If you are experiencing a crisis and need to talk with someone right away:

- **Jackson County Crisis Line**, 541-774-8201
- **Josephine County Crisis Hotline**, 541-474-5360

**Options for Southern Oregon** (AllCare, PrimaryHealth, private insurance and non-insured)
541-476-2373

- 1181 SW Ramsey, Grants Pass
- 319 Caves Hwy, Cave Junction
- 3501 Excel Drive, Suite 225, Medford
- 3156 State Street, Medford

**Kairos Jackson Services**, thru age 24
(Jackson Care Connect) 541-772-0127
1175 E Main St, Medford

**Phoenix Counseling Services**, all ages (JCC)
149 South Main Street, Phoenix, 541-535-4133

If you do not have OHP coverage OR if you have an OHP Open Card:

**Jackson County Mental Health**, 541-774-8201

You can also search for other providers for your child by utilizing the provider search tool on the following websites or by calling Member Services:

- 1-888-460-0185 AllCare Health: [https://www.allcarehealth.com/medicaid/lookup-tools/find-a-doctor](https://www.allcarehealth.com/medicaid/lookup-tools/find-a-doctor)
- 1-541-471-4208 PrimaryHealth: [https://primaryhealthfamily.com/provider-search/](https://primaryhealthfamily.com/provider-search/)

If you have commercial insurance through your work, call your primary care provider or the member number on the back of your insurance card.

Do you wonder if your children are on track with learning to talk, expressing emotions, playing with friends, or following directions? These programs offer FREE DEVELOPMENTAL EVALUATIONS AND SERVICES TO CHILDREN BIRTH TO AGE FIVE. No insurance required.

**Jackson County:** **Child Development Services**, 905 Stewart Ave, Medford, 541-494-7800

**Josephine County:** **Early Childhood Services**, 1021 NW Highland Ave, Grants Pass, 541-956-2059

Parents can also log on to [www.asgoregon.com](http://www.asgoregon.com) to take a FREE developmental screening for their children ages birth to six years. This tool can help parents identify where their child has areas of strength and areas needing more support. The website offers activities parents can do with their children to strengthen development. When a child does activities to support their development, they do better in school and in life.

**Fact Oregon** provides supports for families experiencing disability for all ages of children. Services include parent training, support and advocacy. support@factoregon.org 503-786-6082 or 1-888-988-3228

Call 211, visit the website 211info.org, download the app, or text your zip code to 898211 for comprehensive local resources not listed here.
BEHAVIORAL HEALTH RESOURCES FOR ADULTS:
To be the best parents we can be, we need to take care of ourselves.

If you find yourself struggling with feelings of DEPRESSION, ANXIETY, OR OTHER SIMILAR ISSUES, please reach out for support. Help is out there; you don’t have to struggle alone.

If you are experiencing a crisis:
Jackson County Crisis Line, 541-774-8201
Josephine County Crisis Hotline, 541-474-5360

Options for Southern Oregon (AllCare, PrimaryHealth, private insurance, and non-insured)
541-476-2373
3501 Excel Drive, Suite 225, Medford
1700 East Barnett Rd, Medford
3156 State Street, Medford
1545 Harbeck Road, Grants Pass
319 Caves Hwy, Cave Junction

ColumbiaCare, Age 18 and older (JCC)
541-200-2900
524 Manzanita St, Central Point

If you have commercial insurance through your work, call your primary care provider or the member number on the back of your insurance card

If do not have health coverage OR have an OHP Open Card:
Jackson County Mental Health, 541-774-8201

National Alliance on Mental Illness (NAMI)
541-774-7872 Helpline: 1-800-950-NAMI
Training / Support Groups / Advocacy

If it feels like ALCOHOL, TOBACCO OR OTHER DRUGS might be getting in the way of the goals you have for yourself or your family, and you aren’t sure where to go for help, these partners can answer your questions.

Jackson County
Allied Health Services (AllCare and JCC)
777 Murphy Rd, Medford, 541-772-2763
Addictions Recovery Center-ARC (AllCare & JCC)
1025 E Main St, Medford, 541-779-1282
Kolpia Counseling Services (AllCare and JCC)
611 Siskiyou Blvd, Suite 8, Ashland, 541-482-1718
OnTrack Rogue Valley (Verify coverage when making an appointment) Adults & Teens
209 W Main St, Medford, 541-772-1777
3131 Ave C, White City, 541-776-6110
1658 Ashland Ave, Ashland, 541-482-2041 x 253
Phoenix Counseling Center (AllCare & JCC) Adults & Teens
149 S Main St, Phoenix, 541-535-4133

Josephine County
Adapt (AllCare)
418 NW 6th St, Grants Pass, 541-474-1033
Choices Counseling (AllCare & PrimaryHealth)
Adults & Teens
109 NW Manzanita Ave, Grants Pass, 541-479-8847
Grants Pass Treatment Center (AllCare)
1881 NE 7th St, Grants Pass, 541-955-3210
OnTrack Rogue Valley (Verify coverage when making an appointment)
720 NW 6th St, Grants Pass, 541-955-9227
535 E River St, Cave Junction, 541-592-5350
Oregon Tobacco Quit Line 1-800-QUIT-NOW

You can also search for other mental health or substance use treatment providers by utilizing the provider search tool on the following websites or by calling Member Services:
1-888-460-0185 AllCare Health: https://www.allicarehealth.com/medicaid/lookup-tools/find-a-doctor
1-855-722-8208 Jackson Care Connect (JCC): http://jacksoncareconnect.org/for-members/find-a-provider
1-541-471-4208 PrimaryHealth: https://primaryhealthfamily.com/provider-search/

Parenting is the toughest job there is! FREE PARENT EDUCATION CLASSES are available to you – whether you have a newborn or a teen. Connect with other parents and learn strategies to support your kids!

The Family Connection - Parenting Education Hub
1001 Beall Lane, Central Point, OR
97502 541-734-5150 ext. 1042
e-mail@thefamilyconnect.org
www.thefamilyconnect.org
Comprehensive calendar of classes on website

If you need help right away that can’t wait:
National Parent Hotline: 1-855-427-2736
(Monday - Friday 7am - 4 pm PST)
Childhelp Hotline: 1-800-422-4453 (24/7 support)
Foster and Adoptive Parent Help Line 541-646-4255