

24-HOUR CRISIS & HELP LINES

[211info](#) Information & referral for community services 211

[Call to Safety](#) (confidential emotional and crisis support, safety planning & referral (DV/SA/ST)) 888-235-5333

[Linea UNICA](#) (Español) (Confidential emotional and crisis support, safety planning & referral (DV/SA/ST)) 888-232-4448

[Dept. of Human Services \(DHS\) Child Abuse & Neglect Reporting](#) (24/7hotline) 1-855-503-SAFE (7233)

[Lines for Life](#) (suicide and crisis hotline) call or text 988

[Alba](#) (Crisis support, safety planning & referral, emergency housing for youth ages 9-17) 503-224-4598 Drop in center: 470 SE 165th Ave. Portland, OR 97233

[Multnomah County Mental Health Helpline](#) 503-988-4888 or 800-716-9769

[National Human Trafficking Hotline](#) 888-373-7888

[National Center for Missing and Exploited Children](#) 800-843-5678

[YouthLine](#) (teen-to-teen support) 877-968-8491 or text 839863

[Trans Lifeline](#) 877-565-8860

[Trevor Project](#) text START to 678678 or call 1-866-488-7386

[Tobacco Quit Line](#) 800-784-8669

[SafeNet](#) (statewide health referrals) 800-SAFE-NET

ST PROGRAMS

[Call to Safety](#) (Advocacy; Emergent and stabilization housing navigation, hospital response) 503-235-5333

[Linea UNICA](#) (Español)(Advocacy for Latinx survivors of all ages; Emergent and stabilization housing navigation) 503-232-4448

[New Day](#) (New Avenues for Youth–Mentorship, skill building & case management; Housing navigation) 503-258-7081

[Raphael House of Portland](#) (Prevention and education services; gender inclusive confidential shelter for DV survivors. New Day prevention line: 503-243-5123) 503-222-6222

[IRCO Services Against Exploitation Program](#) (Advocacy and case management for immigrant, refugee, and foreign-born survivors of all forms of human trafficking) 971-312-9602

[The Cupcake Girls](#) (Advocacy, information and referral and counseling for survivors of sex trafficking and sex workers) 207-200-8094

[Lifeworks NW](#) (substance use and recovery services) 503-645-9010

[Morrison Child & Family Services SAGE](#) (Secure residential & stabilization services for female-identified youth 11-16 years old, referrals only from DHS, law enforcement, parents and/or guardians.) 503-258-4200

[Parenting With Intent \(PWI\)](#) (mentorship for youth survivors, DHS Caseworker referral only) 503-850-7979

[Safety Compass](#) (24/7 advocate response and ongoing support for trafficking survivors in Clackamas, Marion, Multnomah, and Washington County) 971-235-0021

[Self-Enhancement Inc DV Program \(SEI\)](#) (advocacy for Black and African American survivors of all ages) 503-972-3698

[DVERT \(Domestic Violence Enhanced Response Team\)](#) (DV intervention and advocacy in high-lethality cases) 503-988-6440

RUNAWAY & HOMELESS YOUTH CONTINUUM SERVICES

Runaway Youth Services (ages 9-17)

[Alba](#) (Crisis line- emergency housing) 503-224-4598

[Alba](#) (Program line- mentorship, family mediation) 971-754-4350

Homeless Youth (ages 18-24)

[Access Center](#) (Janus, NAFY, OI, NAYA-Shelter, housing, case management & other services) 503-432-3986

DOMESTIC & SEXUAL VIOLENCE SHELTERS

Multnomah County

[Check the Call to Safety Shelter Space Site \(updated daily\)](#)

[Bradley Angle Emergency Shelter](#) 503-232-1528

[Raphael House of Portland](#) 503-222-6222

[Salvation Army West Women's & Children's](#) 503-731-3900

Neighboring Counties

[Clackamas Women's Services](#) (Clackamas County) 888-654-2288

[YWCA Clark County SafeChoice Shelter](#) (Clark County, Washington)
800-695-0167

[Monika's House](#) (Washington County) 503.469.8620

[Clackamas Women's Services](#) 503.654.2288

[Casa Esperanza](#) (Español) (Clackamas County) 503-232-4448

[SAFE of Columbia County](#) (Columbia County) 503-397-6161

CULTURALLY-SPECIFIC SERVICES

[Abuse Recovery Ministry & Svcs. \(ARMS\)](#) 503-846-9284

[Bradley Angle LGBTQ Program \(Marsha's Folx\)](#) 503-232-1528

[Bradley Angle Healing Roots Center \(Black and African American\)](#) 503-595-9591

[El Programa Hispano UNICA \(Español, Latinx\)](#) 503-669-8350 o 503-232-4448

Disability Abuse Response Team (DART) 503 988-6481 phone only

[IRCO Refugee & Immigrant Family Strengthening](#) (Immigrants and Refugees)

503-445-1446

[NAYA Family Center Healing Circle \(Indigenous\)](#) 503-288-8177

[Slavic Oregon Social Services \(Russian and Ukrainian\)](#) 503-777-3437

[Self-Enhancement Inc DV Program \(SEI\) \(Black and African American\)](#) 503-972-3698

Community Healing Initiative (CHI)

Family-based services for youth involved in juvenile justice system

[POIC CHI– For African-American youth and families](#) 971-263-3334

[Latino Network CHI](#) 503-283-6881

[NARA](#) (Mental health & substance use treatment for Native American folks of all ages)

503-224-1044

LGBTQ

[Bradley Angle LGBTQ Program \(Marsha's Folx\)](#) 503-232-1528

[Brave Space](#) and Full Spectrum Therapy (Counseling, gender affirming services, medical support, groups) 503-765-5733

[Full Spectrum Therapy Gender-Affirming Resource Guide](#)

[New Avenues for Youth - SMYRC](#) (community space, counseling and other support for youth 13-24) 503-872-9664

[Outside In/Trans Clinic/ID Project](#) (Primary care for trans youth, housing resources for youth 16-24) 503-432-3986

[Pivot/Cascade AIDS Project](#) (Primary care, behavioral health and social programming for LGBTQIA+ HIV+ people) 503-445-7699

[Q Center](#) (Social support and events) 503-234-7837

[TransActive](#) (Groups, advocacy, referrals) 503-768-6040

PARENTING/FAMILY RESOURCES

[Early Intervention/Early Childhood Special Education](#) (Services for children with disabilities birth through age 2) 503-947-5535

[Dept. Human Services \(DHS\) Self-Sufficiency](#) (Food stamps (SNAP), TANF, OHP, JOBS) 971-673-2748

[Employment Related Day Care \(ERDC\)](#) (Childcare for low-income folks who are working) 971-673-2411

[WIC](#) (food, nutrition information and lactation support) 503-988-3503

[Early Learning Multnomah County](#) (low cost and free pre-k) 503-947-0867

[Healthy Birth Initiative](#) (Case management and more for Black & African-American pregnant people) 503-988-3387

[Impact NW PCHiP](#) (Parenting groups and in-home supports for survivors of domestic violence) 503-721-6766

[Insights Teen Parent Program](#). 503-239-6996

[Letty Owings Center \(CCC\)](#) (parenting people in recovery) 971-352-8740

[LWNW Children's Relief Nurseries](#) (childcare/respice for families)

St. Johns Site 503-283-4776

Mill Park Site 503-564-0164

[Mother and Child](#) (Free baby supplies for parents in need; call for appointment or visit on set days) 503-249-5801

[Multnomah Childcare & Referral](#) 503-548-4400

[Northwest Children's Outreach](#) (clothing, diapers and other basic needs) place orders online

[Pathfinders Center for Family Success](#) (Support & education for families experiencing re-entry) 503-286-0600 x1

[Project Nurture](#) (parenting supports for people on methadone, suboxone, etc) 971-808-6217

MENTAL HEALTH & SUBSTANCE USE SERVICES

YOUTH

[Fora Health](#) (Detox, residential and outpatient services for youth ages 13-17) 503-535-1151

[NARA Youth](#) (counseling, groups, recovery) 503-224-1044

[New Avenues for Youth Recovery Oriented Support & Engagement \(ROSE\)](#) (drop in and peer support) 503-432-3986

Outside In

[Counseling for mental health & substance use for HYC youth](#) 503-354-9695

[Injection Drug Users Health Services](#)— needle exchange & more 503-535-3852

YOUTH & ADULT

[Lifeworks NW](#) (counseling and addiction program) 503-645-9010
[REAL Program](#) (Recovery mentoring & case management for Black youth)
[TAY](#) (Community-based therapy ages 16-24)
plus STRIDE, youth outpatient & community-based treatment
[Brave Space](#) (Counseling, gender affirming services, medical support, groups)
503-286-8936

ADULTS

[4th Dimension Recovery](#) (ages 18-35, addiction recovery) 971-703-4623
[Central City Concern \(CCC\) Recovery Centers](#). (outpatient for substance use)
503-944-4410
[Hooper Detox](#) (inpatient and outpatient detox) 503-238-2067
[Cascadia Behavioral Health](#) (mental health & substance use) 503-674-7777
[CODA](#) (residential & outpatient addictions services) 503-239-8400
[Lewis & Clark Community Counseling](#) (low cost/ sliding scale counseling with interns)
503-768-6320
[Native American Rehabilitation Association \(NARA\)](#)
Adult residential addiction services.....503-621-1069
Adult outpatient addiction services.....503-231-2641
Quest Center for Integrative Health.....503-238-5203
[Lifeworks NW](#) (mental health and addiction services) 503-645-9010

MEDICAL & DENTAL RESOURCES

[Cascade AIDS Project](#) 503-223-5907 and [Prism Health](#) 503-445-7699
[CAREAssist](#) (Assistance with HIV/AIDS medication for low income individuals)
971-673-0144
[Central City Concern \(CCC\) Health Service](#) 971-361-7888
[CARES NW](#) (Child Abuse Response and Evaluation Services) 503-276-9000
Medical examination for survivors of SA/ST – 24/7 line is through Legacy
503-413-2200
[Mult. Co. Health Clinics](#) 503-988-5558
[HIV Clinic](#) 503-988-5020
[STI Clinic](#) 503-988-3700
[Mult. Co. Dental Access](#) (Routine and urgent dental care) 503-988-6942
[National University of Natural Medicine \(NUNM\)](#) (Naturopathic and integrative medicine
for low income/uninsured individuals) 503-552-1551
OHSU
[Richmond clinic](#) (primary care, gender affirming care) 503-418-3900

[Walk-in Clinic @ 4212 SE Division](#) (Primary medical care for homeless or uninsured individuals) 503-494-1700

[Oregon Health Plan](#) (State medicaid for low income individuals) 800-273-0557

[Outside In](#) (Medical, mental health, substance use treatment and needle exchange for ages 18-25) 503-354-9695

[Planned Parenthood](#) (medical care, birth control, gender affirming care) 888-875-7820

[Oregon Prescription Drug Program](#) 800-913-4146

[Quest Center for Integrative Health](#). 503-238-5203

[Ride to Care](#) (Non-emergency medical transport for individuals and families with OHP) 1-855-321-4899

[Sexual Assault Nurse Examiner \(SANE\) practitioners](#) at Kaiser, Legacy, [OHSU](#)

[Social Security Administration](#) 800-772-1213

HOUSING & HOMELESS FOR ADULTS

[Central City Concern](#) (variety of housing for adults) 503-525-8483

[Community Warehouse](#) (Furniture by referral from partnering agency) 503-445-1449

[Human Solutions Family Center Shelter](#) (shelters and housing assistance)

503-477-9724

[Impact NW rent assistance](#) 503-721-1740

[JOIN](#) (Showers, laundry, phone, internet & mail) 503-232-2031

[Oxford Houses](#) (network of affordable, shared recovery houses for adults & children)

800-689-6411

[Path Home \(formerly Portland Homeless Family Solutions\)](#) 503-915-8306

[Portland Rescue Mission](#) (Men's shelter in downtown Portland) 503-906-7690 or

503-647-7466

[REACH Community Development](#) 503-231-0682

[Rose Haven](#) Drop-in center (women, nonbinary, gender nonconforming folks, and youth)

503-248-6364

[Salvation Army Female Emergency Shelter \(SAFES\)](#) 503-227-0810

[Transition Projects, Inc.](#) (Housing support and day center services, including IDs)

503-280-4700

EDUCATION & EMPLOYMENT RESOURCES

[Dress for Success](#) (Career preparedness services, including professional clothing for women 18+)

503-249-7300

[Job Corps](#) (Education and training program for youth ages 16-24) 800-733-5627
[PAVE - New Avenues for Youth](#) (Job training and employment for youth ages 17-24)
503-267-4382

[Education prep and re-engagement](#) for youth 17-24 years old (Tues-Thurs)
[SE Works & WorkSource](#) (Education and employment services for adults and youth)
503-772-2300

[Title X Homeless Student Services](#) 503-916-5770

UTILITIES ASSISTANCE

[Impact NW](#) Energy Assistance Program 971-308-7356 or 211
[Low Income Energy Assistance](#) (Oregon programs including outside of Portland) 211
[Oregon Energy Fund \(formerly Heat Oregon\)](#)
[Our Just Future \(formerly Human Solutions\) Assistance Hotline](#) 503-405-7877 for
heat/power and 503-548-0217 for water
[SEI Community and Family Programs](#) Energy Appointment line 503-713-5590

FOOD BOXES & MEALS

[Esther's Pantry](#) (for people living with HIV/AIDS) 503-349-4699
[Multnomah County SNAP Outreach Program](#) 503-320-6658
[Neighborhood House free food market](#) 971-447 6292
[SnowCap](#) (food, clothing, Trimet fare) 503-674-8785
[Sunshine Division](#) (food boxes and clothing assistance message line) 503-823-2102
[William Temple House](#) (Tuesday - Thursday drop-in 11am-2pm) 503-715-0320

CIVIL & FAMILY LEGAL SERVICES

[Child Support Helpline](#) (Division of Child Support) 800-850-0228
[Oregon Law Help](#) (online helpfinder tool)
[Legal Aid Services of Oregon Office](#) (Portland regional office) 503-224-4086
[Mult. Co. Family Court Self-Help Center](#)
[Oregon Crime Victims Law Center](#) 503-208-8160
[Oregon State Bar Lawyer Referral and Modest Means Program](#) 800-452-8260, ext.
408
[St. Andrews Legal Clinic](#) (for low income people who don't qualify for pro bono
services) 503-281-1500
[Volunteers of America Court Care](#) (drop-in childcare at downtown Portland courthouse)
503-988-4334

IMMIGRATION REPRESENTATION

[Catholic Charities Immigration Services](#) (low cost and free immigration legal services).503-542-2855

[IRCO Services Against Exploitation](#) (immigration and disability legal services) 971-406-9910

[Immigration Counseling Services](#) (low cost and free immigration legal services) 503-221-1689

[Lutheran Community Services NW](#) (legal services for immigrants and refugees) 503-231-7480

[SOAR](#) (low cost and free immigration legal services) 503-284-3002

LAW ENFORCEMENT

[Emergency](#) 911

[Gresham Police](#) 503-618-2318

[Multnomah County Jail Release Info](#) (find out status of detained person) 503-988-3689

[Multnomah County Sheriff's Office](#) 503-255-3600

[Non-emergency Police Response](#) 503-823-3333

[Multnomah County Parole and Probation Advocate](#) 503-988.7606

[Portland Police Human Trafficking Unit](#)

MULTNOMAH COUNTY COURTS

[Child Support Enforcement](#) 503-988-3150 (Portland) or 503-988-5321 (East)

[Multnomah County Courts](#) (Restraining orders and other protective order information) 503-988-3022

[Multnomah County District Attorney's Office](#) 503-988-3162

[Victim's Assistance Office](#). (advocacy and information related to court cases) 503-988-3222

[Oregon Crime Victim's Compensation](#) (financial support for victims of crime who report to police) 1-800-503-7983

Grassroots Support for ST Survivors and People Trading Sex

[PDX Sex Workers Resource Project](#) (mutual aid for people who trade sex)
pdxswrp@gmail.com

[Haymarket Pole Collective](#) (mutual aid and grants for people who trade sex)
revolution@haymarketpole.com

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This list is maintained by the Multnomah County Domestic & Sexual Violence Coordination Office
Please contact dsvco.info@multco.us for more information, additions or edits