



The Northwest Catholic Counseling Center

Serving all regardless of faith or finances

What is the Northwest Catholic Counseling Center?

Northwest Catholic Counseling Center (NCC) is a mental health clinic in Northeast Portland providing professional mental health counseling to all, regardless of faith, financial situation, background, nationality, legal status, or personal circumstances. NCC offers individual, couples and family therapy to children and adults. Staff have a special commitment to serve those who are uninsured or under-insured.

Do I have to be Catholic?

No! Our services are available to all. NCC is a completely independent 501(c)3 with no financial ties to the Catholic Church. It is supported through client fees and the generosity of our community. Many of our clients and staff are not Catholic or Christian, and we pride ourselves on welcoming all people, regardless of religious belief.

What is counseling?

Counseling (also known as therapy) is a process that involves meeting regularly with a trained professional who will work with you on your specific needs, goals, and challenges. Talking with a therapist can help you heal from traumatic past experiences, build relationship skills, develop tools to help with anxiety or depression, and more. Everything you discuss in counseling is completely confidential and will stay between you and your therapist. We currently have therapy available in English and Mandarin.

How much does it cost?

We contract with many health insurance companies. Because everyone's coverage is different, we do not know how much will be covered until we verify your benefits. If you are uninsured or underinsured, we offer a sliding scale for fees to make counseling financially accessible to everyone. Those fees generally range between \$5 and \$45 depending on circumstances. We are committed to meeting you where you are, and no one is turned away because of an inability to pay.

Where can I learn more?

Visit our website nwcounseling.org to learn more. Call us at (503) 253-0964 with questions or to make an appointment

A State Certified Counseling Agency

Donations are tax-deductible. Tax ID 93-1088962

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