COMMUNITY RESOURCES- Portland/Vancouver Area

ALZHEIMER’S/DEMENTIA: Alzheimer’s Association Helpline: 800-272-3900


DEPARTMENT OF HUMAN SERVICES (DHS):

ADULT AND FAMILY SERVICES (Food stamps, OHP applications, WIC, TANF, Jobs)

AGING AND DISABILITY SERVICES: (care/respite resources, Medicaid intake, food stamps, abuse)

DOMESTIC VIOLENCE HOTLINE: National DV Hotline: 800-799-7233

DRUG AND ALCOHOL:

PATIENTS WITH INSURANCE: PATIENT MUST CONTACT INSURANCE COMPANY FOR REFERRAL
Providence Chemical Dependency (detox and outpatient): 503-574-9200
Cedar Hills Hospital (detox and outpatient): 503-944-5000 (Can accept Traditional Medicare)
Central City Concern: 503-294-1681
Hooper Center Detox: 503-238-2067 (new location) 1535 N. Williams Ave, Portland. (show up before 7am)
Hazelden/ Healthworks NW: 503-644-7300 (detox, outpatient, suboxone)
DePaul (residential and outpatient): 503-535-1151; Main line: 503-535-1151
Alcoholics Anonymous: Portland: 503-223-8569; Vancouver: 360-694-3870

ELDERPLACE: (Providence) 503-215-6556 (comprehensive primary care for frail 55+ Multnomah Co)

EYE EXAMS:
Casey Eye: 503-494-7672
Devers: 503-413-7022
Downtown Pacific Eye Clinic: 503-224-2323
Clark County (Honey Bee Eye Care): 360-571-3430
Pacific University Eye Clinic: 503-352-2020;

FINANCIAL ASSISTANCE/ PROVIDENCE: 503-215-7575

FOOD:
Call # 211 Oregon Food Bank: 503-282-0555
Meals-on-Wheels: Multnomah and Washington Co: 503-736-6325 (60 yo and older/donation)
Clackamas Co: 503-929-8753;
COMMUNITY RESOURCES- Portland/Vancouver Area

HOUSING:
Homeless Resources: Shelters, Low Cost, Rent Assistance: Have patient call 211
Portland Metro (Mult/Clack/Wash): 503-222-5555; Yamhill Co: 866-698-6153
Clackamas County Housing Authority: 503-655-8267
Housing Authority of Portland/ Home Forward: 503-802-8300
Vancouver Housing Authority: 360-694-2501
Washington County Department of Housing: 503-846-4794
Yamhill County Housing Authority: 503-883-4300

LEGAL AID: Clackamas Co: 503-655-2518; Clark Co, WA: 206-624-2536; Multnomah Co: 503-224-4086;
Washington Co: 503-648-7163; Yamhill Co: 503-472-9561

LIFELINE: (emergency response button): Providence: 503-537-1463; Columbia Medical Alarm: 503-644-4736

MAMMOGRAMS: Oregon Breast and Cervical Cancer Program (OBCCP) 1-877-255-7070

MEDICAL:

MEDICARE: 1-800-633-4227 PART D: SHIBA Volunteers 800-722-4134 (Senior Health Insurance Benefit Assistance Program-help people decide about Medicare advantage and Medicare part D plans)

MENTAL HEALTH:
NAMI (National Alliance for the Mentally Ill): 503-230-8009 (resources and support)
Evergreen Clinical: 503-236-6218
Humanist Counseling Services: 503-948-5473
Lutheran Community Services: 503-231-7480
NW Catholic Counseling: 503-253-0964
Pacific University Psychological Service Center: 503-352-2400
Western Psychological Services: 503-253-4600
William Temple House: 503-226-3021
YWCA (Women): 503-294-7400

CRISIS LINES: Clackamas County: 503-655-8585; Clark County: 800-626-8137;
Multnomah County: 503-988-4888; Washington County: 503-291-9111; Yamhill County: 503-434-7523(Weekdays)800-560-5535 (after hours);
INSURED PATIENTS: Must contact their insurance company for referrals.
PROVIDENCE:
Providence Behavioral Health Access: 503-574-9235
Providence Health Plan Medicare and Commercial: 1-800-711-4577

PLACEMENT REFERRAL AGENCIES and IN-HOME PRIVATE PAY HELP:
Contact your county’s Aging & Disability Service Office – see list above under Aging & Disability Services

SOCIAL SECURITY ADMINISTRATION: 1-800-772-1213 (Apply for SSD, SSI)

TRANSPORTATION:
OHP Ride to Care: FamilyCare and Health Share of Oregon members: Mult/Clack/Wash Co: (local) 503-416-3955 (Toll-free) 855-321-4899, TTY/TDD 711; Visit www.ridetocare.com
Yamhill Co: Trip Link 1-888-315-5544 (medical appointment transport, or bus/MAX tickets)

Volunteer or private pay transport:
- Mult/Clack/Wa Co: Ride Connection: 503-226-0700;
- Clackamas Co: Transportation Reaching People: 503-655-8208;
- Yamhill, Co: Dial-a-Ride: 503-538-7433 or YCAP: 503-472-0457 (must register, donation accepted);
- Trimet Lift: 503-802-8200 (for those who cannot use bus or MAX due to medical or mh issues);
- Clark Co, WA: C-Tran: 360-695-0123; All Counties: AMR: 503-231-6300 or MetroWest: 503-648-6656

UNITED WAY: www.211info.org (information and referral for all types of social service needs)
- Portland Metro (Mult/Clack/Wash): 503-222-5555; Yamhill County: 866-698-6153

VOCATIONAL REHAB: (help with job re-training) Portland: 971-673-2555; Clackamas: 971-673-6130; Newberg: 503-538-8970;
- McMinnville: 503-472-2116; Clark Co, WA: 1-800-548-0946

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