

## 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, Jackson Care Connect, 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>

***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](http://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](mailto:support@factoregon.org) **503-786-6082 or 1-888-988-3228**

**Call 211, visit the website [211info.org](http://211info.org), download the app, or text your zip code to 898211 for comprehensive local resources not listed here.**

Sponsored by Southern Oregon Early Learning Services Hub, in partnership with AllCare Health and Jackson Care Connect.

Visit [SOELS website](http://SOELS website) for most current version

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**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, Jackson Care Connect, 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

503 Airport Road, Suite 101 Medford, OR

201 West 6<sup>th</sup> St. Medford, OR

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

7<sup>th</sup> 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>

**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**

Bethanee Grace- [bgrace@socfc.org](mailto:bgrace@socfc.org)

541-734-5150 ext. 1042

[www.thefamilyconnect.org](http://www.thefamilyconnect.org)

1001 Beall Lane, 97502

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