

Crisis Referral List

A. E. Johnsdottir, Midwife

www.willamettebirth.com

[Information for uninsured persons is noted within brackets, where applicable]

Topic	Books + Websites	Hotlines + Community Resources
<p>Abuse, Domestic Violence, & Sexual Assault</p>	<p>WARNING! Your Internet activity can be tracked. If the person who is harming you has access to your computer, use a trusted friend's or a computer at the library. If you need immediate assistance, call 911.</p> <p>Bancroft, L. (2003). <i>Why does he do that? : inside the minds of angry and controlling men</i>. New York: Berkley Books.</p> <p>Kubany, E., McCaig, M. & Laconsay, J. (2003). <i>Healing the trauma of domestic violence : a workbook for women</i>. Oakland, CA: New Harbinger Publications.</p> <p>Simkin, P. & Klaus, P. (2004). <i>When survivors give birth : understanding and healing the effects of early sexual abuse on childbearing women</i>. Seattle, Wash: Classic Day.</p> <p>National Domestic Violence Hotline http://www.thehotline.org</p> <p>State of Oregon: Domestic Violence http://www.oregon.gov/DHS/abuse/domestic/Pages/index.aspx</p> <p>RAINN Rape, Abuse and Incest National Network www.rainn.org</p>	<p>Emergency: call 911</p> <p>National Domestic Violence Hotline 1-800-799-SAFE (7233)</p> <p>National Sexual Assault Hotline 1.800.656.HOPE</p> <p>Center Against Rape and Domestic Violence 2208 SW 3rd St. Corvallis, OR 97333 Phone: 541-738-8319 Fax: 541-738-8323</p> <p>Local Hotline: 541-754-0110</p> <ul style="list-style-type: none"> ✓ 24-Hour Emergency Shelter ✓ Restraining Order Assistance ✓ Help for victims/survivors/support persons ✓ Information and referral for other community services ✓ One-on-one peer support ✓ [Health Insurance not necessary] <p>Counselors specializing in abuse:</p> <ol style="list-style-type: none"> 1. Gary L. Barnes, LCSW (541) 639-4642 [Avg. Cost \$80 - \$150, payment plans available, sliding scale] 2. Dr. Carol Carver (541) 757-2066 [Avg. Cost: \$180 - \$240, payment due at the time of service, no sliding scale]
<p>Community Health Center</p>	<p>Benton County Community Health Center Benton Health Center offers primary care, well child checks and reproductive health services.</p> <p>530 NW 27th Street, Corvallis OR 97330 Phone: (541) 766-6835</p> <p>[Reduced rates available for low-income and uninsured patients. Bring in current pay stub or tax information for income verification]</p>	

<p>Eating Disorders</p>	<p>Costin, C. (2007). <i>The eating disorder sourcebook : a comprehensive guide to the causes, treatments, and prevention of eating disorders</i>. New York: McGraw-Hill.</p> <p>Costin, C. & Grabb, G. (2012). <i>8 keys to recovery from an eating disorder : effective strategies from therapeutic practice and personal experience</i>. New York: W. W. Norton & Co.</p> <p>Ross, C. (2009). <i>The binge eating & compulsive overeating workbook an integrated approach to overcoming disordered eating</i>. Oakland, CA: New Harbinger Publications.</p> <p>National Eating Disorders Association http://www.nationaleatingdisorders.org/find-help-support Confidential Helpline: 1-800-931-2237</p> <p>The Something Fishy Website on Eating Disorders http://www.something-fishy.org/</p>	<p>National Eating Disorders Association Confidential Helpline: 1-800-931-2237</p> <p>Cynthia Tucker, LCSW 744 NW Fourth Street Corvallis, Oregon 97330 Phone: (541) 526-7732</p> <p>[Free Initial Phone Consultation, Avg. Cost: \$100 - \$120, sliding scale available]</p> <p>Melissa Grossman, Counselor, MS, LPC NW 4th ST Corvallis, Oregon 97330 (503) 487-0157</p> <p>[Free Initial Phone Consultation, Avg. Cost: \$120, sliding scale available]</p>
<p>Suicide</p>	<p style="text-align: center;">National Hopeline</p> <p style="text-align: center;">1-800-SUICIDE (1-800-784-2433)</p> <p style="text-align: center;">National Suicide Prevention Lifeline</p> <p style="text-align: center;">1-800-273-TALK (1-800-273-8255)</p>	<p>Blauner, S. (2003). <i>How I stayed alive when my brain was trying to kill me : one person's guide to suicide prevention</i>. New York: Quill.</p> <p>Cobain, B. & Larch, J. (2006). <i>Dying to be free : a healing guide for families after a suicide</i>. Center City, MN: Hazelden.</p> <p>SAVE Suicide prevention information, suicide, depression awareness save.org</p> <p>Suicide Watch – Online Support Forum for Suicidal People http://www.reddit.com/r/SuicideWatch</p>
<p>Tobacco Cessation & Substance Abuse</p>	<p>Carr, A. & Cesati, F. (2010). <i>The easy way for women to stop smoking : a revolutionary approach using Allen Carr's Easyway method</i>. New York, NY: Sterling.</p> <p>Williams, R. & Kraft, J. (2012). <i>The mindfulness workbook for addiction : a guide to coping with the grief, stress and anger that trigger addictive behaviors</i>. Oakland, CA: New Harbinger Publications.</p> <p>SMOKEFREE smokefree.gov</p> <ul style="list-style-type: none"> ✓ Information about a wide range of topics related to smoking and quitting ✓ LiveHelp, the National Cancer Institute's instant messaging service ✓ SmokefreeTXT, the National Cancer Institute's text messaging service ✓ Smokefree apps, quizzes, and materials to download ✓ Publications to download, print, or order <p>Guide to Quitting Smoking - American Cancer Society http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/guide-to-quitting-smoking-toc</p> <p>WhyQuit whyquit.com</p> <ul style="list-style-type: none"> ✓ #1 cold turkey quit smoking site ✓ 190 how to stop videos <p>Substance Abuse Treatment Services Locator http://findtreatment.samhsa.gov/TreatmentLocator/faces/quickSearch.jspx</p>	<p>Tobacco Cessation Hotlines:</p> <ul style="list-style-type: none"> ➤ American Cancer Society: 1-800-ACS-2345 (1-800-227-2345) ➤ American Lung Association: 1-800-LUNGUSA (1-800-586-4872) ➤ National Cancer Institute: 1-877-44U-QUIT (1-877-448-7848) ➤ National Network of Tobacco Cessation Quitlines: 1-800-QUITNOW (1-800-784-8669) <p>24-Hour Drug Addiction Helpline: 866-643-6144</p> <p>National Cocaine Hotline: 800-COCAINE (262-2463)</p> <p>Steven Orr, Counselor, LPC, CADC 230 SW 3rd Suite. 302b Corvallis, Oregon 97333 (503) 360-9414</p> <p>[Avg. Cost: \$60 - \$90, sliding scale available]</p> <p>Debby Vajda, Clinical Social Work/Therapist, LCSW 218 NW Sixth Street Corvallis, Oregon 97330 (541) 897-7004</p> <p>[Avg. Cost: \$50 - \$100, sliding scale available]</p>