

YOUR MENTAL HEALTH MATTERS

active
minds



University of Portland

START THE
CONVERSATION
WITH US

ACTIVE MINDS AT UP

Join us for weekly meetings via Zoom for support, a brave space, and to talk about mental health openly

MEETINGS OCCUR ON A
WEEKLY BASIS



@activemindsup



activeminds@up.edu

To stay up-to-date on meeting topics, events, and how you can get involved, send us an email to be put on the email list.

Active Minds is dedicated to mental health awareness and ending the stigma surrounding mental health

SEE NEXT PAGE FOR RESOURCES

MENTAL HEALTH RESOURCES

- **Health & Counseling Center**

Call (503) 943-7134 to make an appt., now offering teletherapy for those in Oregon, workshops, and BIPOC specific counseling and referrals.

- **ProtoCall**

After hours care through the HCC, Call (503) 943-7134 and press 3 to be connected to a trained mental health professional, available nationally.

- **TheShrinkSpace**

Offers a referral network through UP to find local, cheap, and fitting therapy, other resources on website, create account to see all options.

- **Care Team Referrals**

A referral system put in place in order to show support and concern for the mental health of a student or faculty member, no longer used for academic warnings.

- **Multnomah Co. Crisis Line**

Call (503) 988-4888 for 24/7 support from a mental health professional, offers options for finding in person care.

- **Sprout Therapy PDX**

Offers sliding scale fees, close to campus support, call (971) 319-4827 or visit their website.

- **Multnomah Co. Urgent Walk-In Clinic**

Available from 7am-10:30pm everyday, call (503) 963-2575 or walk in at 4212 SE Division, Suite 100, Portland, OR

- **Open Path Collective**

Offers a database for low-fee counseling, counselors that offer sliding scale rates.

- **The Trevor Project**

Focuses on mental health support and suicide prevention for young people in the LGBTQ+ community.

- **Melanin and Mental Health**

Offers a database to find local, affordable therapists of color that specialize in racial trauma.

- **Seize the Awkward**

A website with resources and information about mental health struggles and how to have conversations about them.

CLICK EACH TITLE TO BE DIRECTED TO THEIR WEBSITE

ON CAMPUS

LOCAL

NATIONAL

Are you in crisis?

Text BRAVE to 741-741 or call the National Suicide Prevention Lifeline at 1-800-273-TALK for free, 24/7, and confidential support