



Outpatient Therapy

Outpatient Therapy is offered to children, adults, families, and couples. The frequency of sessions is determined when your treatment plan is created with you and your therapist, typically during your first session. Outpatient therapy is available in person in Cottage Grove or through Telehealth. School-Based Therapy services are provided as needed with referrals made by school staff.

All therapists are trained in trauma, but they have their own clinical style and approach.



Intensive Outpatient Services and Supports (IOSS)

IOSS provides support to youths and their adult caregiver/s. Services include therapy and individual skills training for the youth as well as skills training, education, and support for their adult. IOSS is used with children of all ages, most of whom display behaviors that risk their safety and/or others' safety. This program operates throughout Lane County.



Restore Hope, Renew Lives

SOUTH LANE MENTAL HEALTH actively seeks to create a safe, equitable, and inclusive environment within our agency. We are committed to the empowerment of our clients and we value the dignity and worth of all people.

How to Get Started

Call us! You will work with our intake coordinator to schedule an intake and assessment.

Next, you will be assigned a therapist and they will reach out to schedule your first session.

PRIMARY LOCATION: 1345 Birch Ave.
Cottage Grove, OR 97424

MAILING ADDRESS: P.O. Box 5 Cottage Grove, OR 97424

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

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

SOUTH LANE MENTAL HEALTH

Restore Hope, Renew Lives



Cover art by Tessa Hart, SLMH Youth & Family Therapist and School-Based Therapy Coordinator

PROGRAMS & SERVICES

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

This institution is an equal opportunity provider and employer.



Case Management

Staff work one-on-one with clients to develop a support system, stable housing, stable income, and other independent living skills.



Medication Management

Medication Management helps bring together clients, family or support people, and medical practitioners. We provide mental health assessments and medical review, coordinate with primary care physicians, and provide direct medication management.



Crisis Services

We have trained clinicians available for walk-in and call-in crisis support **Monday-Thursday 9:00 AM to 4:00 PM**. You do not need to be a client or have insurance to benefit from crisis services.



Neurofeedback

Neurofeedback is offered to Outpatient clients, children and adults, as a non-invasive form of therapy that teaches your brain to regulate abnormal brainwaves.



ALAS

Alas means wings in Spanish. This is our bilingual, bicultural program offering outpatient therapy, Peer Support Services, Case Management, and youth groups for community members who identify as Latino/a/x.



Assertive Community Treatment (ACT)

ACT is an intensive program designed to be unrestrictive and accessible while addressing a wide range of needs. SLMH receives referrals for ACT. Call or visit our website for more information about this referral process.



Center for Recovery

Here we offer outpatient treatment services for disorders including alcohol, illicit substances, prescribed medication dependence, and behavioral issues. Services at the Center for Recovery include individual and group counseling, peer support services, and case management.

Who We Accept and What to Expect

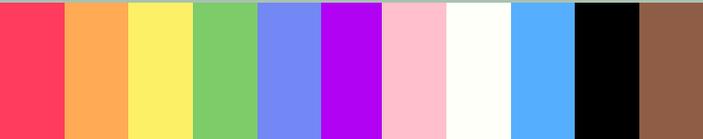
We specialize in early intervention and accept clients as young as 14. Walk-ins are welcome during business hours. Each client will work with their clinicians to create an individualized treatment plan. We coordinate with higher level of care programs and offer referrals services as needed.

Center for Recovery

Monday-Friday 8:00am-5:00pm

Address: 75 S. Fifth St.

Phone: 541-767-4260



GET STARTED

541-942-3939



CONNECT

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