**Douglas County Mental Health Services Resource List**

**Clinics that offer a variety of counseling and medication management services:**

* **Compass Behavioral Health**
	+ Offers therapy and medication management services
		- 621 W. Madrone, Roseburg, Or
		- 541-440-3532
		- 24 hour crisis line: 800-866-9780 (available to anyone)
		- https://adaptoregon.org/services/mental-health-care/adult-services/
* **Cow Creek Health and Wellness Center**
	+ Offers therapy and teletherapy in their Roseburg and Canyonville locations. Two psychiatrists on staff for medication management, if needed. Serves tribal and nontribal members.
	+ ***Roseburg Location***
		- 2371 NE Stephens St. Roseburg, OR, 97470
		- 541-672-8533
	+ ***Canyonville Location***
		- 480 Wartahoo Lane, Canyonville, OR 97417
		- 541-839-1345
* **Valley View Counseling**
	+ Offers therapy services
		- 1652 NW Hughwood Court, Roseburg, OR 97417
		- 541-673-3985
		- https://www.valleyviewcounseling.com
* **Roseburg Therapy**
	+ Offers therapy services
		- 272 NW Medical Loop, Suite E, Roseburg, Oregon, 97471
		- Call 541-900-4285**.**
		- https://www.roseburgtherapy.com/
* **Second Wind Wellness Center**
	+ Offers therapy and medication management services
		- 11 SW Brantley Dr, Winston OR 97496
		- 541-679-0366
		- Secondwindmentalhealth.com
* **Mill Street Psychiatric**
	+ Offers medication management services
		- 1404 SE Mill Street Roseburg OR 97470
		- 541-492-1340
		- millstreetpsy@gmail.com

**Private Practice Therapists (not exhaustive)**

* + Roger Kennedy, MA NCC, LPC Intern
	+ 1652 NW Hughwood
		- Roseburg OR 97471
		- 541-673-3985 ext 202
		- Roger.kennedy@valleyviewcounseling .com
	+ Jessica Brake, LPC
	+ 2233 W Harvard Blvd
		- Roseburg, OR 97470
		- 541-670-2264
		- <https://jessicabrake.wixsite.com/therapy>
	+ *Patricia Wafer, LCSW*
	+ 753 S.E. Main Street Suite 104 Roseburg OR
		- 541-784-6935
		- Email: pat@patriciawaferlcsw.com
	+ *Jessica Hansen, LPC*
	+ 1490 NW Valley View Dr. Suite 2
		- 541-375-0314
		- <http://www.jessicahansenlpc.com/>
		- Email: JessicaHansen.LPC@gmail.com
	+ Nancy Armand, LMFT
	+ 2233 West Harvard Avenue, Roseburg, OR 97471
		- 541-671-8137
		- N51armand@yahoo.com
* See here for psychology today’s list of therapists in Roseburg Oregon: <https://www.psychologytoday.com/us/therapists/or/roseburg>
* **Primary Care Clinics that have Mental Health Services, in addition to primary care** (Require referral from primary care doctor):
	+ **Umpqua Community Health Center**
	+ *Roseburg location:*
	+ 150 NE Kenneth Ford Dr. Roseburg
		- 541-672-9596
	+ *Myrtle Creek location:*
	+ 790 S. Main St. Myrtle Creek, OR 97457
		- 541-860-4070
	+ **South River Community Health Center**
		- 671 SW Main St. Winston, OR 97469
		- PO Box 12 Winston OR 97469
		- 541-492-4550

→Many primary care clinics offer mental health services. If you are set up with a primary care provider, ask if they have mental health services available to you through that clinic/provider.

**24/7 emergency and crisis line resources:**

* **In case of emergency, call 911.**
* **Emergency Room –** 2700 NW Stewart Parkway Roseburg Oregon, 541-677-4333
* **Evergreen Urgent Care -** 2570 NW Edenbower Blvd St 100 Roseburg OR, 541-957-1111
* **National Suicide Prevention Lifeline:** 1-800-273-8255 The Lifeline provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.
* **Compass 24 hour crisis line** for mental health support: 800-866-9780
* **Crisis Text Line: Text HOME to 741741** anywhere in the United States Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text. A live, trained Crisis Counselor receives the text and responds, all from a secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a “cool” safe place.
* **Peace at Home 24 /7 crisis line for domestic and family violence:** 541-673-7867
* **Gay, Lesbian, Bisexual and Transgender, National Hotline:** 1-888-843-4564 Monday – Friday 1 pm – 9 pm and Saturday 9 am – 2 pm or email help@GLBThotline.org.
* **Tran Lifeline’s Peer Support Hotline: 1-877-565-8860** Trans Lifeline’s Hotline is a peer support service run by trans people, for trans and questioning callers. Operators are located all over the U.S. and Canada, and are all trans-identified. If you are in crisis or just need someone to talk to please call.
* **Disaster and Distress HelpLine:1-800-985-5990,** A 24/7 365 days a year national hotline, provided through SAMHSA, that offers immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster (examples: COVID 19)
* **The Racial Equity Support Line,** through Lines for Life, is available Monday through Friday from 10 a.m. to 7 p.m., at 503-575-3764, if you would like to connect with a counselor because you are experiencing trauma, stress, and grief related to racism and discrimination.