

# COMMUNITY RESOURCE LIST

## ALCOHOL – DRUG – ADDICTIONS

- Alcohol & Drug Helpline** ..... 1-800-923-4357
- Alcoholics Anonymous** ..... 503-223-8569  
*home.pdxaa.com* 503-395-7188 (Español)
- Allied Health Services** ..... 503-252-3949  
*Methadone & Suboxone outpatient treatment. OHP Insurance accepted.*
- Cascadia Behavioral Healthcare** ..... 503-230-9654  
*Sliding-fee, OHP.*
- Cascadia Gambling Treatment** ..... 503-239-5952  
*Free service.*
- CCC Recovery Centers** ..... 503-944-4410  
*A&D treatment accepts OHP.* 503-546-9975 (Español)  
*Multnomah County clients do not need OHP.*
- Cocaine Anonymous** ..... 503-256-1666  
*Call or go online for schedule - [www.caorwa.org](http://www.caorwa.org)*
- CODA** ..... 503-239-8400  
*Outpatient and residential services. Accepts OHP.*
- De Paul Treatment Centers, Inc.** ..... 503-535-1151  
*1312 SW Washington - Adult detox, residential and outpatient services, many private insurances, OHP & sliding scale fee.*
- Gamblers Anonymous** ..... 1-855-222-5542
- Hooper Detox** ..... 503-238-2067  
*1535 N. Williams - Detox. Serves uninsured and OHP clients.*
- Narcotics Anonymous** ..... 503-345-9839 (M 11pm-Tu 12pm)  
*Call or go online for schedule - [portlandna.com](http://portlandna.com)*
- Native American Rehab Assn (NARA)** ..... 503-231-2641 (Outpatient)  
503-621-1069 (Residential)  
*Walk-in available for outpatient M-Th at 8am. Residential can bring children up to age 5. Accepts OHP.*
- Needle Exchange Info Line** ..... 503-280-1611
- NW Bible Training Center** ..... 503-283-6805  
*Free Christian-based residential treatment for 18+. Call for intake.*
- Portland Metro Treatment** ..... 503-762-3130  
*Suboxone and Methadone outpatient treatment. Does not work with insurances.*
- Project Network** ..... 503-528-2140  
*Residential A&D and mental health treatment for women, including mothers.*
- Sex Addicts Anonymous** ..... 346-808-0722 (VM)  
*[portlandssa.org](http://portlandssa.org)*
- Tobacco Quit Line** ..... 1-800-784-8669  
1-877-2NO-FUME (Español)
- Victory Outreach** ..... 503-335-3264  
*Faith-based recovery home for men and women 18+.*

## CLOTHING – FOOD

- Best Foot Forward** ..... 503-916-4009  
*522 SW 13th Ave - Provides free professional clothing for low-income men. M-Th: 8:30am-5pm.*
- Crossroads Food Bank** ..... 503-257-9345  
*2407 NE 102nd Ave - Food provided once a month. Proof of residency. Th & F: 9am-12pm.*
- Francis Center** ..... 503-775-6784  
*6535 SE 82nd - Food M-Th: 10am-2pm Clothing M-Th: 10am-1pm.*
- Grace Memorial Church** ..... 503-287-0418  
*1535 NE 17th Ave - Sack lunches, Tu/W/Th: 11am-1pm. Friday night meal at 6pm.*
- Meals on Wheels** ..... 503-736-6325 (Multnomah/Washington)  
Meals for 60+. 866-788-6325 (Clark)
- Oregon Food Bank** ..... 503-282-0555

- Portland Dress for Success** ..... 503-249-7300  
*1532 NE 37th - Professional clothes for women entering the job market. Must be referred through a member social service agency.*
- Portland Adventist Community Services** ..... 503-252-8500  
*11020 NE Halsey St - Food Pantry, M-F: 9-11am. Proof of residency.*
- Rahab's Sister Episcopal Church** ..... SE 82nd and Ash  
*Women only meals, Fri: 7-10pm.*
- Rose Haven** ..... 503-248-6384  
*627 NW 18th Ave - Drop in center for anyone identifying as female and their children, M-F: 8:30am-4pm.*
- Sisters of the Road Cafe** ..... 503-222-5694  
*133 NW 6th and Davis - Low cost meals (\$1.50). Open Tu-Sat: 10am-2pm.*
- SNAP/Food Stamps/Oregon Safenet** ..... 503-945-5600
- St. Andre Bessette Catholic Church** ..... 503-228-0746  
*601 W Burnside - Clothing, hygiene, food. Breakfast M-F: 9:30-11:30am, Sat 9-11am. Dinner Th & F: 7-8:30pm. Food Pantry Tu-F: 1-2:30pm.*
- St. Francis Dining Hall** ..... 503-234-2028  
*311 SE 11th - Meals served, M-F: 12:30pm & 5pm, Sun: 3:30pm.*

## DOMESTIC VIOLENCE – ASSAULT

- Bradley Angle House** ..... 503-595-9591  
*Emergency shelter and services.*
- Call to Safety** ..... 1-888-235-5333 (24/7)
- DV Resource Center** ..... 1-866-469-8600 (24/7)  
*Washington County only. Accepts pets.*
- Gateway Center for DV Services** ..... 503-988-6400  
*Provides legal aid services for people experiencing IPV.*
- Portland Bad Date Line** ..... 503-535-3901  
*Report violent or abusive customers of sex workers.*
- Proyecto UNICA** ..... 1-888-232-4448  
*24 horas. Un nuevo inicio para concluir el abuso.*
- Raphael House** ..... 503-222-6222 (crisis 24/7)  
*Shelter services for women & children.*
- Sexual Assault Resource Center** ..... 503-640-5311 (24/7)  
*Free support line for sexual assault survivors and their loved ones.*
- VOA Home Free** ..... 503-239-3929  
503-771-5503 (Emergency Hotline)

## ENERGY-RENT-EMERGENCY HELP

- Human Solutions Assistance Hotline** ..... 503-907-2795 (Eviction Protection)  
503-405-7877 (Utility Help)
- Impact NW** ..... 503-294-7444  
*Various assistance programs.*
- Low Income Energy Assistance Hotline** ..... 1-800-453-5511
- Neighborhood House** ..... 503-246-1663  
*Help with utilities, rent, and food.*
- Oregon Energy Fund** ..... [oregonenergyfund.org](http://oregonenergyfund.org)  
*Apply online.*
- Oregon Lifeline** ..... 1-800-848-4442
- SEI Community Service** ..... 503-240-0828  
*Various assistance programs.*

## EMPLOYMENT – RE-ENTRY

- Mercy Corps Re-Entry Transition Center** ..... 971-255-0547  
*1818 NE MLK Jr. Blvd, Suite C*
- Vocational Rehabilitation** ..... 971-673-2555  
*Training & employment for individuals with disabilities.*

## LGBTQ

- CAP** ..... 503-223-5907  
*Testing & support services.*
- OHSU Transgender Health Program** ..... 503-494-7970  
*Gender transition related medical services & advocacy.*
- Outside In/Trans Clinic/ID Project** ..... 503-535-3828
- Prism** ..... 2236 SE Belmont St, Portland  
*LGBTQ focused primary care.*
- Q Center** ..... 503-234-7837  
*Social, support and events.*
- SMYRC** ..... 503-872-9664  
*1220 SW Columbia - Serving youth: 12-23 years old.*

## HEALTH – MEDICAL – DENTAL

- Aging and Disability Helpline** ..... 503-988-3646
- Billi Odegaard Dental Clinic** ..... 503-988-5770  
*33 NW Broadway, Suite 380 - Dental care for the homeless, M-F: 7:30am-6:30pm.*
- CCC Health Services** ..... 503-228-4533
- Children's Community Clinic** ..... 503-284-5239  
*27 NE Killingsworth St - Medical care for 0-21 yrs old. OHP/Uninsured.*
- Medical Teams Int'l** ..... 503-624-1026  
*Urgent dental care.* 503-343-3370 (Español)
- Multnomah County Health Clinics** ..... 503-988-5558
- Multnomah Dental Access** ..... 503-988-6942  
*Routine and urgent dental care for insured and uninsured patients.*
- NUMM Clinics** ..... 503-552-1515  
503-552-1502 (Español)  
*Naturopathic medical clinics for low income/uninsured.*
- North by NE Health Center** ..... 503-287-4932  
*3030 NE MLK Jr Blvd - Basic medical, uninsured adults.*
- Outside In** ..... 503-535-3860  
*1132 SW 13th - Primary care. Homeless/OHP. New patient walk-in 8:30am. Call for appt, M-F: 9am-5pm.*
- OHSU**  
*Primary medical care for homeless or uninsured, M-F: 8am-8pm, Sat: 9am-1pm. Also accepts Medicaid and Medicare.*
- Richmond Clinic - 3930 SE Division ..... 503-418-3900
  - Walk-in Clinic - 4212 SE Division ..... 503-418-1500
- Oregon Poison Control Center** ..... 1-800-222-1222
- Pacific Eye Care** ..... 503-352-2500  
*511 SW 10th Ave, Suite 500 - Medicare/OHP and sliding scale fee.*
- Prescription Drug Assistance** ..... 1-800-913-4146  
*Prescription drug cost assistance for Oregon residents.*
- Quest Center for Integrative Health** ..... 503-238-5203  
*Provides Naturopathic Medicine, Osteopathic Manipulation, Chinese Medicine/Acupuncture including group acupuncture. M-Th: 8am-6pm, Fri: 8:30am-5:30pm.*
- Ride Connection** ..... 503-226-0700  
*For older adults and people with disabilities.*
- Ride to Care** ..... 1-855-321-4899  
*Non-emergency medical transport for OHP/Family Care.*
- Rosewood Family Health Center** ..... 503-772-4335  
*8935 SE Powell Blvd - Most insurance plans are accepted. Medicaid and Medicare are also accepted.*
- Southwest Community Health Center** ..... 503-977-0733 (Portland)  
503-846-4419 (Hillsboro)  
*Low income or uninsured. Primary care.*
- Social Security Admin.** ..... 1-800-772-1213  
*1538 SW Yamhill*

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

**Crisis Line**  
**503-988-4888**

**Call 211 for info**

## HIV/AIDS CARE

- CAREAssist**.....971-673-0144 | 1-800-805-2313  
*Low income support for medication.*
- Cascade AIDS Project**.....503-223-5907  
[CascadeAIDS.org](http://CascadeAIDS.org)
- Esther's Pantry**.....503-349-4699  
10202 SE 32nd Ave, Suite 601, Milwaukie, Oregon 97222  
*Provides food and personal care items to low-income people living with HIV/AIDS.*
- HIV Day Center**.....503-460-3822  
*Drop in hours are 9am to 3pm: M, Tu, Th, F.*
- Multnomah County HIV Clinic**.....503-988-5020  
426 SW Stark, 5th flr. - *Low cost testing & support for Oregon residents, M-F: 8am-5pm.*
- Partnership Project**.....503-230-1202  
5525 SE Milwaukie Ave 877-795-7700 (Toll free)  
*Case management & free counseling by referral.*
- Quest Center for Integrative Health - WOW**.....503-238-5203 x311  
*Provides services and support for HIV+ women and their children.*
- Russell Street Dental**.....503-494-6822  
*Dental services for HIV patients. Must say HIV positive when calling. Take OHP.*

## HOUSING AND HOMELESS

- Central City Concern (CCC)**.....503-525-8483  
523 NW Everett - *Waitlist for housing.*
- City Team Ministries**.....503-231-9334  
526 SE Grand - *Men's only shelter. Check-in 5:45-6:30 each night. Women's resources also. Meals served for families, M-Sat: 5:45pm.*
- Blanchet House**.....503-241-4340 (meals)  
310 NW Glisan 971-337-8747 (housing)  
*Residential & transitional housing programs. Meals served. Breakfast: M-Sat 6:30-7:30am, Lunch: 11:30am-12:30pm, Dinner: 5-6pm.*
- Human Solutions**.....503-548-0200  
*Affordable housing, eviction prevention, homeless services, utility assistance.*
- 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  
1430 SW Broadway, Suite 200 - *Housing services and support 55+. Servicios en Español.*
- Oxford House**.....800-689-6411  
[or.oxfordhouse.us](http://or.oxfordhouse.us) - *Affordable, shared recovery houses for adults & children.*
- Operation Nightwatch**.....503-220-0438  
St. Stephen's Episcopal Church, 1432 SW 13th  
*Th, F, Sat: 7-11pm. Provide foot care.*
- Porchlight & Streetlight Youth Shelters**.....503-222-5933 (Porchlight)  
503-224-5988 (Streetlight)  
*Shelter for homeless youth ages 14-24.*
- Portland Homeless Family Solutions (PHFS)**.....503-915-8306  
*Night shelter & day center services for homeless families with children.*
- Portland Community Reinvestment Initiative (PCR)**.....503-288-2923  
6329 NE Martin Luther King, Jr. Blvd - *Affordable housing.*
- Portland Rescue Mission**.....503-906-7690  
111 W Burnside St, Portland, OR 97209 - *Showers & shelter for men only. Meals for men & women.*
- REACH Community Development**.....503-501-5733  
*Affordable housing in Portland/Metro area. Home repairs for seniors & people with disabilities.*
- Recovery Association Project**.....503-522-8650  
*Provides group housing to at risk populations.*
- Salvation Army Female Emergency Shelter (SAFES)**.....503-227-0810  
30 SW 2nd Ave - *Women's shelter.*

- Transition Projects**.....503-280-4700  
650 NW Irving - *Housing support. Day center services. Servicios en Español.*
- Veteran Resource & Referral Center (CRR)**.....503-808-1256  
1-800-949-1004 x51256 (toll free)

## PARENTING/FAMILY RESOURCES

- Albina Head Start & Early Head Start**.....503-282-1975 (Head Start)  
503-236-9389 (Early Head Start)  
*Head start program in N & NE Portland.*
- Portland Head Start**.....503-916-5724
- Black Parent Initiative**.....503-284-8000
- Impact Northwest**.....503-988-6000  
*Early childhood, youth and family services.*
- Lifeworks NW**  
*Children's Relief Nurseries, parent/infant class and family support.*
- St. Johns Site - 8425 N Lombard St .....503-283-4776
  - Mill Park Site - 1245 SE 122nd Ave .....503-564-0164
- Pathfinders Center for Family Success**.....503-286-0600  
1445 SE 122nd Ave - *Support & education for families experiencing re-entry.*
- PAW Team**.....503-206-6033  
[pawteam.org](http://pawteam.org) - *Offers veterinary services & pet supplies for people experiencing extreme poverty.*
- WIC**.....503-988-3503

## LEGAL

- Catholic Charities**.....503-542-2855  
2740 SE Powell Blvd, suite 2 - *Immigration services. Servicios en Español.*
- Child Support Helpline**.....800-850-0228  
[oregonchildsupport.gov](http://oregonchildsupport.gov)
- Immigration Counseling Services**.....503-221-1689  
*Low cost immigration legal services.*
- Legal Aid Services of Oregon**.....503-224-4086  
520 SW 6th Ave, Suite 700 - *Services offered in many languages.*
- Lutheran Community Services NW**.....503-231-7480  
605 SE Cesar E. Chavez Blvd - *Immigration/Refugee help.*
- Veterans Project/Metro Public Defender**.....503-225-9100  
*Legal help for vets.*

## MENTAL HEALTH SUPPORT

- 24-hr Suicide Prevention Hotline**.....1-800-273-8255 (24/7)  
Text '273TALK' to 839863 1-888-628-9454 (Español)
- Avé Gordly Center for Healing (OHSU)**.....503-418-5311  
621 SW Alder, Suite 520 - *Mental health and psychiatry services. M-Th: 8:30am-6pm, F: 8:30am-5pm.*
- Cascadia Behavioral Health**.....503-674-7777  
*Urgent walk-in clinic 7 days/week: 7am-10:30pm.*
- David Romprey Oregon Warmline**.....1-800-698-2392  
*Talk to someone for general peer support. Hours vary but typically are from 9am-11pm.*
- Folk Time - NE Portland Social Program**.....folktime.org  
4837 NE Couch St - *Community Church of Christ (unaffiliated).*
- Lewis & Clark Comm. Counseling**.....503-768-6320  
4445 SW Barbur Blvd - *Sliding scale fee ranging from \$10 - \$50.*
- Life Works NW**.....503-645-9010  
*A&D/Mental health services for youth and adults.*
- NAMI Multnomah**.....503-228-5692
- North Star Clubhouse/Luke-Dorf, Inc**.....971-271-7273  
5600 NE Glisan St
- New Options for Women/Lifeworks NW**.....503-761-5272  
17214 SE Division St - *Support for women to exit the sex industry.*
- Oregon Military Assist. Help-Line**.....800-511-6944 (24/7)  
*Anonymous, free help for veterans, service members, and their families.*
- Pacific Psychology Clinic**.....503-352-2400  
1411 SW Morrison St, Suite 310 - *For uninsured: sliding scale fee.*

- Portland Crisis Line**.....503-988-4888 | 800-716-9769 (24/7)  
*Services available for non-English speakers experiencing a crisis.*
- Quest Center for Integrative Health**.....503-238-5203  
2901 E Burnside St - *Also offer A&D services. OHP and Medicare, no sliding scale.*
- Unity Center**.....503-944-8000  
1225 NE 2nd ave, Portland, OR 97232 - *Psychiatric emergency center.*
- Western Psych. Counseling Services**.....503-253-4600  
*Accepts OHP & Medicare.*
- William Temple House**.....503-226-3021 x220  
2023 NW Hoyt St - *Counseling services offered on a sliding scale fee.*

## TESTING (Hep, HIV, STD, TB, Preg) AND FAMILY PLANNING

- Any Lab Test Now**.....503-241-8378  
714 SW Washington St, Portland - *Call for testing prices.*
- Cascade AIDS Project (CAP)**.....503-278-3879  
*Rapid HIV testing: Multnomah, Washington & Clark counties.*
- Downtown Women's Center**.....503-224-3435  
511 SW 10th Ave, Suite 905 - *Accepts OHP.*
- Multnomah County STD Clinic**.....503-988-3700  
426 SW Stark St, Portland
- Planned Parenthood Call Center**.....888-875-7820

## EAST COUNTY/CLACKAMAS

- Alcohol/Drug/Mental Health Support**
- CCC/Eastside Concern**.....503-253-5954  
1949 SE 122nd Ave - *Outpatient services for A&D/DV treatment.*
- Centerstone**.....503-722-6200  
11211 SE 82nd Ave, Suite O, Happy Valley - *Mental health and A&D support for inmates released from jail.*
- Clackamas County Crisis Line**.....503-655-8585 (24/7)
- Western Psych. Counseling Services**.....503-666-8832  
*Accepts OHP & Medicare.*
- 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 OR 97080  
*Accepts Family Care and Care Oregon.*
- Mt. Hood Comm. College Dental Hygiene**.....503-491-7176  
26000 SE Stark St, Gresham - *Call for hours.*
- Wallace Medical Concern-Gresham**.....503-489-1760  
124 NE 181st Ave, Suite 120
- Basic Needs/Housing/Food**
- Ambleside Meals on Wheels People**.....503-953-8201  
600 NE 8th Ave, Suite 155, Gresham
- Bridges to Change**.....503-465-2749  
*Mentors, clean & sober housing, and treatment.*
- Clackamas Service Center**.....503-771-7914  
8800 SE 80th Ave - *Food, clothes, medical, dental, haircuts, HIV testing, peer support & needle exchange.*
- Clackamas Women's Services**.....503-655-8600  
503-654-2288 (Crisis line)  
256 Warner Milne Rd, Oregon City - *Drop-in services, M-Th: 8:30am-4:30pm.*
- East Area Aging & Disability**.....503-988-3840  
600 NE 8th ave, Room 100, Gresham
- El Programa Hispano**.....503-669-8350  
138 NE 3rd St, #140, Gresham - *Emergencia, legal, empleo, y ayuda adicional para Latinos.*
- MT. Hood Head Start**.....503-491-6111  
*Head Start program east of hwy 205.*
- Operation Nightwatch**.....Clackamas Service Center  
8800 SE 80th Ave - *Meals Saturday: 5:30-9:30.*
- SnowCap Community Charities**.....503-674-8785  
17805 SE Stark St - *Drop in community center.*

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)