**Lane County 2020 Adult Mental Health Services Referral System**

**Enter the System**

- Crisis?
  - Yes: Inform current behavioral health provider of status
  - No: Member schedules mental health assessment with outpatient provider

**Crisis Resources:**
- WhiteBird Crisis Line: 541-687-4000
- Hourglass Crisis Center: 541-505-8426
- Suicide Prevention Hotline: 1-800-273-8255
- SASS Crisis Support Line: 541-343-3696
- Womenspace: 541-485-8232
- WellMama (postpartum support): 541-525-0495
- Trauma Healing Project: 541-687-9447
- UO HEDCO Clinic: 541-346-0923
- Volunteers in Medicine: 541-685-1800
- UO Psych Clinic: 541-346-4954

**No/Low-Cost Community Support Organizations**
- NAMI: 541-343-7688
- Lane Independent Living Alliance: 541-607-7020
- CentroLatinoAmericano: 541-687-2667
- Center for Community Counseling: 541-344-0620
- UO Counseling Center: 541-346-3227
- Sexual Assault Support Services (SASS): 541-342-3696
- Womenspace: 541-485-8232
- WellMama (postpartum support): 541-525-0495
- Trauma Healing Project: 541-687-9447
- UO HEDCO Clinic: 541-346-0923
- Volunteers in Medicine: 541-685-1800
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- SASS Crisis Support Line: 541-343-3696
- CAHOOTS Non-Emergency Line: 541-682-5111 (Eugene)
- 541-726-3714 (Springfield)
- Rural Area – County Sheriff: 541-682-4150

**Same Day Psychiatric Consultation Line:**
- OPAL – A: 1-855-966-7255
  free same day adult consultations for primary care providers call M-F 9am-5pm

**Trillium Resource Exchange (TREX):**
Visit https://trilliumchp.auntbertha.com/ for COVID, crisis, and basic needs resources

**Emergency Crisis**
- Call 911
- Hospital Emergency Department

**Outpatient Level of Service**
Array of services may include:
- Individual Therapy
- Family Therapy
- Group Therapy
- Skills Training
- Peer Support
- Medication Management
- Other

Members can self-refer to most outpatient behavioral health services

**Provider List**

**Long-term Hospitalization**
*no direct community admission

**Acute Care**
*must be assessed through the emergency department

**Partial Hospitalization Program**

**Intensive Outpatient Programs**
*ACT teams/ Intensive case management

Call the member’s CCO for an up to date provider directory & for special population information

**Special Populations:**
- foster homes, residential, CHOICE program, eating disorder program, peripartum services

**Lane County Coordinated Care Organizations (CCOs)**
- PacificSource Community Solutions: 541-284-7974
- Trillium Community Health Plan: 541-485-2155

For questions about how to access services, PCP assignment, or care coordination

**ACT** = Assertive Community Treatment

**SBIRT** = Screening, Brief Intervention, and Referral to Treatment

**PHQ-9** = Patient Health Questionnaire

**Updated:** 8/6/2020