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 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.

Sponsored by Southern Oregon Early Learning Services Hub, in partnership with AllCare Health and Jackson Care Connect.
Visit SOELS website for most current version
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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 6th 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

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](https://www.allcarehealth.com/medicaid/lookup-tools/find-a-doctor)

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
- 541-734-5150 ext. 1042
- 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