

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
- 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
- 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
- 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)
..... 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
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
- 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 - *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 St503-283-4776
 - Mill Park Site - 1245 SE 122nd Ave503-564-0164
- 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 - *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
- 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