



In-person & Telehealth Services
No waitlist – Immediate Support Available!

Serving Children, Adolescents & Adults

At Direction Service Counseling Center, we prioritize getting you the highest quality of care you need without delays. With our walk-in intakes, you'll be given a mental health assessment and then assigned a therapist and scheduled for your first appointment within just 14 days. We're here for you, ready to help!

We offer a wide variety of evidence-based therapies, customized to support your unique challenges and goals. Our services include:

Cognitive Behavioral Therapy (CBT)
Internal Family Systems (IFS)
Behavioral Support & Behavior Modification
Motivational Interviewing
Mindfulness & Relaxation Skills
Play Therapy

Trauma-Informed Therapy
Eye Movement Desensitization and Reprocessing (EMDR)
Exposure Response Prevention (ERP)
Polyvagal Theory
Family Systems Therapy
Psycho-Education

We specialize in addressing a wide range of concerns including:

PTSD & Trauma-Informed Care -
Panic & Adjustment Disorders
Intellectual Disabilities
Parenting Challenges & Behavioral Problems

Depression & Anxiety
Obsessive-Compulsive Disorder (OCD)
Autism Support
Comprehensive Assessments

Walk-In Intakes Available

Monday's: 12 PM – 4 PM

Tuesday's: 9 AM – 1 PM

No appointment needed for intake Assessment

576 Olive St. #307, Eugene, OR 97401 For more information, call us at **(541-344-7303)** or visit our website at (directionservice.org).