

Hood River County Mental Health Resources and More

1. Mid-Columbia Center for Living (MCCFL) - <https://www.mccfl.org/>

- If in crisis, please call Crisis Hotline: 24/7 - 1.888.877.9147

2. One Community Health (OCH) - <https://www.onecommunityhealth.org/>

One Community Health (OCH) is providing free behavioral health care and assistance during this time.

Students and families can access these services from the safety of their own homes. Appointments are provided via Telephone or Televideo. OCH are bilingual (Spanish/English) and offer interpretation services for other languages, too. Here are the following options for reaching out to schedule appointments-

1. Current patients:

- You can call the main line at 541.386.6380 / 7am - 6pm Monday - Friday
- OCH is providing services via telephone or via MyChart Video Visits (Zoom), and the initial set-up only takes about 15 minutes for established OCH patients.
- MyChart Video Visit Overview: <https://www.onecommunityhealth.org/virtualvisits>
- Online Appointment Request: <https://www.onecommunityhealth.org/appointmentrequest>

2. New patients:

- If families are new to OCH they can call the main line at 541.386.6380 (7am - 6pm Monday - Friday) to speak to a member of their "Welcome Team", and complete the necessary registration paperwork online.
- OCH is providing services via telephone or via MyChart Video Visits (Zoom, Google Meets)

One Community Health links

[OCH Behavioral Health Care flyer 5/2020](#)

[OCH Frequently Asked Questions about Telehealth 5/2020](#)

[One Community Health SBHC Opening Flyer \(Eng\) 8/2020](#)

[Virtual Visits at OCH School-Based Health Center](#)

3. The Next Door Inc. (TNDI) - <https://nextdoorinc.org/>

Staff on hand are offering free mental health assistance during this time, for youth and their families to address stress and anxiety amid COVID-19.

- Please call our new Mental Health Support Line: 541.308.7110
- Monday-Friday 9am - 5pm
- Ongoing services are available for those on OHP.

4. David Romprey Oregon Warm Hotline - Intentional Peer Support (IPS)

<http://communitycounselingsolutions.org/warmline/>

- A peer-run program of community counseling solutions
- In need of someone to speak with? Call the Warmline?
- We are available at Toll-Free 1-800-698-2392
- Hours of Operation: 9:00am - 11:00pm / Monday - Sunday