



Jackson County Library Services

Mental Health Resource Guide

Crisis Intervention

[National Suicide Prevention Lifeline](#)

Available 24/7
Ages Served: All
1.800.273.8255

[Jackson County HHS Crisis Hotline](#)

Available 24/7
Ages Served: All
541.774.8201

[Community Works](#)

Available 24/7
Ages Served: All
541.779.4357

[ColumbiaCare Services](#)

Ages served: All
Adults 18 and older
Two locations:
Central Clinic, 503 Airport Road, Suite 101, Medford
Monday through Friday: 8 AM to 6 PM
Downtown Clinic, 201 W. 6th Street, Medford
Monday through Friday: 8 AM to 5 PM
541.200.2900

[Kairos](#)

Ages served: Youth ages 5-24
1175 East Main Street, Medford
Monday through Friday: 8 AM to 5 PM
541.772.0127

[Options for Southern Oregon](#)

Ages served: All
200 Beatty Street, Medford
Monday through Friday: 8 AM to 7 PM
541.476.2373

[Crisis Text Line](#)

Text 74174

Dependency

[Alcoholics Anonymous](#)

24 Hour Helpline
541.732.1850

[Addictions Recovery Center](#)

1025 E Main Street, Medford
Monday through Friday: 8 AM to 3 PM
1.800.273.8255

[Kolpia Counseling Services](#)

607 Siskiyou Boulevard, Ashland
Monday through Friday: 8 AM to 5 PM
541.482.1718

[OnTrack Rogue Valley](#)

300 West Main Street, Medford
Monday through Thursday: 8 AM to 8:30 PM
Friday & Saturday: 8 AM to 5 PM
541.772.1777

[Phoenix Counseling Center](#)

149 South Main Street, Phoenix
Adults 18 and older
Monday through Friday: 8 AM to 5 PM
541.200.2900

Urgent & Non-Urgent

[Community Health Center](#)

541.773.3863

[La Clinica Medical Clinic](#)

541.535.6239

[Jackson County Public Health](#)

541.774.8209

[Valley Immediate Care](#)

541.773.4029