

# COMMUNITY RESOURCE LIST

## ALCOHOL – DRUG – ADDICTIONS

<b>Alcohol &amp; Drug Helpline</b> .....	1-800-923-4357
<b>Alcoholics Anonymous</b> .....	503-223-8569 971-327-5523 (Español)
<b>Allied Health Services</b> .....	503-252-3949
6601 NE 78th Ct - Methadone outpatient treatment. OHP Insurance accepted.	
<b>Cascadia Behavioral Healthcare</b> .....	503-230-9654
Sliding-fee, OHP.	
<b>Cascadia Gambling Treatment</b> .....	503-239-5952
Free service.	
<b>CCC Recovery Centers</b> .....	503-944-4410
A&D treatment. Habla Español.	
<b>Cocaine Anonymous</b> .....	503-256-1666
Call or visit <a href="http://www.caorwa.org">www.caorwa.org</a> for meeting schedule.	
<b>CODA</b> .....	503-239-8400
Outpatient and residential services. Accepts OHP.	
<b>De Paul Treatment Centers, Inc.</b> .....	503-535-1151
1312 SW Washington - Adult and Youth (13-17) detox, residential and outpatient services, many private insurances, OHP & sliding scale fee.	
<b>Gamblers Anonymous</b> .....	1-855-222-5542
<b>Hooper Detox</b> .....	503-238-2067
1535 N. Williams - Detox & OHP only.	
<b>Narcotics Anonymous</b> .....	503-345-9839 (24/7)
Can call or go online for schedule.	
<b>Native American Rehab</b>	
<b>Assn (NARA)</b> .....	503-231-2641 (Outpatient) 503-621-1069 (Residential)
(Can bring children up to age 5 with for residential)	
<b>Needle Exchange Info Line</b> .....	503-280-1611
<b>NW Bible Training Center</b> .....	503-289-7758
Free Christian-based residential treatment for 18+.	
<b>Portland Metro Treatment</b> .....	503-762-3130
Suboxone and Methadone outpatient treatment. Does not currently accept OHP.	
<b>Project Network</b> .....	503-528-2140
Residential A&D & mental health treatment for women, including mothers.	
<b>Sex Addicts Anonymous</b> .....	503-452-5961
<b>Tobacco Quit Line</b> .....	1-800-784-8669 1-877-2NO-FUME (Español)
<b>Victory Outreach</b> .....	503-335-3264
16022 SE Stark - Faith-based recovery home.	

## CLOTHING – FOOD

<b>Best Foot Forward</b> .....	503-916-4009
522 SW 13th Ave - Provides free professional clothing for low income men.	
<b>Blanchet House</b> .....	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.	
<b>Crossroads Food Bank</b> .....	503-257-9345
2407 NE 102nd Ave - Food provided once a month. Proof of residency, TH & F: 9am-12am.	
<b>Francis Center</b> .....	503-775-6784
6535 SE 82nd - Food M-TH: 10-2pm Clothing M-TH: 10-1pm.	
<b>Grace Memorial Church</b> .....	503-287-0418
1535 NE 17th Ave - Sack lunches, TUW/TH: 11am-1pm. Friday night meal.	

<b>Meals on Wheels</b> .....	503-736-6325 (Multnomah/Washington) Meals for 60+.
<b>Oregon Food Bank</b> .....	866-788-6325 (Clark) 503-282-0555
7900 NE 33rd, Portland.	
<b>Portland Dress for Success</b> .....	503-249-7300
1532 NE 37th - Professional clothes for women entering the job market. Must be referred through a member social service agency.	
<b>Portland Adventist Community Services</b> .....	503-252-8500
11020 NE Halsey St - Food Pantry, M-F: 9-11am. Proof of residency.	
<b>Rehab's Sister Episcopal Church</b> .....	SE 82nd and Ash
Women only meals, Fri: 7-10pm.	
<b>Rose Haven</b> .....	503-248-6384
627 NW 18th Ave - Drop in center for anyone identifying as female and their children, M-F: 8:30-4pm.	
<b>Sisters of the Road Cafe</b> .....	503-222-5694
133 NW 6th and Davis - Low cost meals (\$1.50). Open Tue-Sat: 10-2pm. Have to reserve a time slot.	
<b>SNAP/Food Stamps/Oregon Safenet</b> .....	1-800-723-3638
<b>St. Andre Bessette Catholic Church</b> .....	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.	
<b>St. Francis Dining Hall</b> .....	503-234-2028
311 SE 11th - Meals served, M-F: 5pm, Sun: 3:30pm.	

## DOMESTIC VIOLENCE – ASSAULT

<b>Bradley Angle House</b> .....	503-595-9591
Emergency shelter and services.	
<b>DV Resource Center</b> .....	1-866-469-8600 (24/7)
Washington County only. Accepts pets.	
<b>Gateway Center for DV Services</b> .....	503-988-6400
Provides legal aid services.	
<b>Portland Bad Date Line</b> .....	503-535-3901
Report violent or abusive customers of sex workers.	
<b>Portland Women's Crisis Line</b> .....	1-888-235-5333 (24/7)
<b>Projecto UNICA</b> .....	1-888-232-4448
24 horas. Un nuevo inicio para concluir el abuso.	
<b>Raphael House</b> .....	503-222-6222 (crisis 24/7)
Shelter services for women & children.	
<b>Sexual Assault Resource Center</b> .....	503-640-5311 (24/7)
Provides services for sexually exploited youth.	
<b>VOA Home Free</b> .....	503-239-3929 503-771-5503 (Emergency Hotline)

## ENERGY-RENT-EMERGENCY HELP

<b>Heat Oregon</b> .....	503-612-6300
Help with paying natural gas, apply online.	
<b>Human Solutions</b>	
<b>Assistance Hotline</b> .....	503-907-2795 (Eviction Protection) 503-405-7877 (Utility Help)
<b>Impact NW</b> .....	503-988-6020
<b>Low Income Energy</b>	
<b>Assistance Hotline</b> .....	1-800-453-5511
<b>Neighborhood House</b> .....	503-246-1663
<b>Oregon Lifeline</b> .....	1-800-848-4442
Apply online at <a href="http://www.rspf.org">www.rspf.org</a>	
<b>SEI Community Service</b> .....	503-240-0828

## EMPLOYMENT – RE-ENTRY

<b>Mercy Corps Re-Entry Transition Center</b> .....	971-255-0547
1818 NE MLK Jr. Blvd, Suite C.	

<b>Vocational Rehabilitation</b> .....	971-673-2555
Training & employment for individuals with disabilities.	

## LGBTQ

<b>Outside In/Trans Clinic/ID Project</b> .....	503-535-3828
<b>Pivot/CAP</b> .....	503-445-7699
Support services for MSM & transgender persons who identify as male. First come first serve testing.	
<b>Q Center</b> .....	503-234-7837
Social, support and events.	
<b>SMYRC</b> .....	503-872-9664
1220 SW Columbia - Serving youth: 12-23 years old.	

## HEALTH – MEDICAL – DENTAL

<b>Aging and Disability Helpline</b> .....	503-988-3646
<b>Billi Odegaard Dental Clinic</b> .....	503-988-5770
33 NW Broadway, Suite 380 - Dental care for the homeless, M-F: 7:30am-6:30pm.	
<b>CCC Health Services</b> .....	503-228-4533
<b>Children's Community Clinic</b> .....	503-284-5239
27 NE Killingsworth St - Medical care for 0-21 yrs old. OHP/Uninsured.	
<b>Multnomah County Health Clinics</b> .....	503-988-5558
<b>Multnomah Dental Access</b> .....	503-988-6942
Routine and urgent dental care.	
<b>NCNM Clinics</b> .....	503-552-1515 503-552-1502 (Español)
Naturopathic medical clinics for low income/uninsured.	
<b>North by NE Health Center</b> .....	503-287-4932
3030 NE MLK Jr. Blvd - Basic medical, uninsured adults.	
<b>Outside In</b> .....	503-535-3860
1132 SW 13th - Medical for 25 & under. Homeless/OHP. New patient walk-in 8:30am. Call for appt, M-F: 9-5pm.	
<b>OHSU</b>	
Primary medical care for homeless or uninsured, M-F: 8am-8pm / Sat: 9am-1pm. Also accepts Medicaid and Medicare.	
<ul style="list-style-type: none"> <li>Richmond Clinic - 3930 SE Division..... 503-418-3900</li> <li>Walk-in Clinic - 4212 SE Division..... 503-418-1500</li> </ul>	
<b>Oregon Poison Control Center</b> .....	1-800-222-1222
<b>Pacific Eye Care</b> .....	503-352-2500
511 SW 10th Ave, Suite 500 - Medicare/OHP and sliding scale fee.	
<b>Prescription Drug Assistance</b> .....	1-800-913-4146
Prescription drug cost assistance for Oregon residents.	
<b>Quest Center for Integrative Health</b> .....	503-238-5203
Provides Naturopathic Medicine, Osteopathic Manipulation, Chinese Medicine/Acupuncture including group acupuncture. M-Th: 8am-6pm, Fri: 8:30am-5:30pm.	
<b>Ride Connection</b> .....	503-226-0700
For older adults and people with disabilities.	
<b>Ride to Care</b> .....	1-855-321-4899
Non-emergency medical transport for OHP/Family Care.	
<b>Rosewood Family Health Center</b> .....	503-772-4335
8935 SE Powell Blvd. - Most insurance plans are accepted. Medicaid and Medicare are also accepted.	
<b>Southwest Community Health Center</b> .....	503-977-0733
7754 SW Capitol Highway - Low income or uninsured. Primary care.	
<b>Social Security Admin.</b> .....	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  
[www.CascadeAIDS.org](http://www.CascadeAIDS.org).
- Esther's Pantry**.....503-349-4699  
10202 SE 32nd Ave, Suite 601, Milwaukie, Oregon -  
*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, T, Th, F.*
- Multnomah County HIV Clinic**.....503-988-5020  
426 SW Stark, 5th fl. - *Low cost testing & support for Oregon residents, M-F: 8-5pm.*
- 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 - *Wait list for housing.*
- City Team Ministries**.....503-231-9334  
526 SE Grand - *M-Sat: \$5/day.*
- JOIN**.....503-232-2031  
1435 NE 81st Ave, Suite 100 - *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**.....844-646-7529  
<http://or.oxfordhouse.us>. *Affordable, shared recovery houses for adults & children.*
- Operation Nightwatch**.....1432 SW 13th  
St. Stephen's Episcopal Church - *Th-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  
*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 and shelter for men only.*
- REACH Community Development**.....503-231-0682  
*Affordable housing in Portland/Metro area.*
- 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.*
- Veteran Resource & Referral Center (CRRC)**.....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)
- 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.*
- WIC**.....503-988-3503

## LEGAL

- Catholic Charities**.....503-542-2855  
2740 SE Powell Blvd, suite 2 - *Immigration services.*
- Child Support Helpline**.....1-800-850-0228  
[www.oregonchildsupport.gov](http://www.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.
- 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)  
1-888-628-9454 (Español)
- Avel Gordley Healing (OHSU)**.....503-418-5311  
621 SW Alder, Suite 520 - *M-Th: 8:30-6pm, F: 8:30-5pm. Mental health and psychiatry services.*
- Cascadia Behavioral Health**.....503-674-7777  
(Access and referral center)
- 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**.....<http://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.*
- Multnomah County Mental Health Crisis Line**.....503-988-4888 / 800-716-9769 (24/7)
- NAMI Multnomah**.....503-228-5692
- North Star Clubhouse/Luke-Dorf, Inc**.....971-271-7273  
5600 NE Glisan St
- New Operations for Women/ Lifeworks NW**.....503-761-5272  
17214 SE Division St - *Support for women to exit the sex industry.*
- Oregon Military Assist. Help-Line**.....1-800-511-6944 (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.*

- Quest Center for Integrative Health**.....503-238-5203  
2901 E Burnside St - *Also offer A&D services. OHP and Medicare, no sliding scale.*
- 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
- Westover Heights Clinic**.....503-226-6678  
2330 NW Flanders, Suite 207 - *HIV, STD, HCV, and Pregnancy testing.*

## 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  
1700 NW Civic Dr, Suite 310, Gresham - *Outpatient mental health services.*

## Medical/Dental Care

- Clackamas County Medical/Dental Care**.....503-655-8471
- Legacy Mt. Hood Medical Clinic-Gresham**.....503-674-1950  
24900 SE Stark St, MOB 1, Suite 109.
- 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  
*Clean and sober housing for people in re-entry.*
- 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 St, Room 100, Gresham.
- El Programa Hispano**.....503-669-8350  
138 NE 3rd St, #140, Gresham - *Emergencia, legal, empleo, y ayuda adicional para Latinos.*
- Gresham Self-Sufficiency Office**.....503-491-1979  
*SNAP/OHP assistance.*
- Operation Nightwatch**.....Clackamas Service Center  
8800 SE 80th Ave - *Meals Saturday 5:30-9:30.*
- Snow Cap 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)