



**Do YOU  
live in  
Lane County?**

**Have YOU  
ever used  
mental health  
services?**

***Here is Your 2011 Free Guide to  
Mental Health Peer Advocacy  
in Lane County Oregon!***

***All*** of us who are given a psychiatric “label” deserve ***respect!***

You are not alone. This guide is by and for citizens in Lane County who have personally experienced mental health care.

*Here are a few ways in Lane County you can amplify your voice. You can find more choices for your mental well being!*

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## **2011 Mental Health Peer Advocacy in Lane County Oregon**

**MindFreedom Lane County** has worked for 25 years to change mental health care. We are part of an international coalition. We meet most months on the first Wednesday at 5:30 pm by the MFI office, 454 Willamette, 2nd Floor. Wheelchair accessible. All are welcome, especially psychiatric survivors. Free refreshments. Ph: 541-345-9106. Email: lane@mindfreedom.org Web: www.mindfreedom.org/lane

**Lane County Mental Health Consumer/Survivor Advisory Council** is where local mental health clients speak out! This is a monthly public meeting where you can comment on local mental health services. We usually meet every 4th Tues. at 1 pm at Lane County Mental Health, 2411 Martin Luther King, Jr. Blvd. Free lunch.

**Opal Network** is a coalition for groups and individuals in Lane County to amplify the voice of mental health system clients! For four years "Opal" has met at the Eugene Public Library in every month that has a "fifth Tuesday," which works out to about quarterly. Free refreshments. For more info and to get alerts, phone 541-345-9106 or email to: oregon.united@gmail.com.

**Life & Universe** holds cultural events in mental health: lifeanduniverse@msn.com

**Lane Independent Living Alliance (LILA)** is a non-profit organization run by and for people with disabilities. LILA has several special empowering programs for mental health clients. LILA is at the Atrium building at 10th and Olive. Phone 541-607-7020.

**LILA Peer Support Club:** LILA has a free community center in downtown Eugene for mental health consumers and psychiatric survivors in Lane County. It's at 990 Oak Street (Corner of 10th & Oak). M to F 11 am to 5 pm. For more info and current hours, ph: 541-636-3107, email: psc@lilaoregon.org.

**Oregon Consumer/Survivor Coalition (OCSC)** is a state-wide coalition of about a dozen groups run by mental health consumers and psychiatric survivors. OCSC represents Oregon in a national coalition of similar state-wide organizations. For more info email: oregon.united@gmail.com

**City of Eugene Human Rights** has had a commitment to human rights in mental health care. Their office is next to LILA inside the Atrium at 10th and Olive. For more info call 541-682-5177.

**LaneCare Ombudsman** is free advocacy for issues related to mental health care. You must be a LaneCare client to use this. Phone attorney Ellen Singer at 541-689-3968.

**Disability Rights Oregon** is a state-wide federally-funded agency that helps with advocacy for people in mental health care. You may call toll free at 1-800-452-1694.

**Laurel Hill** has several programs, including "Pathways" with free classes on many topics for people in mental health care. Laurel Hill; 2145 Centennial Plaza. Phone 541-485-6340.

**NAMI Peer Connections Recovery Support** has groups for ages 18 and up, or 14 to 25. More info and current meeting times, email to: joyfindley@gmail.com

**Trauma Healing Project (THP)** mission is to "ensure that any person or group in our community impacted by violence or other trauma will be supported to completely recover and heal." 2222 Coburg Road, Eugene. Phone: 1-541-687-9447

**A mental health counselor** who has spoken out publicly for our human rights and empowerment for years is Ron Unger. Contact info: Center for Family Development, 1258 High St., Eugene, ph: 541-342-8437.

*(See over.) Updated 3/11. This is not complete. You are invited to submit additions. Add your resources, get free news & updates, email: oregon.united@gmail.com.*