**EOU Counseling Center Referral List**

**Community Resources**

**\*\*\* Please know that we try to keep this list of resources as current as possible, however, some providers may change the information provided on this form without our awareness. Feel free to call the EOU Counseling Center (541.962.3524) if you have any questions regarding the information on this Referral List. \*\*\***

**Center for Human Development, Inc. (CHD)**

2301 Cove Ave La Grande, OR 97850

541-962-8800

<https://www.chdinc.org/>

*Drop in assessments: Thursdays, call at 8:00am to get in for an assessment that day. Call to schedule an assessment to open for services.*

*Crisis Services: 24 hrs. per day / 7 days per week*

*Provides services related to alcohol and drug related issues, environmental health, mental health, public health, developmental health, Veteran’s services and services for disabled community members*

**Grande Ronde Hospital (GRH) Behavioral Health Clinic**

Appointment Scheduling & Referral Coordination:541.962.1101

<https://www.grh.org/our-services/behavioral-health/>

Behavioral Health Clinic Services Include:

* Crisis intervention within GRH Clinics
* Assessment and referral
* Patient education
* Acute stress and symptom management
* Diagnosis, treatment and management of Mental Health Conditions
* Psychiatric consultations and care coordination
* Individual and Family Therapy
* Parenting Classes and Coaching
* Assistance in treatment planning for overall improvement of health

How do I access Behavioral Health Clinic Services?

* Your Primary Care Provider can refer you
* You can ask for assistance with a referral from any healthcare provider
* You can call us directly and self-refer if you are struggling with any behavioral health need.

**Shelter From the Storm**

10901 Island Ave.

La Grande, OR 97850

541-963-7226

541-963-9261 (crisis line)

*Provides support services to victims of domestic and/or sexual violence. Services include shelter, 24-hour crisis line, victim advocacy, peer counseling and court support.*

**COPES**

1501 6th St, La Grande, OR, United States, Oregon

541-962-0162

*Provides substance use support, recovery and treatment.*

**Telehealth Resources**

BetterHelp is the world’s largest therapy platform with the following mission: Making professional therapy accessible, affordable, and convenient — so anyone who struggles with life’s challenges can get help, anytime and anywhere.

This can be a great option for students who prefer teletherapy, cannot find or access a local therapist, and/or wants the anonymity of not working with a local therapist. This is not the only telehealth resource available, but the EOU Counseling Center knows of a couple of therapists who work for BetterHelp and can therefore vouch for their efficacy.

<https://www.betterhelp.com/>

**Private Practice Counselors**

**Carolyn Garrett, LMFT**

Harmony in Your Family

409 SW 4th St, Suite B Pendleton, OR 97801

541-215-3428

[www.carolyngarrettlmft.com](http://www.carolyngarrettlmft.com)

carolyngarrettlmft@gmail.com

**Linda Hanson, MA, LPC**

1808 Fourth St La Grande, OR 97850  
***541.904.0125***

https://intentionalcoachingllc.com/

**Eastern Oregon Counseling Associates**

Eastern Oregon Counseling Associates

1048 Valley Ave Baker City, OR 97814

541-523-9539

**Foothills Counseling**

1612 5th St. La Grande, OR 97850

541-809-1669

https://www.foothillscounseling.net/

[office@foothillscounseling.net](mailto:office@foothillscounseling.net)

**Barbara Tyler, LCSW**

Journeys Counseling & Services

105 Fir St Suite 208 La Grande, OR 97850

541-910-3488

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105 Fir St Suite 208 La Grande, OR 97850

541-910-3488

**MB Counseling LLC.**

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

mb.counseling5@gmail.com

541.910.9124

**Melissa Over, LCSW**

541-786-3403

**Patrice Barreto, LCSW**

1606 6th St.

La Grande, OR 97850

541.786.4388