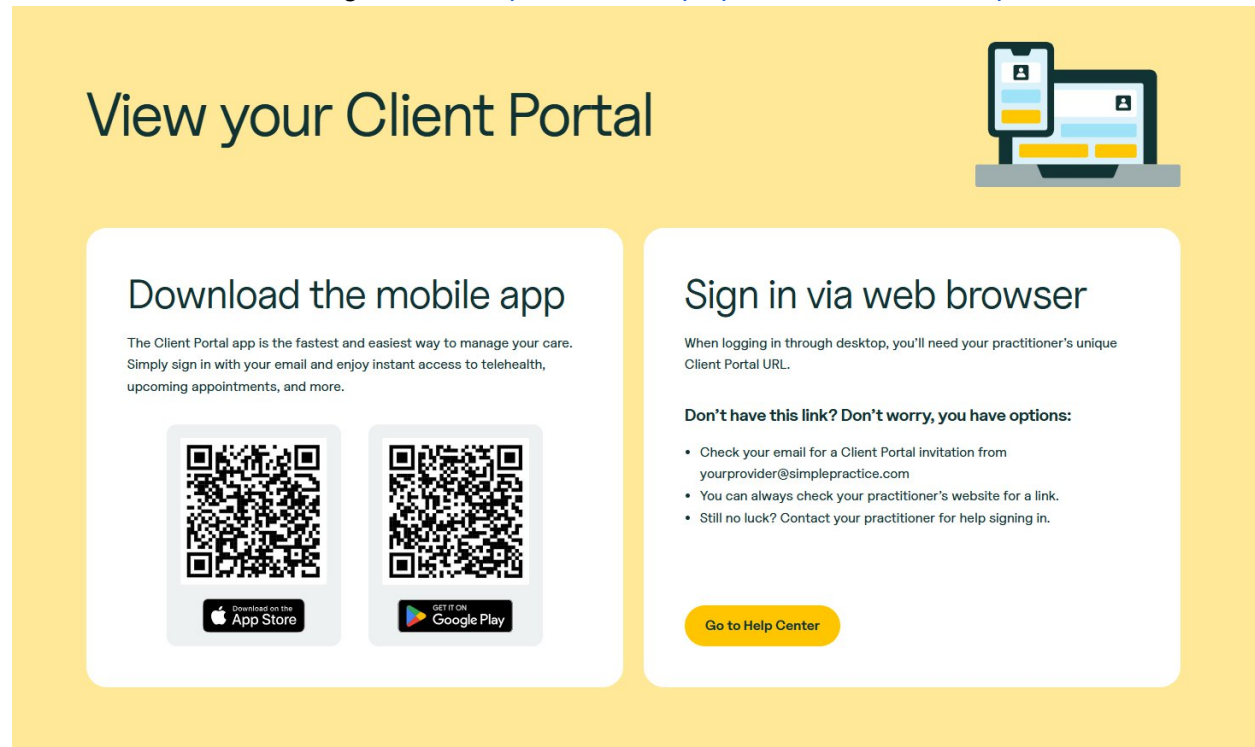


Landing Page For current clients

**Client Portal:** <https://hellometherapy.clientsecure.me>

Here is the link to the image below: <https://www.simplepractice.com/c/client-portal-access/>

A landing page for the Client Portal with a yellow background. At the top right is an icon of a smartphone and a laptop. The main heading is "View your Client Portal". Below this are two white rounded rectangular boxes. The left box is titled "Download the mobile app" and contains two QR codes with "Download on the App Store" and "GET IT ON Google Play" buttons below them. The right box is titled "Sign in via web browser" and contains a "Go to Help Center" button. The right box also includes a list of options for users who don't have a link.

**View your Client Portal**

**Download the mobile app**

The Client Portal app is the fastest and easiest way to manage your care. Simply sign in with your email and enjoy instant access to telehealth, upcoming appointments, and more.

**Sign in via web browser**

When logging in through desktop, you'll need your practitioner's unique Client Portal URL.

**Don't have this link? Don't worry, you have options:**

- Check your email for a Client Portal invitation from [yourprovider@simplepractice.com](mailto:yourprovider@simplepractice.com)
- You can always check your practitioner's website for a link.
- Still no luck? Contact your practitioner for help signing in.

[Go to Help Center](#)

**Telehealth Links:**

Allison: <https://us06web.zoom.us/j/2625130152>

Kelsey: <https://us06web.zoom.us/j/6885928724>

Meeta: <https://us06web.zoom.us/j/3883237497>

Dani: <https://us06web.zoom.us/j/7271932847>

M: <https://us06web.zoom.us/j/6341919457>

**In-Person Appointments:**

Finding a new space can sometimes bring up anxiety- you can utilize google maps to find Hello Me Therapy, but if you would like more information (including photos) please read this [document here.](#)

**Phone numbers:**

Hello Me – Main Line

(503) 836-8836

Allison Howells, LPC @ Hello Me Therapy

(503) 487-5343

Kelsey Knight-King, LPC @ Hello Me Therapy  
(503) 461-7123

M Lesowski, LPC @ Hello Me Therapy  
(503) 427-1882

Dani Baertsch @ Hello Me Therapy  
(971) 203-0848

Meeta Heuss, LCSW @ Hello Me Therapy  
(971) 436-1976

**FAQ:**

**How should I go about rescheduling or canceling an appointment?**

You can message your clinician in the client portal ([link](#)) or you can call your clinician's phone number and leave them a message. They will follow up with you regarding rescheduling options.

**My insurance is about to change, what do I need to do?**

If your insurance is changing, please let your clinician know as soon as possible. While we are not in network with all insurance plans, your therapist can help you review available options. We will need to verify your new insurance before services continue, so please upload the front and back of your new insurance card to the client portal.

**My insurance is changing from Medicaid OHP to a commercial insurance, what do I need to know?**

Please review this [document here](#) and talk with your therapist about this upcoming change.

**Crisis Numbers:**

Suicide and Crisis Hotline: 988

Multnomah County Crisis Line: (503) 988-4888

Clackamas County Crisis Line: 503-655-8585

Washington County Crisis Line: (503) 291-9111

Portland's Women's Crisis Line: (888) 235-4888

Adolescent Crisis Intervention and Counseling: (800) 999-9999

Child Abuse Reporting Hotline: (800) 4-A-CHILD (800-422-4453)

Teen Crisis Text Line: Text CONNECT TO 741471

Walk-In Clinics:

Cascadia Urgent Walk-In Clinic

(open 7:00am-10:30pm every day)

4212 SE Division, Suite 100, Portland, OR 97206

503-963-2575

Centerstone

(open Mon-Fri 9am-8pm, Sat-Sun 10am-7pm)

11211 SE 82nd Ave, Suite O Happy Valley, OR 97086

(503) 655-8585

Walk-in mental health crisis assistance.

Unity Center for Behavioral Health

(open 24 hours / day)

1225 NE 2nd Ave, Portland, OR

(503) 944-8000

Walk in mental health crisis assistance & inpatient care

Cedar Hills Hospital

(open 24 hours / day)

10300 SW Eastridge St

(503) 944-5000

Assessment center for addiction and mental health treatment. Calling first is recommended.

Sequoia Mental Health Services

4585 SW 185th Ave Aloha, OR 97078

(503) 619- 1560

Mental health and addiction treatment. Accepts walk-ins.

Hospital Emergency Departments

(open 24 hours / day)

**You may also visit your local hospital's emergency department for emergency services.**