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

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: 503-640-5352

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

Women Infants and Children Program: 503-655-8476

YouthERA: 971-334-4141

EDUCATION & EMPLOYMENT RESOURCES

Clackamas Community College: 503-594-6000

Clackamas Educational Service District: 503-675-4000

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

WorkSource: 971-673-6400

Oregon Unemployment Claims: 1-877-345-3484

Vocational Rehabilitation: 971-673-6130

LGBTQ+ RESOURCES

Q Community Center: 503-234-7837

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

Elder Pride Services @ Friendly House: 503-224-264

SMYRC (New Avenues for Youth, Multnomah County): 503-872-9664

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 from
- 10AM – 2PM
- 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

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 Behavioral Health Services: 503-655-8401

Multnomah County Mental Health Services: 503-988-4888

Washington County Behavioral Health Services: 503-291-1155

Quest Center Multnomah: 503-238-5203

Quest Center Clackamas: 503-238-5203 ext.155

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

NAMI Clackamas: 503-344-5050

NAMI Multnomah: 503-228-5692

NAMI Washington: 503-356-6835

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: 971-673-7600

Developmental Disabilities Intake Line: 503-557-2824

Family Caregiver Support Program: 503-650-5605

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: 800-923-435, option 1

Alcoholics Anonymous: 503-223-8569

Narcotics Anonymous: 503-345-9839

Dual Diagnosis Anonymous: no number https://ddainc.org/

LOCAL TREATMENT PROGRAMS

Bible Training Center - Faith Based (Men and Women): 503-632-1953

Blanchet Farms - (Men): 503-852-6626

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): 503-746-9664

Rescue Mission - (Women/Women with Children): 503-906-7650

Union Gospel Mission: (Women/Men) 503-274-4483

Spark Wellness Oregon City: 503-594-4750

GRIEF/SUPPORT GROUP RESOURCES

Adventist Hospice Groups: 503-251-6192, ask for bereavement coordinator

Providence Resource Line: 800-562-8964

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