

BEHAVIORAL HEALTH RESOURCES FOR CHILDREN:

Getting services early improves how kids feel about themselves and how well they do in school

Are you sometimes concerned that your CHILD IS DEPRESSED, ANXIOUS, OR HAS ANGRY OUTBURSTS?
These partners can answer your questions and connect you to the right services for your child.

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>

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/>

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.asqoregon.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.allcarehealth.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

email@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