Mental Health Referral List

These mental health providers will see patients with a wide variety of social and mental health issues, including but not limited to: anxiety, depression, stress, social issues, coping skills, school issues, relationships issues, abuse, trauma, PTSD, gender/sexuality issues, suicidal ideation, behavioral issues.

- Please check with the individual provider or clinic for their specific specialty, insurance acceptance, age range, and availability.
- Please remember to call your insurance for information on mental health coverage.

MENTAL HEALTH PROVIDERS

☐ **Salem Pastoral Counseling**
Multiple providers — limited pediatrics
503-370-8050
2001 Commercial St SE Suite 200, Salem, OR 97302
Insurance: Most commercial insurance plans and OHP
Age Range: 5+

☐ **Inter Cultural Center for Psychology**
Multiple providers
503-930-3607
401 Ratcliff Dr SE #110 & #305, Salem, OR 97301
Insurance: Most commercial insurance plans and OHP
Age Range: 8+
Specialties: Spanish, English, Russian, Ukrainian

☐ **Options Counseling and Family Services**
Multiple providers
503-390-5637 (North Salem), 503-390-5637 (South Salem)
Two locations in North Salem and South Salem
Insurance: Most commercial plans and OHP
Age Range: 3+
Specialties: Child therapy

☐ **Align Counseling LLC**
Limited providers
971-901-2731
6444 Fairway Ave S Suite 100, Salem, OR 97306
Insurance: Most commercial insurance plans and OHP
Age Range: 6+

☐ **Mindful Therapy Group**
Multiple providers
503-922-0820
675 Orchard Heights Rd NW Suite 200, Salem, OR 97304
Insurance: Most commercial insurances plans and OHP, depending on CCO
Age Range: 0+

☐ **Empowering Choices Counseling**
Multiple providers
503-589-3112
147 Commercial St NE #15, Salem, OR 97301
Insurance: Most commercial insurance plans and OHP
Age Range: 3+
Specialties: Tics and ADHD

☐ **Evergreen Counseling**
Multiple providers
503-383-1613
1430 Liberty St SE, Salem, OR 97302
Insurance: Some commercial plans accepted and OHP
Age Range: 5+
Specialties: Play therapy

☐ **Bloom Play Therapy**
Justin Johannson, MS, CRC, LPC Intern
503-967-8556
528 Cottage St NE Suite 170, Salem, OR 97301
Insurance: Please contact directly
Age Range: 3-16
Specialties: Play therapy, cognitive behavioral therapy, synergetic therapy

☐ **Life Roots Counseling**
Kerry Moyer
503-428-7711
687 Church St NE, Salem, OR 97301
Insurance: Only commercial insurance, no Cigna
Age Range: 10+
Specialties: Art, cutting/self-harm

☐ **Mid Valley Counseling Center (MVCC)**
Multiple providers
503-364-6093
Two locations in Salem
Insurance: Only commercial insurance plans, limited OHP
Age Range: 3+

Mental Health Referral List

MENTAL HEALTH PROVIDERS (CONTINUED)

☐ **Northlight Counseling**
In-person and Telehealth
541-321-2278
Locations: Salem, Albany, Eugene
Insurance: Most commercial insurance plans and OHP
Age Range: 5+

☐ **Brightways Counseling Group**
Multiple providers
503-953-0310
Locations: Salem, Woodburn, Portland, +
Insurance: Most commercial insurance plans and OHP
Age Range: 0+

☐ **Sapphire Blue Solutions**
Multiple providers
503-726-5216
Locations: Salem, Lake Oswego
Insurance: Most commercial insurance plans, no Cigna, and limited OHP (Trillium)
Age Range: 6+

☐ **Marion County Children's Behavioral Health**
Multiple providers
503-576-4676
Locations: Salem, Woodburn
Insurance: OHP and Self-pay
Age Range: 0+

☐ **Connections 365**
Multiple providers
503-588-5647
4890 32nd Ave SE, Salem, OR 97317
Insurance: OHP and limited commercial insurance plans
Age Range: 9+

☐ **Polk County Behavioral Health**
Multiple providers
503-623-9289
Locations: West Salem, Dallas, Monmouth
Insurance: Only OHP and Self-pay
Age Range: 0+

☐ **Shangri-La**
Multipl providers
503-581-1732
4080 Reed Rd SE Suite 150, Salem, OR 97302
Insurance: OHP only
Age Range: 14+

☐ **Neustart Psychiatry & TMS**
Multiple providers
503-379-1902
Insurance: Most commercial insurance plans, OHP depending on CCO
Age Range: 16+

☐ **Well Life Medicine**
Multiple providers
971-301-4411
Locations: Salem, Hillsboro
Insurance: Most commercial insurance plans, OHP depending on CCO
Age Range: 7+

☐ **Arbol de Vida (Tree of Life)**
Sara Csaky, LPC
503-837-7113
Salem, OR 97304
Insurance: Out of Network, Cash, Self Saving Plan
Age Range: 2+
Specialties: Spanish speaking and depression

☐ **Coordinated Counseling for Children**
Victoria Wisdom PhD, LPC
503-450-9900
528 Cottage St NE Suite 160, Salem, OR 97301
Insurance: Only OHP (Pacific Source)
Age Range: 0+
Specialties: Variety

Visit the **psychologytoday.com** therapist finder for individual providers. You can use the search engine to narrow down by location, specialty, age range, and insurance provider.

Salem Pediatric Clinic

2478 13th Street SE
Salem, Oregon 97302
503-362-2481 · Phone
503-371-7803 · Fax
SalemPediatricClinic.com