

COMMUNITY RESOURCE LIST

ALCOHOL – DRUG – ADDICTIONS

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

CLOTHING – FOOD

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

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

DOMESTIC VIOLENCE – ASSAULT

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

ENERGY–RENT–EMERGENCY HELP

Assurance Wireless	assurancewireless.com
<i>Oregon Lifeline for free cell phone.</i>	
Human Solutions	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>	
Impact NW	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>	
Low Income Energy Assistance Hotline	1-800-453-5511
Neighborhood House	503-246-1663
<i>Help with energy, water bills, rent, & food.</i>	
Oregon Energy Fund	oregonenergyfund.org
SEI Family & Community Services	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

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

LGBTQ

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

HEALTH – MEDICAL – DENTAL

Ageing and Disability Resource Connection	503-988-3646
<i>adrcoregon.org</i>	
Billi Odegaard Dental Clinic	503-988-5770
<i>33 NW Broadway, Suite 380 - M-F 8:30am-6:30pm. Walk-in for standby appt. OHP/uninsured.</i>	
Children's Community Clinic	503-284-5239
<i>Medical care ages 0-21. OHP/uninsured.</i>	
Medical Teams Int'l	503-624-1026
<i>Urgent dental care. 503-624-6626 (Español)</i>	
Multnomah County Health Clinics	503-988-5558
<i>Serves uninsured/undocumented.</i>	
Multnomah Dental Access	503-988-6942
<i>Routine and urgent care. OHP/uninsured.</i>	
NUNM Clinics	503-552-1515
	503-552-1502 (Español)
<i>Naturopathic medical clinics for low income/uninsured.</i>	
North by NE Health Center	503-287-4932
<i>Serves uninsured, focus on African-Americans.</i>	
Old Town Clinic	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>	
Outside In	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>	
OHSU Richmond Walk-In Clinic	503-418-1500
<i>4212 SE Division - M-F 8am-8pm, Sat. 9am-3pm. Urgent care. serves all.</i>	
OHSU Richmond Clinic	503-418-3900
<i>Accepts OHP/uninsured.</i>	
Oregon Poison Control Center	1-800-222-1222
Pacific Eye Care	503-352-2500
<i>OHP, Medicare.</i>	
Quest Center for Integrative Health	503-238-5203
<i>Naturopathic, eastern, osteopathic Medicine. Has LGBTQ-specialized care, acupuncture, non-Opioid chronic pain program.</i>	
Ride Connection	503-226-0700
<i>Transportation assistance for Seniors & People with Disabilities.</i>	
Ride to Care	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 - 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.

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.

TPI - 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 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

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
 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.

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 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