

Resource	Website	Contact Info	Area Serving
Alcohol and Substance Helpline		800-923-4357	Oregon
All Assistance	https://www.211info.org/	211	Oregon/SW Washington
Crisis Support	LinesforLife.org	1.800.923.HELP (4357)	Oregon
Domestic Violence	TheHotline.org	1.800.799.7233	Nation Wide
Domestic Violence - Local	https://www.thehotline.org/get-help/domestic-violence-local-resources/	1.800.799.7233	Local Resources
Domestic/Sexual Violence	https://www.ocadsv.org/find-help/		Oregon
Donate/Volunteer	https://ourstreets.org/		Portland
Electric Assistance - PGE	www.portlandgeneral.com/income-qualified-bill-discount	503-228-6322	Oregon
Emergency Financial Assistance	https://northwesthumanservices.org/community-programs/emergency-assistance	503.581.5535 - option 3	Marion & Polk Counties - Oregon
Food assistance	https://www.211info.org/get-help/food/	211	Oregon/SW Washington
Food Bank	https://foodfinder.oregonfoodbank.org/		Oregon
Food Bank	https://urbangleaners.org/free-food-markets/		Portland
Food Bank	https://www.findhelp.org/		Oregon
Food Bank/Clothing	https://www.snowcap.org/		Multnomah County - Oregon
Food Bank/Volunteer	https://www.allsaintspdx.org/outreach/		Portland
Food/Clothing/Donate	https://blanchethouse.org/ourservices/		Portland
Food/Housing	https://www.olallacenter.org/resources	(541) 336-2254 -- info@olallacenter.org	Oregon Coast
Food/Utility	https://silvertonareacommunityaid.org/		Silverton Area
Health Program/Service	https://www.oregon.gov/oha/Pages/Portal-Programs-Services-TB.aspx		Oregon
Homelessness/Housing	https://www.oregon.gov/ohcs/providers/Pages/homeless-services-programs.aspx	503-986-2000	Oregon
Housing/Utilities/Food/Healthcare/Legal	https://wa.gov/how-to-guides/accessing-government-assistance		Washington
Legal Assistance	https://oregonlawhelp.org/		Oregon
Local 16 Member Crisis Support	https://www.smw16.org/member-support/		Oregon/SW Washington
Mental Health Programs	https://www.oregon.gov/oha/HSD/AMH/pages/cmh-programs.aspx		Oregon
Mental Health/Substance Programs	https://www.samhsa.gov/find-help/helplines/national-helpline	1-800-662-HELP (4357)	Nation Wide

Military affiliation	MilitaryHelpline.org		Oregon
Military Helpline		Call: 888-457-4838 anytime; Text: MIL1 to 839863 between 0900-1500 PST	Oregon
Military Homeless Program	https://www.va.gov/HOMELESS/index.asp	1-877-424-3838	Nation Wide
Recovery/Addiction	https://www.oregonalcoholdrughelpline.org/		Oregon
Recovery/Addiction/AA	https://www.pdxaa.org/		Portland
Shelter/Housing	https://www.councilforthehomeless.org/emergency-shelter/	(360) 695-9677	Clark County - SW Washington
Suicide and Crisis Lifeline	https://988lifeline.org/	Call, text 988	Oregon
Suicide and Crisis Lifeline	https://988lifeline.org/	Call, text 988	Nation Wide
Suicide Prevention Hotline		1.877.884.6227	SMART Members and their family
Tax Filing Resources	https://portland.citycast.fm/portland-life-hacks/free-tax-help-portland-oregon-2025		Portland
Utility Assistance	https://www.snowcap.org/energy.html		Multnomah County - Oregon
Utility Assistance	https://www.211info.org/get-help/utility-assistance/	211	Oregon
Utility Assistance	https://www.211info.org/utility-assistance/	211	Oregon
Utility Assistance	https://www.oregon.gov/ohcs/energy-weatherization/pages/utility-bill-payment-assistance.aspx		Oregon
Utility Assistance	https://www.oregonenergyfund.org/energy-assistance/	971-386-2124	Oregon
Utility Assistance - City of Portland Water Discount Program	https://www.portland.gov/water/customer-service/apply-financial-assistance#toc-how-to-apply	(503) 823-7770 or pwbcustomerservice@portlandoregon.gov	Portland
Utility Assistance - NW Natural	https://www.nwnatural.com/account/payment-assistance	800-422-4012	Oregon
Utility Assistance - Pacific Power	https://www.pacificpower.net/my-account/payments/bill-payment-assistance.html	1-888-221-7070	Oregon/Washington
Youthline	OregonYouthline.org	Call: 877-968-8491 anytime; Text: teen2teen to 839863 between 4 and 10 p.m.	Oregon

Resource (LGBTQIA+)	Website	Contact Info	Area Serving
Support/Food/Recovery	https://www.pdxqcenter.org/findresources		Portland
Support/Volunteer/Donate	https://www.mealsonuspdx.org/		Portland