



**IT'S YOUR  
STORY. LIVE IT  
YOUR WAY.**



**NEW  
NARRATIVE**

Integrative Mental Health

## A NEW NARRATIVE FOR MENTAL HEALTH

**We believe it's time for a radical rethinking of mental health services.** To retire the term mental illness and focus on mental wellness. To stop containing and start embracing.

Everyone deserves to participate in the community without stigma or fear. To have a safe place to live, hold steady employment, and build lasting relationships. **To be the author of their own story.**

These beliefs are at the core of New Narrative. From clinical care and peer support programs to housing, we provide resources so that people with mental health challenges can develop the tools to **thrive in the community, not just survive in the system.**

### **You are the author of your own story**

What gets you out of bed in the morning? What skills will help you live on your terms? What makes you whole? With services that inspire choice and independence, you can create your version of a life worth living.

### **Access a full continuum of care, personalized for you**

We meet you as an individual, working with you to shape your plan your way. You can access clinical care and housing, develop the skills to participate in the community, create your own wellness program, or simply build relationships with people who've been there themselves.

### **Our door is always open**

We value the power of community. We believe everyone deserves voice and visibility. That's why many of our programs are staffed with peer specialists who provide encouragement and support based on lived experiences – and who can walk with you as you find your voice.





**You're in charge  
of your journey.  
We work with you  
to make it possible.**

**TO MAKE APPOINTMENTS  
OR CONTACT CLINICIANS**

SE Portland clinic: 503.726.3764

Tigard clinic: 503.726.3732

**FOR INTAKE AND SCREENING**

503.726.3742

**FOR ALL OTHER INQUIRIES**

503.726.3690

**NEW NARRATIVE, INC.**

Administrative offices  
8915 SW Center Street  
Tigard, OR 97223

**[www.newnarrative.org](http://www.newnarrative.org)**