

# Tri-County Resources

For general information and referrals: call 211

## EMERGENCY AND CRISIS SERVICES

### Crisis Services 24/7

Clackamas County: 503-655-8585

Multnomah County: 503-988-4888

Washington County: 503-291-9111

**Clackamas Women's Services:** 503-654-2288

### Adult Protective Services

Clackamas County: 971-673-6655

Multnomah County: 503-988-4450

Washington County: 971-673-5200Child

### Developmental Disability Protective Services

Clackamas County: 503-557-2874

Multnomah County: 855-503-SAFE

Washington County: 503-846-3150

### Mental Health Protective Services

Clackamas County: 503-650-3000

Multnomah County: 503-988-8170

Washington County: 503-846-4515

**Extreme Risk Protection Order (ERPO):** 503-655-8447

**Military Helpline:** 888-457-4838

**NAMI:** 503-356-6835

**Suicide Lifeline/Lines for Life:** 800-273-8255

**Youth Crisis Line:** 877-968-8491; or text:teen2teen to 839863

**Sexual Assault Resource Center:** 503-640-5311

**The Safety Crisis Line:** 503-235-5333

**Domestic Violence Hotline:** 1-800-799-7233

### Victim Assistance

Clackamas County: 503-655-8616

Multnomah County: 503-988-3222

Washington County: 503-846-3020

## YOUTH & FAMILY RESOURCES

**Child Welfare, State of Oregon, DHS:** 971-673-7200

**Child Care Resource and Referral:** 211

**Healthy Families & Early Head Start:** 503-675-4565

**New Avenues for Youth:** 503-224-4339

**Sexual & Gender Minority Resource Cntr. (SMYRC):**  
503-872-9664

**The Living Room:** 503-901-5971

**WIC Program:** 503-655-8476

**YouthERA:** 971-334-9295

## EDUCATION & EMPLOYMENT RESOURCES

**Clackamas Community College:** 503-594-6000

**Clackamas Educational Service District:**

503-675-4000

**GED Assistance:** 503-594-3028

**Clackamas Co. Children & Family Connections:** 503-655-8840

**WorkSource:** 971-673-6400

**Unemployment Claims:** 503-292-2057

**Clackamas County Head Start:** 503-675-4565

**Vocational Rehabilitation:** 971-673-6130

## LGBTQ+ RESOURCES

**Q Community Center:** 503-234-7837

**Trevor Project LGBTQ Support:** 1-866-488-7386

**Elder Pride Services:** 503-224-2640

## BASIC SERVICES

**Basic Rights of Oregon:** 503-222-6151

**Clackamas County Social Services**

503-655-8640/ TTY 503-650-5646

### Community Service Centers

Canby Center: 503-266-2920

Clackamas Service Center: 503-771-7914

Estacada Area Food Bank: 503-630-2888

Father's Heart Street Ministry: 503-722-9780

Molalla Service Center: 503-829-5561

Sandy Community Action: 503-668-4746

Wilsonville Community Sharing: 503-682-6939

**Energy Assistance Program:** 503-650-5640

**Gambling Helpline:** 877-695-4648

**Gleaners of Clackamas County:** 503-655-8740

**Legal Aid Services of Oregon:** 503-224-4086

**Love INC/Bridge of Hope:** 503-650-0153

### Self Sufficiency Centers

North Clackamas Branch: 503-731-3400

Oregon City Branch: 971-673-7300

**St. Vincent de Paul Emergency Services:**

503-235-8431

**Veterans Service Office:** 503-650-5631

## HOUSING RESOURCES

**Coordinated Housing Access Line:** 503-655-8575

**Housing & Community Development Division:** 503-655-8591

**Foreclosure Helpline, Legal Aid:** 503-227-0198

**Housing Authority:** 503-655-8267

**Housing Rights and Resources Program:**  
503-650-5750

**Rent Well:** 503-650-5647

**Weatherization:** 503-650-3338

## TRANSPORTATION

**TriMet Lift:** 503-962-8000

**Transportation Reaching People:** 503-655-8208

**Volunteer Connection:** 503-650-5796

## HEALTH RESOURCES

**Clackamas County Health Centers Medical and Dental Services:** 503-655-8471

**Clackamas County Mental Health Services:**  
503-655-8401

*Updated June 2023*

**Multnomah County Mental Health Services:**

503-988-4888

**Washington County Mental Health Services:**

503-291-1155

**STI Information and Testing Sites**

Clackamas County Health Clinics: 503-655-8471

Multnomah County Health Clinics: 503-988-5558

Washington County Health Clinics: 503-846-8851

**Cascade Aids Project Confidential Testing:**

503-223-5907

**The Founders Clinic:** 503-722-4400**Oregon Health Plan Enrollment Assistance:**

503-655-8471

**SOCIALIZATION****Senior Loneliness Line:** 503-200-1633**FolkTime:** 503-709-2450**Mental Health & Addiction Association of Oregon:** 503-922-2377**OLDER ADULT AND DISABILITY SERVICES****Adult and Community Centers**

Canby Adult Center: 503-266-2970

Estacada Community Center: 503-630-7454

Gladstone Senior Center: 503-655-7701

Hoodland Senior Center: 503-622-3331

Lake Oswego Adult Community Center:

503-635-3758

Milwaukie Center: 503-653-8100

Molalla Adult Community Center: 503-829-4214

Pioneer Community Center: 503-657-8287

Sandy Center: 503-668-5569

West Linn Adult Community Center: 503-557-4704

Wilsonville Community Center: 503-682-3727

**Aging & Disability Resource Connection:** 503-650-5622**Adult Foster Care Home Listings:** 971-673-6604**Medicaid Long Term Care Services Screener:**

971-673-7601

**Developmental Disabilities Program Case****Management:** 503-557-2824**Family Caregiver Support Program:** 503-650-5605**Independent Living Resources:** 503-232-7411**Money Management Program:** 503-650-5623**Oregon Project Independence (OPI):** 503-650-5769**Senior Citizens Council:** 503-657-1366**Senior Companion Program:** 503-655-8875**SHIBA/Prescription Drug Assistance Helpline:**

503-655-8269 x4

**Social Security/Medicare:** 1-800-772-1213**SUBSTANCE USE AND RECOVERY ASSISTANCE****Alcohol & Drug Helpline:** 800-923-4357**Alcoholics Anonymous:** 503-223-8569**Narcotics Anonymous:** 503-345-9839**Dual Diagnosis Anonymous:** 503-222-6484**LOCAL TREATMENT PROGRAMS****Bible Training Center - Faith Based (Men and Women):**

503-632-1953

**Blanchet Farms - (Men):** 503-852-6626**The Letty Owings Center- (Women/Women with Children):** 503-235-3546**City Team - (Men):** 503-231-9334**Fora Health (formerly DePaul Treatment Center)- (Men/Women):** 503-535-1151**Hooper - (Men/Women):** 503-238-2067**Lifeworks NW - Project Network- (Women/Women with Children):** 503-335-0855**Lifeworks NW - Mountaindale Recovery Center- (Women/Women with Children):** 503-647-0165**NARA Northwest - (Men/Women):** 503-621-1069**The Harbor - (Men):** 503-980-3307**Shepard's Door - (Women/Women with Children):** 503-906-7650**Union Gospel Mission: (Women/Men)** 503-274-4483**GRIEF/SUPPORT GROUP RESOURCES****Adventist Hospice Groups:** 503-251-6192, ask for the bereavement coordinator**Providence Resource Line:** 800-562-8964**Legacy Health:** 503-220-1000, ask for bereavement coordinator**Suicide Bereavement Support, Inc.:** 503-200-0382**Suicide Attempt/Suicidal Ideation Support Group:** email [SLOPGroup@folktime.org](mailto:SLOPGroup@folktime.org) for details**Compassionate Friends Portland Chapter:** 503-248-0102**The Dougy Center (Children & Caregivers):** 503-775-5683**SHELTERS****Catholic Charities (Women 25+ Without Children):** 503-231-4866**Bradley Angle House (Domestic Violence):** 503-281-2442**City Team Ministries (Men's Shelter):** 503-231-9334**Do Good Multnomah (Veterans Shelter):** 503-490-0285**Human Solutions Gresham Women's Shelter:** call 211**Human Solutions Family Shelter (Must have 1 child under 18):** call 211**My Father's House (Families with Children):** 503-492-3046**Portland Rescue Mission:** 503-906-7690**Rose Haven (Women and Children):** 503-248-6364**Transition Projects Day Center:** 503-280-4700**Transition Projects Shelters (Women, Men & Couples):** 503-280-4700**Union Gospel Mission:** 503-274-4483**VETS (Veterans Emergency Transitional Shelter):** 503-239-1259