions to ask the agency or your counselor:**
- What type of services do you offer?
- What is the cost for services? Do you accept insurance?
- How can I arrange an intake appointment?
- How long between the intake and when I will be assigned a counselor?
- What are my privacy rights?

**Crisis Contacts:**
- 911: (Imminent danger to self or others)
- RAINN: 800-656-4673 (Rape, Abuse, & Incest, National Network)
- Mental Health Crisis Response Program: 1-888-989-9990 (for parents of children through age 18)
- SASS: 541-343-7277 (Sexual Assault Support Services)
- Womenspace: 541.485.6513 (Domestic Violence)
- White Bird: (541) 687-4000; 1-800-422-7558 (24-hour local crisis line)
- Looking Glass Youth Crisis Line: (541) 689-3111.
- National Suicide Prevention Lifeline: 1-800-273-8255.
- Trevor Lifeline: 1-866-488-7386 (for LGBTQ youth)
- Veterans Crisis Line: 1-800-273-8225
- University of Oregon’s Domestic Violence Clinic: 541-346 - 8619 or email kmlynski@uoregon.edu.