

MISSION STATEMENT

The mission of South Lane Mental Health is to restore hope and renew lives through compassionate mental health care services, support, and advocacy.

We aim to create an inclusive and safe environment within our agency. We are committed to the empowerment for our clients and value the dignity and worth of all people.

You're Not Alone



1 in 3 adults in Oregon report symptoms of anxiety and depression.



1 in 4 adolescents reported having a major depressive episode in the past year.



Consider seeking help if you:

- Feel like life is out of control
- Are unable to enjoy friends or activities
- Can't manage your emotions
- Get anxious in public or when alone
- Struggle to maintain relationships



SOUTH LANE MENTAL HEALTH

Restore Hope, Renew Lives

**Serving South Lane County
since 1988**

**541-942-3939 | 1345 Birch Ave.
Cottage Grove, OR 97424
info@slmh.org | www.slmh.org**



Outpatient Therapy
Adults, Youth, and
Families



Case Management



**Intensive Outpatient
Services & Supports**



**Medication
Management**



**Assertive Community
Treatment**



Neurofeedback



ALAS
Culturally appropriate
services in Spanish



Recovery
Substance Use
Services



**Walk-in Crisis
Support**
Available to anyone
M-Th 9 am - 4 pm

HOW DO I START?

1

CALL US AT 541-942-3939

The intake coordinator will work with you to schedule an initial assessment.

2

INITIAL ASSESSMENT

You (or your loved one) will meet with a therapist who will take a personal history and get to know your needs.

3

FIRST SESSION

You will be matched with a therapist based on your preferences, availability, and needs. Your therapist will reach out to schedule your first session.

Insurance Information:

We accept Oregon Health Plan, MODA, Pacific Source, and Providence

Call to confirm and ask about referrals and sliding scale options.

FOLLOW US

Be the first to know about updates and events by liking our page on Facebook.

QUARTERLY NEWSLETTER

Sign up through the "Community Resources" section of our website.

DONATE

We accept donations through Paypal, Venmo, BottleDrop, and Walmart Registry. Cash donations can be dropped off at our main location.

Checks can be mailed to:

South Lane Mental Health
PO Box 5
Cottage Grove, OR 97424

Visit our website for more details.

PLANNED GIVING

Planned giving allows you to enjoy your assets now, and know they will also benefit a cause that is important to you for years to come. The most common way to plan a gift is through a will or trust.

PRIMARY LOCATION: 1345 Birch Ave.

Cottage Grove, OR 97424

(P) 541-942-3939 | **(F)** 541-942-9310

EMAIL: info@slmh.org | **WEB:** slmh.org

SERVICES

GET STARTED

541-942-3939



SUPPORT

facebook.com/SouthLaneMentalHealth