

You Are Not Alone...

Emergency Numbers

Emergency - Ambulance, Police, Fire - 911
Non-Emergency Gresham Police - 503-618-2318
Community Assistance - Nonprofits, Government -211
Multnomah County Crisis Line - 503-988-4888
Clackamas County Crisis Line - 503-655-8585
National Suicide & Crisis Line - call or text 988
Project Respond (Mental Health Crisis) - 503-988-4888
Alcohol & Drug Helpline - 503-244-1312
Aging & Disabilities Resources - 503-988-3646
Elder Abuse Reporting - 855-503-7233
Call to Safety - 24 Hour Women's Crisis Line - 503-235-5333
Child Abuse Reporting Hot Line - 503-731-3100
Domestic Violence Resource Center - 503-469-8620
Military Helpline - 888-457-4838
Veteran's Suicide Hotline - 1-800-273-8255 press 1
Pregnancy Resource Center - 503-666-6527
Salvation Army Gresham (Shelter, Food, Jobs, etc.) - 503-661-2704

Counselors and Therapists

Aaron Kelsay MA, LPC (Portland) 503-461-1286
abuse, adolescents, anxiety, burnout, marriage, spirituality

Alan Wheatley MA, CSAT (Sunnyside) 971-231-4611
grief, sex addiction, trauma, marriage, pastoral counseling

Ashlyn LaVine LMFTA (Integrity Counseling Center) (970) 235-0412
Available by Zoom. children (8+) teens, marriage, families, trauma, ALV Therapy serving
Pastors & Ministry Leaders

Audra Mahoney MA, LPC Intern – (Tualatin) (971) 414-2840
children, adolescents, couples, men, women

Esther Prelog LPC (Tigard) 503-267-3206
children, teens, parenting, depression

Kris Teshera PsyD (Tigard) 503-521-1981
Marital, adult and children sexual abuse

Macee Whatley MA, MHP, LMHC 425-422-6160 macee@anchoredhopecounseling.org
Mental health

Michelle Watson PhD, LPC (SW Portland) 503-244-6160
spiritual warfare referral, eating disorders, women's and men's issues

Nathan W. Hawkins MA, MFT, CCTP, LPC (Tigard) 503-706-6426
spiritual warfare referral

Sherrie Thomas LPC, CADCI (Portland) 971-249-2522
anxiety, abuse/trauma, Addiction, stress, women's issues and personal growth.

Susan M. Hausch MA, LPC (Portland) 503-799-7666
anxiety, depression, trauma, spiritual direction and formation

Tiffany Hutchison MA, LPC (Gresham) 971-341-2037
anxiety, depression, trauma, grief and loss, suicidal ideation, substance abuse

Tracy Sandor MA, MFT (SW Portland) 503-720-3276
marriage and family

Valerie Calhoun MA, PCA (Estacada) 503-502-5894

Anchor Within Counseling (Portland) 971-373-4041