

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: 971-673-5200

Intellectual & Developmental Disabilities Protective Services (for children)

Clackamas County: 503-557-2874

Multnomah County: 503-988-1285

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

National Suicide Lifeline: call or text 988

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

CHILDREN, 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 (New Avenues for Youth): 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

Oregon Unemployment Claims: 1-877-345-3484

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

Clackamas Coordinated Housing Access Line: 503-655-8575

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

Foreclosure Helpline, Legal Aid: 503-227-0198

Clackamas Housing Authority: 503-655-8267

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

Clackamas Rent Well: 503-650-5647

Clackamas Weatherization Program: 503-650-3338

TRANSPORTATION

TriMet Lift: 503-962-8000

Transportation Reaching People: 503-655-8208

Senior Companion Program: 503-655-8875

HEALTH RESOURCES

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

Clackamas County Mental Health Services:

503-655-8401

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

Clackamas Free Clinic (Founders Clinic): 503-722-4400**Oregon Health Plan Enrollment Assistance:**

503-655-8471

SOCIALIZATION**Senior Loneliness Line:** 503-200-1633**FolkTime:** 503-238-6428**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:** nonumber/<https://ddainc.org/>**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**Rescue Mission - (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 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 for details**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