

# COMMUNITY RESOURCE LIST

## ALCOHOL – DRUG – ADDICTIONS

<b>Alcohol &amp; Drug Helpline</b> .....	1-800-923-4357
<b>Alcoholics Anonymous</b> .....	503-223-8569
<i>home.pdxaa.org</i> .....	503-395-7188 (Español)
<b>Allied Health Services</b> .....	1-800-797-6237
<i>Methadone &amp; Suboxone outpatient. Accepts OHP.</i>	
<b>Cascadia Behavioral Healthcare</b> .....	503-674-7777
<i>Outpatient. OHP/sliding scale.</i>	
<b>Cascadia Gambling Treatment</b> .....	503-674-7777
<i>Free service.</i>	
<b>CCC Recovery Center (CCRC)</b> .....	855-733-2632
<i>Outpatient. OHP/free for Multnomah County residents.</i>	
<b>CODA</b> .....	855-733-2632
<i>Residential, outpatient, detox &amp; Methadone/Suboxone. Accepts OHP.</i>	
<b>De Paul Treatment Centers</b> .....	503-535-1151
<i>1312 SW Washington - Detox, residential, outpatient &amp; youth treatment. OHP/sliding scale.</i>	
<b>Empowerment Clinic</b> .....	503-676-3710
<i>Outpatient, gambling treatment, culturally-specific for African-Americans.</i>	
<b>Hooper Detox</b> .....	503-238-2067
<i>1535 N Williams - Detox. Accepts OHP/uninsured.</i>	
<b>Narcotics Anonymous</b> .....	503-345-9839
<i>portlandna.com or call for meetings.</i>	
<b>NARA (Native American Rehab. Ass.)</b> .....	503-231-2641 (Outpatient)
	503-621-1069 (Residential)
<i>Outpatient &amp; residential, serves couples &amp; families w/ children under 5. Outpatient walk-ins M-Th at 8:00am. Accepts OHP.</i>	
<b>Needle Exchange Info Line</b> .....	503-280-1611
<b>Portland Metro Treatment</b> .....	503-762-3130
<i>16420 SE Division - Methadone/Suboxone, cash only.</i>	
<b>Project Network</b> .....	503-645-3851
<i>Residential treatment for women.</i>	
<b>Puentes</b> .....	503-546-9975
<i>Outpatient A&amp;D, mental health treatment for Latinos; Servicios y tratamiento ambulatorio para las adicciones al alcohol y drogas, y la salud mental, para Latinos.</i>	
<b>Salvation Army Adult Rehab</b> .....	971-230-5300
<i>Free faith-based residential treatment.</i>	
<b>Sex Addicts Anonymous</b> .....	346-808-0722
<i>portlandsaa.org</i>	
<b>Tobacco Quit Line</b> .....	1-800-784-8669
	1-877-335356-92 (Español)

## CLOTHING – FOOD

<b>Best Foot Forward</b> .....	503-916-4009
<i>Referral required. Free professional men's clothing.</i>	
<b>Blanchet House</b> .....	503-241-4340
<i>310 NW Glisan - Meals Mon-Sat - Breakfast 6:30-7:30am; Lunch 11:30am-12:30pm; Dinner 5-6pm.</i>	
<b>Francis Center</b> .....	503-775-6784
<i>6535 SE 82nd - Food Boxes M-Th 10am-2pm. Clothing M-Th 10am-1pm.</i>	
<b>Mainspring (formerly FISH)</b> .....	503-233-5533
<i>3500 NE 82nd - Meals &amp; Clothing. Mon-Wed 10am-1pm.</i>	
<b>Meals on Wheels</b> .....	503-736-6325 (Multnomah/Washington)
	866-788-6325 (Clark)
<b>Oregon Food Bank</b> .....	503-282-0555
<i>oregonfoodbank.org - Search for food boxes/meals.</i>	
<b>Portland Dress for Success</b> .....	503-249-7300
<i>Referral required. Free professional women's clothing.</i>	

<b>Rahab's Sisters</b> .....	247 SE 82nd
<i>Friday 7pm-10pm - Meals for anyone identifying as female.</i>	
<b>Rose Haven</b> .....	503-248-6364
<i>627 NW 18th - M-F 8:30am-4pm. Drop-in center, clothing &amp; showers for anyone identifying as female.</i>	
<b>Sisters of the Road Cafe</b> .....	503-222-5694
<i>133 NW 6th - Tu-Sat 10am-12pm. Meals for \$1.50 or work/barter/food stamps.</i>	
<b>SNAP (Food Stamps)</b> .....	503-945-5600
<b>St. Andre Bessette (Red Door Church)</b> .....	503-228-0746
<i>601 W Burnside - Breakfast &amp; Clothing: M-Th 9:30-11:30am. Dinner: Fri 7-8:30pm. Food Pantry: Tu-Th 1:30-3pm.</i>	
<b>St. Francis Dining Hall</b> .....	503-234-2028
<i>311 SE 11th - Meals: M-Th 3:30pm, Fri 12:30pm, Sun 2pm.</i>	

## DOMESTIC VIOLENCE – ASSAULT

<b>Bradley Angle</b> .....	503-595-9591
<i>Emergency shelter, housing assistance. Culturally-specific for LGBTQ and African American available.</i>	
<b>Call to Safety</b> .....	1-888-235-5333 (24/7)
<b>Domestic Violence Resource Center</b> .....	503-469-8620
<i>24/7 Crisis Line &amp; help accessing shelter in Wash. Cty.</i>	
<b>Family Justice Center (FJC)</b> .....	503-469-8620
<i>735 SW 158th Ave in Beaverton. (DV Resource Center) Counseling, advocates, referrals, legal help in Wash. Cty</i>	
<b>Gateway Center for DV Services</b> .....	503-988-6400
<i>10305 E Burnside - M-F 9am-4pm. Drop-in center, legal needs, restraining orders.</i>	
<b>Home Free (VOA)</b> .....	503-771-5503 (Hotline)
<i>Emergency, transition support. Housing/motel vouchers, legal advocates, support groups.</i>	
<b>Oregon Coalition Against Domestic &amp; Sexual Violence</b> .....	<a href="http://www.ocadsv.org/find-help">www.ocadsv.org/find-help</a>
<b>Portland Bad Date Line</b> .....	503-535-3901
<i>Takes reports of violent or abusive customers for printed list.</i>	
<b>Projecto UNICA</b> .....	1-888-232-4448
<i>24 horas. Servicios de prevención e intervención de violencia doméstica y asalto sexual.</i>	
<b>Raphael House</b> .....	503-222-6222 (crisis line/shelter access)
<i>Emergency shelter &amp; advocacy/support for female &amp; male survivors, survivors w/children.</i>	
<b>Sexual Assault Resource Center</b> .....	503-640-5311 (24/7)
<i>Crisis/support line, advocacy, counseling for sexual assault survivors. Latinx supported.</i>	

## ENERGY–RENT–EMERGENCY HELP

<b>Assurance Wireless</b> .....	<a href="http://assurancewireless.com">assurancewireless.com</a>
<i>Oregon Lifeline for free cell phone.</i>	
<b>Human Solutions</b> .....	503-405-7877 (Energy Help)
	503-548-0217 (Water Help)
	503-548-0200 (Portland Office)
<i>Energy Hotline for help with NW Natural, PGE, Pacific bills. Portland office help with eviction prevention funding.</i>	
<b>Impact NW</b> .....	503-294-7444
<i>10055 E. Burnside - Walk-in Energy/Utility assistance, M-Th 9am until full. Bring ID, bills, SS card and income info.</i>	
<b>Low Income Energy Assistance Hotline</b> .....	1-800-453-5511
<b>Neighborhood House</b> .....	503-246-1663
<i>Help with energy, water bills, rent, &amp; food.</i>	
<b>Oregon Energy Fund</b> .....	<a href="http://oregonenergyfund.org">oregonenergyfund.org</a>
<b>SEI Family &amp; Community Services</b> .....	503-240-0828 (Energy Hotline)
	503-972-3698 (DV services)
<i>Energy Hotline for PGE, Pacific, NW Natural, water, and walk-in info.</i>	

## EMPLOYMENT – RE-ENTRY

<b>Vocational Rehabilitation</b> .....	971-673-2555 (Central Office)
	971-673-5858 (East Office)
<i>Job training for people with disabilities.</i>	
<b>SE Works</b> .....	503-772-2300
<i>7916 SE Foster - Employment assistance, including for people with criminal justice involvement.</i>	

## LGBTQ

<b>CAP</b> .....	503-223-5907
<i>Free HIV/STD testing, services for people living w/ HIV/AIDS.</i>	
<b>OHSU Transgender Health Program</b> .....	503-494-7970
<i>Gender transition support services.</i>	
<b>Outside In - Trans Clinic &amp; ID Project</b> .....	503-535-3828
<b>Prism</b> .....	503-445-7699
<i>2236 SE Belmont - LGBTQ-focused health care.</i>	
<b>Q Center</b> .....	503-234-7837
<i>4115 N Mississippi - Space for events/groups.</i>	
<b>SMYRC</b> .....	503-872-9664
<i>1220 SW Columbia &amp; 16570 SE Oak - Serving youth 12-23.</i>	

## HEALTH – MEDICAL – DENTAL

<b>Ageing and Disability Resource Connection</b> .....	503-988-3646
<i>adrcforegon.org</i>	
<b>Billi Odegaard Dental Clinic</b> .....	503-988-5770
<i>33 NW Broadway, Suite 380 - M-F 8:30am-6:30pm. Walk-in for standby appt. OHP/uninsured.</i>	
<b>Children's Community Clinic</b> .....	503-284-5239
<i>Medical care ages 0-21. OHP/uninsured.</i>	
<b>Medical Teams Int'l</b> .....	503-624-1026
<i>Urgent dental care.</i>	
<b>Multnomah County Health Clinics</b> .....	503-988-5558
<i>Serves uninsured/undocumented.</i>	
<b>Multnomah Dental Access</b> .....	503-988-6942
<i>Routine and urgent care. OHP/uninsured.</i>	
<b>NUNM Clinics</b> .....	503-552-1515
	503-552-1502 (Español)
<i>Naturopathic medical clinics for low income/uninsured.</i>	
<b>North by NE Health Center</b> .....	503-287-4932
<i>Serves uninsured, focus on African-Americans.</i>	
<b>Old Town Clinic</b> .....	503-228-4533
<i>727 W Burnside St - Primary care w/mental health providers. Walk-in intakes M-F 8:30am-3:30pm. OHP/uninsured.</i>	
<b>Outside In</b> .....	503-535-3800
<i>1132 SW 13th - M-F 8:30am-5pm. Call/Walk-in to establish care, walk-in for wound care at 12pm. OHP/sliding scale.</i>	
<b>OHSU Richmond Walk-In Clinic</b> .....	503-418-1500
<i>4212 SE Division - M-F 8am-8pm, Sat. 9am-3pm. Urgent care. serves all.</i>	
<b>OHSU Richmond Clinic</b> .....	503-418-3900
<i>Accepts OHP/uninsured.</i>	
<b>Oregon Poison Control Center</b> .....	1-800-222-1222
<b>Pacific Eye Care</b> .....	503-352-2500
<i>OHP, Medicare.</i>	
<b>Quest Center for Integrative Health</b> .....	503-238-5203
<i>Naturopathic, eastern, osteopathic Medicine. Has LGBTQ-specialized care, acupuncture, non-Opioid chronic pain program.</i>	
<b>Ride Connection</b> .....	503-226-0700
<i>Transportation assistance for Seniors &amp; People with Disabilities.</i>	
<b>Ride to Care</b> .....	1-855-321-4899
<i>Non-emergency medical transport for OHP Health Share.</i>	

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**Suicide Hotline (24/7)**  
1-800-273-8255

**Crisis Line**  
503-988-4888

**Call 211 for info**

**Rosewood Family Health Center** ..... 503-772-4335  
*OHP, Medicare.*  
**Southwest Community Health Center** ..... 503-977-0733 (Portland)  
 503-846-4418 (Hillsboro)  
*Primary care for low-income and uninsured.*  
**Tri-County MedLink** ..... 866-336-2906  
*Non-emergency medical transportation for OHP Open Card.*

## HIV/AIDS CARE

**Cascade AIDS Project** ..... 503-223-5907  
**Esther's Pantry** ..... 503-349-4699  
 10202 SE 32nd, Suite 601, Milwaukie - *Food, personal care items for low-income people living w/ HIV/AIDS.*  
**HIV Day Center** ..... 503-460-3822  
 2941 NE Ainsworth - *Meals and drop-in hours M, T, Th, F 9am-3pm*  
**HIV Health Services Center** ..... 503-988-5020  
*Primary care and support services for Oregon residents.*  
**Partnership Project** ..... 503-230-1202  
*Case management and free counseling by referral.*  
**Quest Center - WOW** ..... 503-238-5203 x311  
*Services and support for women living with HIV.*  
**Russell Street Dental** ..... 503-494-6822  
*Sliding scale dental care - indicate HIV+ when calling.*

## HOUSING AND HOMELESS

**Community Alliance of Tenants (CAT)** ..... 503-288-0130 (Hotline)  
*Renters' Rights Hotline M, W, F, Sa. 1-5pm, Tu. 6-8pm.*  
**Central City Concern (CCC)** ..... 503-525-8483  
 523 NW Everett - *Waitlists for housing.*  
**City Team Ministries** ..... 503-231-9334  
 526 SE Grand - *Men's shelter - \$5/night for bed, meal and shower. Check-in 5:45-6:30pm.*  
**CRRC - Community Resource & Referral Center** ..... 503-808-1256  
 308 SW 1st - *Drop-in center for veterans. Case management, housing assistance, free clinic.*  
**Human Solutions** ..... 503-538-0200  
*Homeless/affordable housing services.*  
**JOIN** ..... 503-232-2031  
 1435 NE 81st Ave, Suite 100 - *Day Center 10am-3pm - Showers, laundry, phone, internet, mail.*  
**NW Pilot Project** ..... 503-227-5605  
*Housing services/support for 55+. Call for screening.*  
**Oxford Houses** ..... 800-689-6411  
[oxfordvacancies.com](http://oxfordvacancies.com) - *Affordable shared recovery houses for adults and families.*  
**Operation Nightwatch** ..... 503-220-0438  
 1432 SW 13th - *Th-Sat 7-11pm. Services & supplies for houseless, including foot care.*  
**Porchlight & Streetlight Youth Shelters** ..... 503-432-3986 (Screening/Day #)  
 503-222-5988 (Porchlight/Night #)  
 1635 SW Alder - *Crisis and transition shelters for ages 14-24.*  
**Portland Community Reinvestment Initiative** ..... 503-288-2923  
 6329 NE MLK - *Rentals for low-income. Apply in office or at [pcrhome.org](http://pcrhome.org).*  
**Portland Homeless Family Solutions** ..... 503-915-8306  
*Shelter and housing assistance for families with children.*  
**Portland Rescue Mission** ..... 503-906-7690  
 111 W Burnside - *Men's shelter/showers, daily meals for all. Faith-based shelter & recovery programs available.*  
**SAFES - Salvation Army Female Emergency Shelter** ..... 503-227-0810  
 30 SW 2nd Ave.  
**TP1 - Transition Projects** ..... 503-280-4700  
 650 NW Irving - *Day Center. Check in at 1:00 PM M-F, 12:00 PM Sa. & Su. for bed. Servicios en Espanol.*

## PARENTING/FAMILY RESOURCES

**Albina Head Start/Early Head Start** ..... 503-236-9389  
 503-282-1975 (kids 3-5)  
*Support to low-income pregnant women, teen moms, kids 0-5.*

**Black Parent Initiative** ..... 503-284-8000  
**Center for Family Success** ..... 503-286-0600  
*Classes and support for criminal justice-involved families.*  
**Impact NW** ..... 503-721-6777  
*Early childhood, youth and family services.*  
**Insights Teen Parent Services** ..... 503-239-6996  
*Education, support services for parents up to age 22. Housing assistance for homeless mothers up to age 20.*  
**Lifeworks NW** ..... 503-283-4776 (St. John's)  
 503-594-1772 (Gladstone)  
 503-597-6089 (Hillsboro)  
*Children's Relief Nurseries: parenting/family classes & support in St. John's, Gladstone, Hillsboro.*  
**PAW Team** ..... 503-206-6033  
 1718 NE 82nd - *Free pet care. Bring ID, proof of income (if available). Pet must be spayed/neutered.*  
**Pongo Fund Pet Food Bank** ..... 503-939-7555  
 3632 SE 20th - [pongofund.org](http://pongofund.org) for Pet Food Bank dates. *Bring ID, proof of address & income. Pet must be spayed/neutered.*  
**Portland Public Schools Head Start** ..... 503-916-5724  
*Services supporting 3-4 year-olds and their families.*  
**Project Nurture** ..... 503-413-4500 (Emanuel)  
 855-733-2632 (CODA)  
 503-513-8950 (Providence)  
*Prenatal care & support for pregnant women using drugs. Methadone & Suboxone, peer support available.*  
**WIC** ..... 503-988-3503

## LEGAL

**Catholic Charities Immigration Legal Services** ..... 503-542-2855  
 2740 SE Powell, suite 2 - *Servicios en Español.*  
**Child Support Helpline** ..... 800-850-0228  
[oregonchildsupport.gov](http://oregonchildsupport.gov)  
**Immigration Counseling Services** ..... 503-221-1689  
*Low-cost immigration legal assistance.*  
**Legal Aid Services of Oregon** ..... 503-224-4086  
*Legal services for low-income.*  
**Lutheran Community Services NW** ..... 503-231-7480  
*Immigrant/Refugee assistance, including crime victims.*  
**Metropolitan Public Defender** ..... 503-225-9100  
*Legal assistance for Home Forward residents, records expungement.*

## MENTAL HEALTH SUPPORT

**24-hr Suicide Prevention Hotline** ..... 1-800-273-8255  
 Text '273TALK' to 839863. 1-888-628-9454 (Español)  
**Avel Gordly Center for Healing (OHSU)** ..... 503-418-5311  
*Counseling, medication management. Only African-American specific services accepts OHP.*  
**Cascadia Behavioral Health** ..... 503-674-7777 (Intake Line)  
**David Romprey Oregon Warmline** ..... 1-800-698-2392  
*Peer support, 9am-11pm.*  
**Folk Time Social Program - NE PDX** ..... [folktime.org](http://folktime.org)  
 4837 NE Couch - *Drop-in center.*  
**Lewis & Clark Counseling Center** ..... 503-768-6320  
*Student-provided sliding-scale counseling, including couples & substance abuse.*  
**Lifeworks NW** ..... 503-645-9010  
*Mental health/A&D services for youth & adults.*  
**North Star Clubhouse** ..... 971-271-7273  
 5600 NE Glisan - *Support center M-F 9am-5pm.*  
**Oregon Military Assistance Helpline** ..... 800-511-6944 (24hr)  
*Free, anonymous help for military/veterans and families.*  
**Pacific Psychology Clinic** ..... 503-352-2400 (Portland)  
 503-352-7333 (Hillsboro)  
*Counseling, assessments. OHP/sliding scale.*  
**Quest Center for Integrative Health** ..... 503-238-5203  
*Holistic mental health, A&D services. OHP, Medicare.*  
**Unity Center** ..... 503-944-8000  
 1225 NE 2nd ave - *Crisis inpatient/stabilization. Triage area for walk-ins.*  
**Urgent Walk-In Clinic (Cascadia)** ..... 503-963-2575  
 4212 SE Division - *7am-10:30pm daily. Crisis counseling, prescribing, referrals. Serves all.*

**Western Psychological & Counseling** ..... 503-253-4600  
*Counseling, med. management, groups, A&D. Accepts OHP/Medicare.*  
**William Temple House** ..... 503-226-3021 x220  
*Individual, couples, family counseling. Sliding scale. Get application at [williamtemple.org](http://williamtemple.org).*

## TESTING (Hep, HIV, STD, TB, Preg) AND REPRODUCTIVE HEALTH

**Cascade AIDS Project (CAP)** ..... 503-223-5907  
*HIV & STD testing.*  
**Lovejoy Surgicenter** ..... 503-221-1870  
*Abortion, Pregnancy Tests, Vasectomy Services. OHP, payment plans for uninsured.*  
**Multnomah County STD Clinic** ..... 503-988-3700  
 426 SW Harvey Milk, 6th Floor - *HIV/STD testing by appointment, OHP accepted, \$50 or sliding scale.*  
**Planned Parenthood** ..... 1-888-875-7820 (Call Center)  
*HIV/STD/pregnancy testing, birth control, morning-after pill, full range of women's care. OHP, sliding scale. NE location has gender transition services.*

## EAST COUNTY/CLACKAMAS

**Alcohol/Drug/Mental Health**  
**CCC - Eastside Concern** ..... 503-253-5954  
 1949 SE 122nd Ave - *Outpatient A&D/DV treatment. MAT walk-ins M-F 9am-12pm.*  
**Clackamas County Behavioral Health Centers** ..... 503-655-8401  
*A&D, Mental Health Services.*  
**Riverstone Urgent/Walk-in Clinic** ..... 503-742-5335  
 11211 SE 82nd, Suite O - *Crisis, assessment, referral, post release support.*  
**Clackamas County Crisis Line** ..... 503-655-8585 (24/7)  
**Western Psychological Counseling** ..... 503-666-8832  
*Individual, group, & family therapy. [westernpsych.com](http://westernpsych.com) for locations. OHP/Medicare/private insurance.*

## Medical/Dental Care

**Clackamas County Medical/Dental Care** ..... 503-655-8471  
**Legacy GoHealth Urgent Care** ..... 503-666-5050  
 2850 SE Powell Valley Rd., Suite 100, Gresham - *OHP.*  
**Mt. Hood Comm. College Dental Clinic** ..... 503-491-7176  
 27000 SE Stark St, Gresham - *Low-cost dental care.*  
**Wallace Medical Concern** ..... 503-489-1760  
 124 NE 181st, Suite 120 - *Medical & dental. OHP/sliding scale.*

## Basic Needs/Housing/Food

**Ambleside Meals on Wheels People** ..... 503-953-8201  
 600 NE 8th, Suite 155 Gresham - *M-F lunch for 60+ adults.*  
**Clackamas Service Center** ..... 503-771-7914  
 8800 SE 80th - *mail, clothing, food, hygiene/showers, medical, dental, haircuts, HIV testing, peer support, needle exchange.*  
**Clackamas Women's Services** ..... 1-888-654-2288 (24/7)  
 256 Warner Milne, Oregon City - *Drop-in & shelter for survivors of domestic/sexual violence.*  
**El Programa Hispano** ..... 503-669-8350  
 138 NE 3rd St, #140 - *Emergencia, legal, empleo, y ayuda adicional para Latinos.*  
**MT. Hood Head Start** ..... 503-491-6111  
 10100 NE Prescott - *For east Multnomah County outside Portland Public Schools. Walk-in M-F 9am-4pm.*  
**Operation Nightwatch** ..... 503-220-0438  
 8800 SE 80th - *Hospitality Center w/meals Fri 7-9pm, Sat 5-8 pm.*  
**SnowCap Community Charities** ..... 503-674-8785  
 17805 SE Stark St - *Food, clothes, school supplies. M-F 10am-2pm, Mon & Wed 6-8pm.*

*The contents of this list are options and not endorsed by the Multnomah County Health Department. Call 503-988-3030 to update. Download and print at [www.multco.us/sites/default/files/health/documents/community\\_resource\\_list.pdf](http://www.multco.us/sites/default/files/health/documents/community_resource_list.pdf)*