

# Resources to help you through COVID-19

***These are challenging times. If you need help, call.***

## **211**

For food service eligibility please call or text the numbers listed.  
Call..... 211 or 1-866-698-6155  
Text your zip code to ..... 898211 (TXT211)  
Email ..... help@211info.org

## **General Numbers**

Clackamas County Call Center ..... 503-655-8224  
Aging & Disability Resource Connection..... 503-650-5622

## **Housing**

Coordinated Housing Access (CHA) ..... 503-655-8575  
Clackamas Housing Rights and Resources ..... 503-650-5750  
Renter Assistance: Fannie Mae ..... 1-800-2FANNIE

## **Mental Health/Peer Supports**

24/7 Crisis and Support Line ..... 503-655-8585  
Cascadia Behavioral Health ..... 503-674-7777  
Health Centers - Hilltop Behavioral Health Center. 503-655-8401  
MHAEO EVOLE..... 503-922-2377  
Morrison Child and Family Services ..... 503-258-4381  
Senior Loneliness Line ..... 503-200-1633  
Suicide Prevention Hotline ..... 1-800-273-8255  
Western Psychological ..... 503-659-5515  
Youth ERA ..... 971-334-9295

## **Violence and Discrimination**

A Safe Place Family Justice Center ..... 503-654-2288  
Casa Esperanza ..... 503-974-9882  
Clackamas Women's Services ..... 503-654-2288  
District Attorney's Victim Assistance ..... 503-655-8616  
El Programa Hispano - Proyecto Unica..... 503-232-4448  
Oregon Hate and Bias Incident Reporting Line... 1-844-924-2427

## **Unemployment and Workforce**

Employment Department's Claim System..... 1-877-345-3484  
WorkSource Clackamas ..... 971-673-6400

## **Meals and Food Boxes**

ADRC Home Food Delivery ..... 503-650-5622  
Clackamas Service Center ..... 503-560-6178  
Oregon Food Bank Statewide Food Finder..... 503-505-7061  
The Community Cares Initiative..... 503-794-8008

## **Child and Family Services**

Children's Center (Child Abuse Intervention) ..... 503-655-7725  
Northwest Family Services..... 503-546-6377  
WIC..... 503-655-8476

## **Substance Use and Recovery Resources**

Bridges to Change – Recovery Mentor Support .... 971-256-4135  
Bridges to Change – Treatment Services ..... 503-560-7800  
CODA..... 503-654-7444  
DePaul Detox and Outpatient..... 503-535-1151  
Lifeworks NW..... 503-645-9010  
Mental Health and Addiction Association of Oregon  
..... 971-337-6757  
Project Hope ..... 503-314-3309

## **LGBTQ+**

SAGE (adults)..... 1-877-360-LGBT  
Trans Lifeline (all ages) ..... 1-877-565-8860  
Trevor Project (youth) ..... 866-488-7386

## **Healthcare & Health Insurance**

Clackamas Health Centers ..... 503-655-8471  
*Locations: Beaver Creek Health Center, Gladstone Health Center,  
Sunnyside Health Center, Sandy Health Center*  
Oregon Health Plan..... 1-800-699-9075  
Volunteers in Medicine Founders Clinic ..... 503-722-4400

