



Community Services Resource Guide

24-Hour Crisis Lines & Helplines/Websites

General Information & Resources

- 211 or 503.222.5555 <http://211info.org/211-oregon-sw-washington/regional-hubs/multnomah-and-clackamas-co>
- <http://www.rosecityresource.org/resources>

Alcohol/Drug Helpline – 503.244.1312, Spanish line 800.515.7848

Food Stamps Helpline - 503.491.1979

Multnomah County Mental Health – 503.988.4888

National Domestic Violence Hotline – 800.799.SAFE (7233)

National Suicide Prevention Lifeline – 800.273.TALK (8255)

Portland Women’s Crisis Line – 503.235.5333

Public Benefits Hotline – 800.520.5292

Social Security Administration - 800.772.1213

WIC - 503.988.3503

Other Resources

Elders in Action - 503.235.5474

Gateway Center for Domestic Violence 503.988.6400

Disability Rights Oregon 503.243.2081

Resolutions NW (mediation) – 503.595.4890

Employment Resources

Vocational Rehab – 971.673.2555 (for people w/ disabilities)

Worksource Oregon

- Central Portland - 503.280.6046
- Southeast Portland - 503.280.6046
- Beaverton – 503.669.7112
- Gresham - 503.669.7112
- Tualatin – 503.612.4200

Health, Mental Health, and Substance Abuse Resources

Aging & Disability Services – 503.988-3646

Alcoholics Anonymous Meetings - http://www.aa-oregon.org/aa_meetings.htm

Avel Gordly Center (MH/SA) - 503.418.5311

Cascadia Urgent Walk-in Clinic (MH) – 503.674.7777

Coalition of Community Clinics – 503.546.4991

Dental Access Program – 503.988.6942

Glasses (Lions Club) – 971.270.0203

OHP – 800.273.0557

Oregon Prescription Drug Program – 800.913.4146

Oregon Safenet 800.723.3638 (Referrals for Health/MH)

Food Boxes

Call to find out days/hours, requirements and service area.

- Allen Temple Emergency Center - 4214 NE 8th Ave. 503.289.6615
- Crossroads Cupboard - 2407 NE 102nd Ave. 503.257.9345
- Downtown Chapel - 601 W. Burnside St. 503.228.0746
- First Baptist Church - 909 SW 11th Ave. 503.228.7465
- FISH Emergency Services - 1335 SE Hawthorne Blvd. 503.233.5533
- Francis Center - 6535 SE 82nd Ave. 503.775.6784
- Heartwork Ministries/Richmond Community Church - 3941 SE Division St. 503.460.7335
- Life Urban Portland - 1808 NW Irving, First Emanuel Lutheran Church 503.221.1224
- Nazarene Ministry of Help - 5805 SE Gladstone St. 503.777.9039
- NE Emergency Food Program - 4800 NE 72nd Avenue at Lutheran Memorial 503.284.5470
- Neighborhood House - 7780 SW Capitol Highway 503.246.1663
- New Hope Baptist Missionary Church - 3837 N. Gantenbein Ave. 503.282.8960
- Northeast Emergency Food Program - 4800 NE 72nd Ave 503.284.5470
- Northwest Portland Ministries - 1808 NW Irving 503.221.1224
- Portland Adventist Community Services - 11020 NE Halsey Blvd. 503.252.8500
- Portland Police Sunshine Division - 687 N. Thompson St. 503.823.2102
- Salvation Army - 1712 NE Sandy Blvd. 503.239.1264
- SE Community Food Pantry and Clothes Closet - 5535 SE Rhone St 503.895.6102
- Snow-Cap - 17805 SE Stark St. 503.674.8785
- St. Andrew's Emergency Services - 806 NE Alberta 971.244.0339
- St. Mark's Lutheran Church - 5415 SE Powell Blvd. 503.777.1443
- St. Michael's & All Angels Church - 424 SW Mill St. 503.228.0842
- St. Vincent de Paul- Portland - 5120 S.E. Milwaukie Ave. 503.235.7837
- St. Vincent de Paul- St. Andrew - 806 NE Alberta 503.235.8431
- Trinity Episcopal Cathedral - 147 NW 19th Ave. at Everett St. 503.222.9811
- William Temple House - 2023 NW Hoyt St. 503.226.3021