



RESOURCE GUIDE

Sexual Assault Resource Center 503-640-5311 (24/7) Crisis/support line, advocacy, counseling for sexual assault survivors. Latinx supported. <http://www.sarcoregon.org/>

Alcohol & Drug Helpline 1-800-923-4357

Oregon Food Bank 503-282-0555 <https://www.oregonfoodbank.org/>

Human Solutions..... 503-538-0200 Homeless/affordable housing services. <https://humansolutions.org/>

SNAP (Food Stamps) 503-945-5600 <https://govstatus.egov.com/or-dhs-benefits>

Domestic Violence Resource Center..... 503-469-8620 24/7 Crisis Line & help accessing shelter in Washington City. <http://www.dvrc-or.org/>

Black Parent Initiative 503-284-8000 <https://www.thebpi.org/>

WIC..... 503-988-3503 <https://multco.us/wic>

24-hr Suicide Prevention Hotline 1-800-273-8255 Text '273TALK' to 839863. 1-888-628-9454 (Español) <https://suicidepreventionlifeline.org/>

Q Center 503-234-7837 4115 N Mississippi - Q Center provides community-based support for LGBTQ2SIA+ community members seeking connection and resources. <https://www.pdxqcenter.org/>

Planned Parenthood..... 1-888-875-7820 (Call Center) HIV/STD/pregnancy testing, birth control, morning-after pill, full range of women's care. OHP, sliding scale. NE location has gender transition services. <https://www.plannedparenthood.org/>

Additional resources for support at <https://www.portlandoregon.gov/civic/article/753788>