

# COMMUNITY RESOURCE LIST

## ALCOHOL – DRUG – ADDICTIONS

- Alcohol & Drug Helpline** ..... 1-800-923-4357  
**Alcoholic Anonymous (AA)** ..... 503-223-8569  
 971-327-5523 (Español)  
**Allied Health Services** ..... 503-252-3949  
 6601 NE 78th Ct - *Methadone outpatient treatment. OHP/Insurance accepted.*  
**Cascadia Behavioral Healthcare** ..... 503-238-0769  
**CCC Recovery Center** ..... 503-944-4410  
 726 W Burnside - *A&D outpatient treatment.*  
**CCC/Letty Owings Center** ..... 503-235-3546  
 2545 NE Flanders - *A&D treatment for women with children 5 yrs or under or pregnant.*  
**CCC/Puentes** ..... 503-546-9975  
 1949 SE 122nd - *Outpatient A&D/mental health services for Latino peoples.*  
**Cocaine Anonymous (CA)** ..... 503-256-1666  
*Call or visit [www.caorwa.org](http://www.caorwa.org) for meeting schedule.*  
**CODA** ..... 503-239-8400  
**De Paul Treatment Centers, Inc.** ..... 503-535-1151  
 1312 SW Washington - *Detox, adults only. Residential treatment for adults & youth.*  
**Gamblers Anonymous** ..... 1-855-2CALLGA (222-5542)  
**Hooper Detox** ..... 503-238-2067  
 1535 N. Williams - *For 18+. Insurance & sliding scale. Oregon resident only. Opens 6:45am, arrive before 7:45am.*  
**Iron Tribe** ..... 503-847-4880 / 503-913-9585 (Housing)  
*Peer support & help for Native Americans. [www.irontribenetwork.org](http://www.irontribenetwork.org)*  
**LifeWorks NW** ..... 503-645-9010 / 888-645-1666  
*A&D/mental health services for youth and adults.*  
**Narcotics Anonymous (NA)** ..... 503-345-9839 (24/7)  
**Native American Rehab. Assn (NARA)** ..... 503-231-2641  
**Needle Exchange Info Line** ..... 503-280-1611  
**NW Bible Training Center** ..... 503-289-7758  
*Free Christian-based residential treatment for 18+.*  
**Portland Metro Treatment** ..... 503-762-3130  
**Problem Gambling Services Program** ..... 503-239-5952  
**Project Network** ..... 503-528-2140  
*Residential A&D & mental health treatment for women.*  
**Quest Center for Integrative Health** ..... 503-238-5203  
**Sex Addicts Anonymous (SA)** ..... 503-452-5961  
**SMART Recovery** ..... [www.smartrecovery.org](http://www.smartrecovery.org)  
*A&D support meetings in the Portland metro area.*  
**Tobacco Quit Line** ..... 1-800-QUIT NOW (784-8669)  
**En Español** ..... 1-877-2NO-FUME  
**Victory Outreach** ..... 503-335-3264  
 16022 SE Stark - *Faith-based A&D violence, gang treatment support.*

## CLOTHING – FOOD

- Blanchet House** ..... 503-241-4340  
 310 NW Glisan - *Meals served M-Sat: Breakfast 6:30-7:30am. Lunch, 11:30-12:30pm. Dinner, 5-6pm. A&D support & transitional housing.*  
**Crossroads Food Bank** ..... 503-257-9345  
 2407 NE 102nd Ave - *Food provided once a month. Proof of residency & photo ID, TH & F: 9am-12am.*  
**Francis Center** ..... 503-775-6784  
 6535 SE 82nd - *Food box and/or clothing. M-TH: 10-2pm.*  
**Grace Memorial Church** ..... 503-287-0418  
 1535 NE 17th Ave - *Sack lunches, TU/W/TH: 11am-1pm. Dinner, Fri: 6pm.*

- Meals on Wheels** ..... 503-736-6325  
*Meals for 60+ in Multnomah, Washington & Clark County.*  
**Oregon Food Bank** ..... 503-282-0555  
 7900 NE 33rd, Portland.  
**Portland Dress for Success** ..... 503-249-7300  
 1532 NE 37th - *Business clothes for women enter the job market.*  
**Portland Adventist Community Services** ..... 503-252-8500  
 11020 NE Halsey St - *Food Pantry, M-F: 9-11am. Proof of residency & ID required.*  
**Rahab's Sister Episcopal Church** ..... SE 82nd and Ash  
*Women only meals, Fri: 7-10pm. Support for women who have experienced violence.*  
**Rose Haven** ..... 503-248-6364  
 627 NW 18th Ave - *Drop in center for anyone identifying as female, M-F: 8:30-3pm.*  
**Sisters of the Road Cafe** ..... 503-222-5694  
 133 NW 6th and Davis - *Low cost meals, M-F: 10-2pm. Barter or work for services.*  
**SNAP/Food Stamps/Oregon Safenet** ..... 1-800-723-3638  
*Apply at [www.oregon.gov/dhs/assistance/pages/foodstamps/snap-info.aspx#apply](http://www.oregon.gov/dhs/assistance/pages/foodstamps/snap-info.aspx#apply).*  
**St. Andre Bessette Catholic Church** ..... 503-228-0746  
 601 W Burnside - *Clothing, hygiene, food, M-F: 9-11am. Food & fellowship, TH-F: 7-8:30pm.*  
**St. Francis Church** ..... 503-232-5880  
 1131 SE Oak - *Food Boxes. No ID or requirements.*  
**St. Francis Dining Hall** ..... 503-234-2028  
 311 SE 11th - *Meals served, M-F: 12:30pm & 5pm, Sun: 3:30pm. Hygiene supplies.*

## DOMESTIC VIOLENCE – ASSAULT

- Bradley Angle House** ..... 503-595-9591 or 503-281-2442  
*Shelter & services for African American & LGBTQ.*  
**DHS/Child Abuse/Oregon Safenet** ..... 1-855-503-SAFE (7233)  
*Reporting child abuse/neglect.*  
**DV Resource Center** ..... 1-866-469-8600 (24/7)  
**Gateway Center for DV Services** ..... 503-988-6400  
**Portland Bad Date Line** ..... 503-535-3901  
*A&D reporting for sex workers.*  
**Portland Women's Crisis Line** ..... 1-888-235-5333 (24/7)  
**Proyecto UNICA** ..... 1-888-232-4448  
*Un nuevo inicio para concluir el abuso.*  
**Raphael House** ..... 503-222-6507 / 503-222-6222 (crisis 24/7)  
*Shelter services for women & children escaping DV.*  
**Sexual Assault Resource Center** ..... 503-640-5311 (24/7)  
**VOA Home Free** ..... 503-771-5503

## ENERGY – RENT – EMERGENCY HELP

- Heat Oregon** ..... [www.heatoregon.org](http://www.heatoregon.org)  
*Help with paying natural gas, apply online.*  
**Human Solutions Assistance Hotline** ..... 503-405-7877  
**Impact NW** ..... 503-988-6020  
**Low Income Energy Assistance Program**  
[www.oregon.gov/ohcs/pages/sos\\_low\\_income\\_energy\\_assistance\\_oregon.aspx](http://www.oregon.gov/ohcs/pages/sos_low_income_energy_assistance_oregon.aspx)  
**Neighborhood House** ..... 503-246-1663  
**Oregon Lifeline (Telephone Assistance Program)** ..... 1-800-848-4442  
*Apply online at [www.rspf.org](http://www.rspf.org)*  
**SEI Community Services** ..... 503-285-0493  
**Your Next Step** ..... [www.yournextstepgrants.org](http://www.yournextstepgrants.org)  
*One-time bill pay assistance.*

## EMPLOYMENT – RE-ENTRY

- Mercy Corps Re-Entry Transition Center** ..... 971-255-0547  
 1818 NE MLK Jr. Blvd, Suite C - *M-Th: 9-5pm. Fri 9-4pm.*  
**Vocational Rehabilitation** ..... 971-673-2555  
*Training & employment for individuals with disabilities.*  
**WorkSource Center** ..... 503-280-6046(N)  
 503-772-2300(SE)  
*Job leads, training & resources, M-F: 8am-5pm.*

## GAY – LESBIAN – BI – TRANS

- Outside In/Trans Clinic/ID Project (name change help)** ..... 503-535-3828  
**Pivot/CAP** ..... 503-445-7699  
 209 SW 4th - *Support services for MSM & transgender persons who identify as male.*  
**Q Center** ..... 503-234-7837  
*Social, support and events. [www.pdxqcenter.org](http://www.pdxqcenter.org)*  
**Resources PDX** ..... [www.resourcespdx.org](http://www.resourcespdx.org)  
*Local health directory for LGBTQ community.*  
**SMYRC** ..... 503-872-9664  
 2450 NE Sandy Blvd, Suite 100 - *Serving youth 12-23 years old.*  
**Triangle Project/Cascadia** ..... 503-230-9654  
 2415 SE 43rd Suite 200 - *A&D/mental health treatment for LGBTQ community.*

## HEALTH – MEDICAL – DENTAL

**\*\* Call for eligibility, cost and other details**

- 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: 8:30am-6:30pm.*  
**CCC Health Services/Old Town Clinic** ..... 503-228-4533  
**Children's Community Clinic** ..... 503-284-5239  
 27 NE Killingsworth St - *Medical care for 0-21 yrs old. Call for appt. & fees.*  
**Chronic Disease Self-Management Classes** ..... 1-888-576-7414  
[www.healthoregon.org/livingwell](http://www.healthoregon.org/livingwell)  
**Community Clinics** ..... [www.coalitionclinics.org](http://www.coalitionclinics.org)  
*Directory of clinics for low income/uninsured.*  
**Cover Oregon** ..... 1-855-268-3767  
*Apply for OHP or other coverage at [www.coveroregon.com](http://www.coveroregon.com)*  
**Medical Teams Int'l** ..... 503-624-1026  
*Free urgent van dental care per eligibility. Extractions only.*  
**Multnomah County Health Clinics** ..... 503-988-5558  
*Primary care call 8am-4:45pm for appt.*  
**Multnomah Dental Access** ..... 503-988-6942  
*Dental emergencies only, M-F: 8am-4:45pm. Call for appt.*  
**NCNM 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, M-F: 9am-5pm.*  
**Outside In** ..... 503-535-3800  
 1132 SW 13th - *Medical for 25 & under. Homeless/OHP. New patient walk-in 8:30am. Call for appt, M-F: 9-5pm.*  
**OHSU – Richmond Clinic** ..... 503-418-3900  
 3930 SE Division - *Primary medical care for homeless or uninsured, M-F: 8am-8pm / Sat: 9am-1pm.*  
**OHSU Walk-in Clinic** ..... 503-418-1500  
 4212 SE Division - *M-F: 8am-8pm / Sat: 9am-1pm.*  
**Oregon Health Plan** ..... 1-800-273-0557  
**Oregon Poison Control Center** ..... 1-800-222-1222

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

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

**Call 211 for info**

**Pacific Eye Care**..... 503-352-2500  
*Accepts OHP/sliding scale for eye exams.*

**Prescription Drug Assistance**..... 1-800-913-4146  
*Prescription drug cost assistance for Oregon residents.*  
[www.oregon.gov/OHA/pharmacy/OPDP/pages/applicationpage.aspx](http://www.oregon.gov/OHA/pharmacy/OPDP/pages/applicationpage.aspx)

**Ride Connection**..... 503-226-070

**Rosewood Family Health Center**..... 503-772-4335

**Southwest Community Health Center**..... 503-977-0733  
*Low income or uninsured. Primary care, M-TU: 6pm-8pm, TH: 4pm-7pm. NO WALK INS.*

**Social Security Admin**..... 1-800-772-1213  
 1538 SW Yamhill - Apply [www.socialsecurity.gov/onlineservices/ta0=0](http://www.socialsecurity.gov/onlineservices/ta0=0)

**TriMet Medical Transport**..... 503-962-8700

**Wallace Medical Concern**..... 503-489-1760 x2  
 124 NE 181st - Basic & urgent care. M-F: 8am-5pm.

## HIV / AIDS CARE

**CAREAssist**.....971-673-0144 / 1-800-805-2313  
*Low income support for medication & counseling.*

**Cascade AIDS Project**..... 503-223-5907

**Esther's Pantry**..... 503-349-4699  
 2727 SE Adler - Supplemental food for people with HIV/AIDS.

**HIV Day Center**..... 503-460-3822  
*Meals, laundry and support, M/T/TH/F: 9am-3pm.*

**Multnomah County HIV Clinic**..... 503-988-5020  
 426 SW Stark, 5th flr. - Low cost testing & support for Oregon residents, M-F: 8-5pm.

**OHSU Internal Medicine Clinic**..... 503-494-8562

**Oregon AIDS/STD Hotline**..... 1-800-777-2437  
 Espanol 1-800-499-6940

**Our House**..... 503-234-0175

**Partnership Project**..... 503-230-1202  
*Case management & free counseling by referral.*

**Quest Center for Integrative Health**..... 503-238-5203

**Russell Street Dental**..... 503-494-6822  
 214 N Russell St. - Dental services for persons with HIV/AIDS, M-F: 7:30am-2:30pm.

## HOUSING AND HOMELESS

**Central City Concern (CCC)**..... 503-525-8483  
 523 NW Everett - Wait list for housing.

**City Team Ministries**..... 503-231-9334  
 526 SE Grand - M-Sat: \$5 night/voucher, check-in/dinner at 5:45-6:30pm. Sun: Shelter only (check-in 6-6:30pm). Men only shelter. Mon/Wed: clothing. Women showers & hygiene, M-F:1:30-4:30pm.

**Home Forward**..... 503-802-8300  
 135 SW Ash - Low income housing & rental assist.

**Housing Connections**..... [www.housingconnections.org](http://www.housingconnections.org)

**JOIN**..... 503-232-2031  
 1435 NE 81st Ave - Day center 10-3pm. Showers, laundry, phone, internet & mail.

**NW Pilot Project**..... 503-227-5605  
 1430 SW Broadway, Suite 200 - Housing services and support 55+.

**Oxford House**..... 1-800-689-6411  
[www.oxfordhouse.org](http://www.oxfordhouse.org). Affordable, shared housing for sober adults & children.

**Porchlight & Streetlight Youth Shelters**..... 503-222-5933/503-432-3986

**Portland Homeless Family Solutions (PHFS)**..... 503-915-8306

**Portland Community Reinvestment Initiative (PCRI)**..... 503-288-2923  
*Affordable housing in N/NE Portland.*

**Portland Rescue Mission**..... 503-906-7690  
 111 W. Burnside - Check-in dinner/shelter 5:30pm. Showers 2-4pm. Men only shelter.

**REACH Community Development**..... 503-231-0682  
*Affordable housing in Portland/Metro area.*

**Recovery Association Project**..... 503-388-1413 (call/text)  
[www.rap-nw.org](http://www.rap-nw.org) Shared housing for sober adults & children.

**Salvation Army Female Emergency Shelter (SAFES)**..... 503-227-0810  
 30 SW 2nd Ave - Women's shelter, hygiene & support. Call to check in.

**Transition Projects**..... 503-280-4700  
 650 NW Irving - Housing support, shelters for men & women. Day center services, hygiene & voice mail.

**Veterans Resource & Referral Center (CRRC)**..... 503-808-1256

## PARENTING/FAMILY RESOURCES

**Albina Head Start & Early Head Start**..... 503-282-1975

**Black Parent Initiative**..... 503-284-8000

**Impact Northwest**..... 503-988-6000

**Lifeworks NW**..... 503-283-4776 x3868  
*Children's Relief Nurseries, parent/infant class and family support.*

**Pathfinders Center for Family Success**..... 503-286-0600  
*Support & education for families experiencing re-entry.*

**WIC**..... 503-988-3503  
*Supplemental food & resources for women, infants and children.*

## LEGAL

**Catholic Charities**..... 503-542-2855  
 2740 SE Powell, suite 2 - Immigration services.

**Child Support Helpline**..... [www.oregonchildsupport.gov](http://www.oregonchildsupport.gov)

**Dept. of Motor Vehicles (DMV)**..... 503-299-9999  
[www.oregon.gov/odot/dmv/](http://www.oregon.gov/odot/dmv/)

**Immigration Counseling Services**..... 503-221-1689  
*Low cost immigration counseling, help & support.*

**Legal Aid Services of Oregon**..... 503-224-4086  
[www.oregonlawhelp.org](http://www.oregonlawhelp.org) Low cost legal help & advice.

**Lutheran Community Svcs NW**..... 503-231-7480  
 605 SE Cesar Chavez Blvd - Immigration help.

**Veterans Project/Metro Public Defender**..... 503-225-9100  
 630 SW 5th, Suite 500 - Help for vets legal, no criminality cases.

## MENTAL HEALTH SUPPORT

**24-hr Suicide Prevention Hotline**..... 1-800-273-8255

**Avel Gordley Healing Center (OHSU)**..... 503-418-5311  
 621 SW Alder, Suite 520 - Mental health support & addiction services.

**Cascadia Behavioral Health**..... 503-674-7777  
 SE 42nd & Division - Walk-in services, 7am-10:30pm.

**David Romprey Oregon Warmline**..... 1-800-698-2392  
*Talk to someone for general support. Hours of availability vary.*

**Folk Time**..... 503-238-6428  
 232 SE 80th - Peer support & activities for mental health recovery.

**Lewis & Clark Comm. Counseling**..... 503-768-6320  
 4445 SW Barbur Blvd - M-F: 8am-9pm. Sliding scale \$10-\$50.

**NAMI Multnomah**..... 503-228-5692  
 524 NE 52nd Ave - M-F: 10am-3pm.

**North Star/Luke-Dorf, Inc**..... 971-271-7273  
 5600 NE Glisan - M-TH: 9-5pm. F: 9-6pm. Sat: 10-3pm.

**New Options for Women/Lifeworks NW**..... 503-761-5272 x6903  
 17214 SE Division - Support for women to exit the sex industry. M-F: 9-5pm.

**Oregon Military Assist. Help-Line**..... 1-800-511-6944 (24/7)

**Pacific Psychology Clinic**..... 503-352-2400

**Portland Crisis Line**..... 503-988-4888/1-800-716-9769(24/7)

**Portland Women's Crisis Line**..... 1-888-235-5333 (24/7)

**Quest Center for Integrative Health**..... 503-238-5203  
 2901 E Burnside - Accepts OHP, no sliding scale. M-TH: 8-6pm. F: 8:30-5:30pm.

**Suicide Crisis Line, Español**..... 1-888-628-9454

**William Temple House**..... 503-226-3021  
 2023 NW Hoyt - Sliding scale counseling for individuals, couples & families. No Espanol.

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

**Any Lab Test Now**..... 503-241-8378  
 M-F: 8am-6:30pm & Sat: 9am-2pm

**Cascade AIDS Project (CAP)**..... 503-278-3879  
 208 SW 5th, suite 800 - Rapid HIV testing, M-F: 10-3:30pm. OHP/insurance or donation.

**CAP-Clark County**..... 360-750-7964  
 3701 E. 4th Plain Blvd, Vancouver - Free HIV/STD testing for MSM populations, TU: 11am-1pm, TH: 4-8pm.

**Clark County Public Health**..... 360-750-8610/360-397-8086  
 3701 E. 4th Plain Blvd, Vancouver - Needle Exchange. HIV/Hep C testing for IDUs. M/W: 3-5:30pm & F: 3-4:30pm.

**Downtown Women's Center**..... 503-224-3435  
*All pregnancy options/women's health services. All insurance is accepted.*

**Multnomah County Health Clinics**  
 426 SW Stark Street, Portland

- HIV/STD testing - 6th floor..... 503-988-3700
- Immunizations..... 503-988-3828
- TB Clinic..... 503-988-3406

**Outside In**..... 503-535-3800

**Pivot**..... 503-445-7699  
 209 SW 4th. - First come first serve basis testing for gay/bi/trans people. HIV for 24 yrs old under every 2nd & 4th Mon: 3-7pm. HIV/STD/Syphilis, TU: 5-8:30pm. HIV/STD/Syphilis, W: 1-3:30pm/4-7pm. HIV/Syphilis, TH/F/S: 3-7pm.

**Planned Parenthood Call Center**..... 503-788-7273  
 HIV/STD/Preg testing. Pap, birth control & abortion services.

**Westover Heights Clinic**..... 503-226-6678  
 HIV/STD/Hep/Preg/testing. Women's health/primary care. Insurance & Care Oregon. Herpes info: <http://westoverheights.com/handbook.html>

## EAST COUNTY/CLACKAMAS

**Alcohol/Drug/Mental Health Support**

**CCC/Eastside Concern**..... 503-253-5954  
 1949 SE 122nd - A&D/DV treatment & counseling. M-TH: 9-5pm & F: 9-4pm. Sliding scale & Medicaid.

**Centerstone**..... 503-722-6200  
*Mental health support. Walk-ins M-F: 9-8pm, S/SU: 10-7pm.*

**Clackamas County Crisis Line**..... 503-655-8585 (24/7)

**Western Psych. Counseling Services**..... 503-666-8832  
*Mental health support/counseling. Call for new patient intake.*

**Medical/Dental Care**

**Clackamas County Medical/Dental Care**..... 503-655-8471

**East County Health Center**..... 503-988-5155  
*Medical, STD, family & prenatal care.*

**Legacy Mt. Hood Medical Clinic-Gresham**..... 503-674-1580  
 24988 SE Stark, Ste 220, bldg. 3 - M-F: 8-5pm. Insurance/OHP.

**Mt. Hood Comm. College Dental Hygiene**..... 503-491-7176  
 26000 SE Stark - Cleaning/fluoride treatments, no extractions.

**Wallace Medical Concern-Gresham**..... 503-489-1760 x2  
 124 NE 181st - M-F: 8am-5pm

**Basic Needs/Housing/Food**

**Ambleside Meals on Wheels People**..... 503-953-8201

**Bridges to Change**..... 503-465-2749 or 503-348-9595  
*Mentoring/counseling for people in re-entry from incarceration.*

**Clackamas Service Center**..... 503-771-7914  
 8800 SE 80th Ave - Food, clothes, medical, dental. Needle exchange, TH: 2-5pm.

**Clackamas Women's Services**..... 503-655-8600  
 256 Warner Milney Rd, Oregon City - Services for DV sexual abuse survivors.

**East Area Aging & Disability**..... 503-988-3840

**El Programa Hispano**..... 503-669-8350  
 138 NE 3rd St, ste 140, Gresham - Emergencia, legal, empleo, y ayuda adicional para Latinos. M-TH: 9-5pm. Fri by appt only.

**Gresham Self-Sufficiency Office**..... 503-491-1979  
 SNAP/OHP/Social assistance for Gresham residents.

**Snow Cap Community Charities**..... 503-674-8785  
 17805 SE Stark - Drop in community center providing clothing, food & showers. Must bring proof of ID to show client lives east of 82nd. M/W/Th/F: 10-2pm. TU: 10-4pm. W: 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)