



**Resource and Referral List**  
(Updated 07/28/2020)

**INFORMATION AND REFERRAL**

For up to date information about agencies and services in the Portland Metro Area:  
211 Info 211 or (503) 222-5555

**CASH ASSISTANCE/FOOD STAMPS**

State of Oregon: Department of Human Services  
Beaverton – 12901 SW Jenkins Road, Suite B, Beaverton 503-646-9952 or 503-641-2319 TTY  
Hillsboro – 5350 NE Elam Young Pkwy. Hillsboro 503-648-8951 or 503-648-0542 TTY  
Tigard – 10777 SW Cascade Ave, Tigard 503-670-9711 or 503-670-0246 TTY

**CRISIS LINES**

Bradley-Angle House Domestic Violence Hotline 503-281-2442  
Domestic Violence Resource Center 24 Hour Hotline 503-469-8620  
Immigrant and Refugee Community Org. (IRCO) Crisis Line 503-234-1541  
National Domestic Violence Hotline 1-800-799-7233  
National Runaway Switchboard 1-800-786-2929  
Northwest Human Services Crisis & Information 1-800-560-5535  
Oregon SAFENET 1-800-723-3638  
Poison Control 1-800-222-1222  
Portland Women's Crisis Line 503-235-5333  
RAIN (Rape, Abuse & Incest National Network) 1-800-656-4673  
Rape Crisis Center 503-640-5311  
Sexual Assault Resource Center 503-640-5311  
Suicide Crisis Line 1-800-560-5535  
Washington County 24 Hour Crisis Line 503-291-9111

**HELP LINES and INFORMATION & REFERRAL**

24-hour Providence Nurse Line 503-216-6520  
Adult & Family Services (DHS) 1-503-945-5600  
Alcohol and Drug Helpline 1-800-923-4357  
Clackamas County Social Services I&R 503-655-8640  
Clark County Human Service Council I&R 1-360-694-6577  
Community Action Organization 503-648-6646  
Domestic Violence Resource Center 24 Hour Hotline 503-469-8620  
HIV/AIDS Hotline (Cascade AIDS Project) 1-800-777-2437  
Parents Anonymous 503-258-4557  
Pregnancy Talk Line 1-800-342-6688  
SU FAMILIA – National Hispanic Family Health Helpline 1-866-783-2645

This list has been provided as a public service by:

**Department of Housing Services**  
111 NE Lincoln Street, Suite 200-L, MS 63, Hillsboro, OR 97124-3072  
(503) 846-4794 • fax (503) 846-4795 • TTY dial 711  
[www.co.washington.or.us/housing](http://www.co.washington.or.us/housing)

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**CHILDREN’S SERVICES & CHILD CARE**

A Child’s Place – Bilingual Child Care	503-579-0600
Boys & Girls Aid Society (Safe Place)	503-542-2717
Birth Right (24-7hr Helpline)	1-800-550-4900
Child Care Resource & Referral of Washington County	971-223-6100
Child Development and Rehabilitation Center	503-494-8095
Early Head Start	503-693-3262
Early Intervention	503-261-5535
Home Plate Youth Services	503-320-8965
Hillsboro Boys and Girls Club	503-640-4558
National Child Abuse Hotline	1-800-422-4453
Parenting Together	503-846-4556
Services to Children and Families (Child Welfare Office)	503-648-8951

**CLOTHING**

Beaverton 7th Day Adventist Church	503-646-9828
Catholic Charities	503-231-4866
Community Action Organization	503-648-6646
Forest Grove 7th Day Adventist Church	503-357-9797
Hillsboro 7th Day Adventist Church	503-648-3922
Salvation Army	503-640-4311
Sunset Presbyterian Church	503-292-9293

**COMMUNITY SERVICE CENTERS/MULTI-SERVICE CENTERS**

Centro Cultural	503-359-0446
Forest Grove Family Resource Center	503-359-2598
Immigrant and Refugee Community Organization (IRCO)	503-234-1541
Love INC Greater Beaverton	503-336-5946
Love INC Greater Hillsboro	503-648-0700
Love INC Tigard, Tualatin and Sherwood	503-443-6888
Lutheran Community Services NW	503-924-2448
Outside-In	503-535-3860
William Temple House	503-226-3021

**COUNSELING & GUIDANCE**

Cascadia Behavioral Healthcare	503-648-0753
Domestic Violence Crisis Line	503-469-8620
Lutheran Community Services Northwest	503-924-2448
Men’s Resource Center	503-235-3433
Open Door Counseling Center	503-640-6689
Oregon Family Support Network	1-503-363-8068
Pacific University Clinic	503-352-2400
Portland State University: Counseling Clinic	503-725-4620
Services to Children and Families	503-648-8951
Trauma Intervention Program (TIP)	503-823-3937
LifeWorks Northwest	503-645-3581

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Washington County Conciliation Services	503-846-3428
Women's Psychiatric Resource Center	503-629-2131
Youth Contact	503-640-4222

**DOMESTIC VIOLENCE and STALKING – Shelters, Hotlines & Support**

Bradley-Angle House – Portland	503-281-2442 or 503-232-1528
Clackamas Women's Services 24 Hour Crisis Line	503-654-2288
Domestic Violence Resource Center - Washington County	503-469-8620 or 866-469-8600
National Domestic Violence Hotline	1-800-799-7233
Portland Crisis Line (Call to Safety)	503-235-5333 or 888-235-8600
Salvation Army West Women's and Children's Shelter	503-224-7718
Sexual Assault Resource Center Crisis Line	503-640-5311
Stalking Resource Center Victim Assistance Line	1-202-467-8700
Domestic & Sexual Violence (Call to Safety)	503-235-5333 or 888-235-5333

**DRUG & ALCOHOL – Treatment & Support**

Al-Anon/Alateen	503-292-1333
Alcoholics Anonymous (AA)	503-223-8569
CODA	503-239-8400
DePaul Treatment Centers	503-535-1151
Families Anonymous	1-800-736-9805
Gambler's Anonymous	1-855-222-5542
Mountaindale Recovery Center	503-647-0165
Narcotics Anonymous	503-345-9839
Providence Health System (Chemical Dependency Program)	503-215-1550
Sequoia Mental Health Inc.	503-591-9280
Tigard Recovery Center (CODA)	503-624-0312
Tualatin Valley Centers (Life Works NW)	503-645-3581
Youth Contact	503-640-4222

**FOOD**

Brown Bag/Tualatin Valley Gleaners (Oregon Food Bank)	503-439-6510
Care to Share	503-591-9025
Community Action Organization (after 6pm & weekends)	503-640-3263
Meals on Wheels (Beaverton Center 24hrs)	503-643-8352
Neighborshare (Community Action)	503-598-0505
Oregon Food Bank	503-439-6510
Rock Creek Pantry	503-645-2525
Salvation Army	503-640-4311
St. Anthony's Church (Forest Grove)	503-357-2989
Sunshine pantry	503-841-9418
SVDP Aloha	503-649-5678

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### **FOOD & CLOTHING**

Holy Trinity Clothes and Food Closet	503-641-1842
Society of St. Vincent De Paul	503-693-7528
St. Francis Church (Sherwood)	503-625-7067

### **HEALTH**

American Cancer Society	503-295-6422
American Heart Association	503-820-5300
American Lung Association	503-545-5864
Cascadia Behavioral Healthcare	503-648-0753
Cascade AIDS Project	503-223-5907
Oregon Health Plan	1-800-359-9517
Planned Parenthood	1-888-875-7820
Pregnancy Talk Line	1-800-342-6688
SU FAMILIA – National Hispanic Family Health Helpline	1-866-783-2645
Tuality Health Education Center	503-681-1700
Portland Veteran’s Medical Center	503-220-8262
Hillsboro Veteran’s Community-Based Outpatient Clinic	503-906-5000
Virginia Garcia Memorial Health Center	503-359-5564
Washington County Health & Human Services (immunizations)	503-846-8851
WIC (Women, Infants & Children)	971-673-0040

#### Dental:

Dental Access Program	503-988-6942
Virginia Garcia Dental Clinic	503-359-8505

#### Disability/Mental Health:

Albertina Kerr Center, Inc.	503-255-4205
Imagine Possibilities	503-649-6110
NAMI (National Alliance on Mental Illness)	503-356-6835
Oregon Disabilities Commission	1-800-282-8096
Oregon Senior and Disabled Services	503-627-0362
Quiet Waters Outreach	503-620-8288
Tualatin Valley Mental Health Crisis Line	503-291-9111
Washington County Adult Mental Health	503-846-4528
Washington County Developmental Disabilities	503-846-4737
Wildwood Psychiatric Resource Center	503-629-2131

#### Suicide Prevention and Mental Health 24 Hour Crisis Lines

Clackamas County	503-655-8585
Multnomah County	503-988-4888 or 1-800-716-9769
Washington County	503-291-9111
National Suicide Prevention Hotline	1-800-273-TALK (8255)

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## **HOUSING**

### *Emergency Assistance for Homeless or at Risk of Homelessness*

Community Connect Coordinated Entry for Homeless Services 503-640-3263  
Community Action Rental Assistance 503-615-0770

### *Home Buying, Rehabilitation, and Other Housing Help*

CASA of Oregon 503-537-0319  
Community Energy Project 503-894-8665  
Department of Housing and Urban Development (HUD) 971-222-2600  
Habitat for Humanity 503-287-9529  
Home Access - Repair for the Disabled and Elderly 503-846-8897  
HUD Home Buying Programs 1-800-225-5342  
Portland Housing Bureau 503-823-2375  
Portland Housing Center 503-282-7744  
Rebuilding Together 503-644-4544  
Washington County Department of Housing Services 503-846-4794  
Weatherization Program (CAO) 503-906-6550  
Willamette West Habitat for Humanity 503-844-7606  
Willamette West Habitat: A Brush with Kindness 503-844-7606

### *Landlord/Tenant Issues:*

Community Alliance of Tenants (CAT) 503-288-0130  
Dispute Resolution Center 503-526-2523  
Fair Housing 503-223-8295  
HUD Housing Discrimination Hotline 1-800-424-3247  
Landlord/Tenant Hotline 503-640-4115  
Legal Aid Services of Oregon (LASO) 503-648-7163  
Renter's Rights Hotline (Community Alliance of Tenants) 503-288-0130  
Tel-Law Oregon State Bar Association 1-800-452-4776

### *Shelters and Transitional Housing:*

Bradley-Angle House 503-281-2442  
Good Neighbor Center 503-443-6084  
Hillsboro Family Shelter (CAO) 503-640-3263  
Interfaith Hospitality Network 503-640-3263  
Just Compassion 503-624-4666  
Monika's House 503-469-8620  
Operation Night Watch 503-220-0438  
Portland Rescue Mission 503-906-7690  
Raphael House 503-222-6222  
Rose Haven 503-248-6364  
Transition Projects, Inc. 503-823-4930  
Volunteers of America Family Center Shelter 503-232-6562  
West Women's Shelter – Salvation Army 503-224-7718

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**LEGAL SERVICES**

Child Support Enforcement	503-846-8759
Court Appointed Special Advocates	1-800-628-3233
Dispute Resolution Center	503-526-2523
Legal Aid Services of Oregon (LASO)	503-648-7163
Legal Aid Public Benefits Hotline	503-241-4111
National Center for Victims of Crimes	1-202-467-8700
Oregon Civil Rights (BOLI)	971-673-0761
Oregon Legal Services	503-648-7163
St. Andrew’s Legal Clinic (SALC)	503-281-1500
Restraining Orders	503-640-5352
Tel-Law Oregon State Bar Association	1-800-452-4776

**LAW ENFORCEMENT**

**Emergencies**

**911**

Beaverton Police	503-526-2260
Hillsboro Police	503-681-6190
Washington County Sheriff’s Office	503-846-2700

**TRANSPORTATION**

Red Cross Transportation	503-284-1234
Ride Connections	503-528-1720
Tri-Met	503-238-RIDE
U-Ride	503-226-0700

**UTILITIES**

Energy Assistance Program (CAO)	503-648-6646
Low Income Energy Assistance Program (LIEAP)	503-615-0771
NW Natural Temporary Payment Agreements	1-800-422-4012
PGE Time Payment Assistance	503-228-6322
Salvation Army	503-640-4311
St. Vincent De Paul	503-693-7528

**VETERAN’S SERVICES**

Department of Veterans, Aging and Disability Services	503-846-3060
Portland Veteran’s Medical Center	503-220-8262
Hillsboro Veteran’s Community-Based Outpatient Clinic	503-906-5000
Veteran Community Resource and Referral Center	503-808-1256

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