

# Mental Health Referral List

These mental health providers will see patients with a wide variety of social and mental health issues, including but not limited to: anxiety, depression, stress, social issues, coping skills, school issues, relationships issues, abuse, trauma, PTSD, gender/sexuality issues, suicidal ideation, behavioral issues.

- Please check with the individual provider or clinic for their specific specialty, insurance acceptance, age range, and availability.
- Please remember to call your insurance for information on mental health coverage.

## MENTAL HEALTH PROVIDERS

### Salem Pastoral Counseling

Multiple providers  
503-370-8050  
2001 Commercial St SE Suite 200, Salem, OR 97302  
Insurance: Most major insurance plans and OHP  
Age Range: 3+

### Inter Cultural Center for Psychology

Multiple providers  
503-930-3607  
401 Ratcliff Dr SE #110 & 305, Salem, OR 97301  
Insurance: Most major insurance plans and OHP, in-network with Kaiser Permanente  
Age Range: 6-19  
Specialties: Spanish, English, Russian, Ukrainian

### Mid Valley Counseling Center (MVCC)

Multiple Providers  
503-364-6093  
Locations in Salem:  
2250 D St NE, Salem, OR 97301  
2601 25th St SE Suite 420, Salem, OR 97302  
Insurance: Most major insurance plans and OHP  
Age Range: 3+

### Options Counseling and Family Services

Multiple providers  
503-390-5637 (North location only)  
2645 Portland Rd NE Suite 120, Salem, OR 97301  
Insurance: Most major insurance plans and OHP  
Age Range: 3+  
Specialties: Child therapy

### Empowering Choices Counseling

Multiple providers  
503-589-3112  
805 Liberty St NE Suite 2, Salem, OR 97301  
Insurance: Most major insurance plans and OHP  
Age Range: 3-19

### New Perspectives Center for Counseling

Multiple providers  
503-316-6770  
1675 Winter St NE, Salem, OR 97301  
Insurance: Most major insurance plans and OHP  
Age Range: 3+

### Integrated Youth Care

Multiple providers  
503-339-7355 (Salem), 541-230-1630 (Corvallis)  
Locations in Salem and Corvallis:  
698 12th St SE Suite 210, Salem, OR 97301  
673 NW Jackson Ave, Corvallis, OR 97330  
Insurance: Most major insurance plans  
Age Range: 3-19

### Marion County Children's Behavioral Health

Multiple providers  
503-576-4676  
Locations in Salem and Woodburn:  
3867 Wolverine St NE, Salem, OR 97305  
976 N Pacific Hwy, Woodburn, OR 97071  
Insurance: OHP and No Insurance  
Age Range: 0+

### Catholic Community Services Counseling Center

Multiple providers  
503-390-2600 option #3  
Salem, OR  
Insurance: Please contact directly  
Age Range: 3+  
Specialties: Spanish speaking

### Bloom Play Therapy

Justin Johannson, LPC Intern  
503-967-8556  
528 Cottage St NE Suite 170, Salem, OR 97301  
Insurance: Please contact directly  
Age Range: 3+  
Specialties: Play Therapy



Salem Pediatric Clinic

2478 13th Street SE  
Salem, Oregon 97302  
503-362-2481 · Phone  
503-371-7803 · Fax  
SalemPediatricClinic.com

# Mental Health Referral List

## MENTAL HEALTH PROVIDERS (CONTINUED)

- Polk County Behavioral Health**  
Multiple providers  
541-623-9289  
Locations in Dallas, West Salem, and Monmouth  
Insurance: OHP  
Age Range: 0+
- Inspired Counseling & Wellness**  
Cyncha Dato, LPC  
503-560-0802  
161 High St SE Suite 209, Salem, OR 97301  
Insurance: OHP, Moda  
Age Range: 12+  
Specialties: Gender Identity/LGBTQ+
- Riverfront Mental Health**  
Multiple providers  
503-383-1248  
698 12th St SE Suite 210, Salem, OR 97301  
Insurance: OHP, Aetna, Providence health, Moda, BC/BS, Cigna  
Age Range: 13+  
Specialties: Teen violence and deviant behavior
- Valley Mental Health**  
Multiple providers  
503-589-4046  
670 Hawthorne Ave SE #150, Salem, OR 97301  
Insurance: Most major insurance plans  
Age Range: 0+  
Specialties: Psychiatrics and testing available
- Stronger Oregon**  
Multiple providers  
541-900-4285  
Multiple locations/Telehealth  
Insurance: Most major insurance plans and OHP  
Age Range: 6+
- Sapphire Blue Solutions**  
Multiple providers  
503-726-5216  
Locations in Woodburn and Lake Oswego:  
1535 N Pacific Hwy, Woodburn, OR 97071  
5285 Meadows Rd Suite 170, Lake Oswego, OR 97035  
Insurance: Most major insurance plans and OHP  
Age Range: 3+
- Urban Counseling Collective**  
Multiple providers  
503-610-2044  
Locations in Salem and Beaverton:  
2925 River Rd S #250, Salem, OR 97302  
8285 SW Nimbus Ave Suite 130, Beaverton, OR 97008  
Insurance: Most major insurance plans and OHP  
Age Range: 3+
- Circletree Group**  
Multiple providers  
541-250-0215  
Services take place at home and in community settings  
Service coverage throughout the Willamette Valley  
Insurance: Most major insurance plans  
Age Range: 3+  
Specialties: Applied behavior analysis (ABA) therapy
- Triskelion**  
Multiple providers  
503-581-7700  
2264 McGillchrist St Suite 100, Salem, OR 97302  
Insurance: Most major insurance plans  
Age Range: 6+

Visit the [psychologytoday.com](https://www.psychologytoday.com) therapist finder for individual providers. You can use the search engine to narrow down by location, specialty, age range, and insurance provider.



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