

Portland Area Resource Guide

Provided by Portland Peace Initiative (with City & County Resources Integrated)

December, 2023

Table of Contents

Gun Violence Resources.....	Pages 1-6
Domestic Violence Resources	Pages 7-11
Trauma Informed-Care Resources	Pages 12-23
Mental Health Resources	Pages 23-26
Homelessness Resources	Pages 27-36
Other Resources	Pages 37-39

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Gun Violence Resources

Advance Peace:

Is dedicated to ending cyclical and retaliatory gun violence in American urban neighborhoods. They invest in the development, health, and wellbeing of those at the center of this crisis.

Email: info@advancepeace.org

Phone number: (510)620-6694

Website: [Advance Peace](#)

Better Portland:

Brings communities together by reaching out to youth and preventing gun violence in the Portland and Vancouver areas.

Email: betterportland@outlook.com

Phone number: (503)495-3691

Website: [Better Portland](#)

Don't Shoot PDX:

Is an arts and education organization that promotes social justice and civic participation. Our year-round programming allows us to advocate for community members facing racism and discrimination by providing legal representation and direct advocacy.

Email: contact@dontshootpdx.org

Website: [Don't Shoot PDX](#)

Gang Impacted Family Team (GIFT):

Coordinates services for individuals and their families in the effort to break the intergenerational ties that perpetuate gang involvement and violence in the community. The goal of GIFT is to implement gang suppression, intervention, and prevention for youth and adults impacted by gang involvement and violence. GIFT effectuates this by implementing a focus on the individuals who are the most entrenched in the gang lifestyle and pose the greatest risk to the community.

Phone number: (503)988-3162

Website: [GIFT](#)

Global Movement:

Specializes in redirecting troubled youth by providing positive alternatives for youth looking to escape the gang life or youth looking to “get out the way” of the gun violence that is plaguing our city.

Email: globalmovementnetwork.gmn@gmail.com

Phone number: (503)327-4636

Website: [Global Movement](#)

Go Get Your Child (GGYC):

Provides parents’ assistance in getting back their child involved in gang violence and assists gang members and victims of gang violence in restarting their lives. GGYC provides community conflict resolution, enforcement of the School Safe Response Zone, a gang prevention hotline, gang resource drop-in center, and a GGYC summer job program.

Email Address: gogetyourchild@gmail.com

Phone number: (503) 927-9753

Website: [Go Get Your Child](#)

Going Home II

Commits to helping inmates gain skills that improve their decision making, planning and job or career prospects. After release we provide safe housing and supplies that enable a confident personal presentation and a successful job search. We then maintain an ongoing presence that enables personal and professional support as needed.

Email: mfesser@goinghome2.org

Michael Fesser (Executive Director & Mentor)

Phone number: (503)330-8920

Website: [Going Home II](#)

Gun Violence as a Public Health Issue (GVPHI) Initiative:

The mission of the GVPHI initiative is to prevent firearm-related violence and injuries in Oregon by applying public health approaches. We are concerned community members, health care and public health professionals, researchers, and survivors with lived experiences. Our work is guided by anti-racism, community engagement, and collaborative principles. Through research, education, advocacy, and action, we will identify the causes and consequences of gun violence, and advance best practices and policies for prevention and healing. OHSU, PSU, and the OHSU-PSU School of Public Health are working together to reduce gun violence in Oregon.

Email: gunviolenceprevention@ohsu.edu

Phone number: (503)494-5657

Website: [Gun Violence: A Public Health Issue | OHSU](#)

Healing Hurt People (HHP):

Provides an integrated care model of trauma focused healing services (evidence-based therapy, supportive case management, and peer services) to survivors of violent injury (stabbings, shootings, and assaults) or witnesses to such violence between the ages of 8 and 35.

Phone number: (503) 674-7777

Website: [HHP](#)

Website about HHP origin: [Healing Hurt People](#)

Interfaith Peace & Action Collaborative (IPAC)

Promotes racial justice and inclusion in our community, facilitates honest dialogue and the mitigation of gun violence and works to help law enforcement work toward being free of racial bias. Led by North and Northeast Portland black churches, this organization brings together disparate individuals, groups, law enforcement, and government. They hold ‘Listening Sessions’, community gatherings called ‘The Table’, and develop task-based action plans to reduce gun violence through collaborations with the City, County, non-profits, and the business community to focus on related and/or overlapping interests.

Email: ipacpdx@gmail.com

Iron Tribe:

Provides peer support, housing, and family reunification, and promotes recovery for people affected by criminality, addiction, and mental health. They have a clean and sober recovery house and other housing. They also offer peer support and activities that help adults and youth recover and move forward.

Email: info@irontribenetwork.org

Phone number: (503) 344-6710

Website: [Iron Tribe Network](#)

Love Is Stronger

Provides resources to gang members, their families, and communities. Their goal is to empower people to choose love over gang violence. They offer community-wide healing, front-line intervention, and support to help gang members and former gang members choose different paths.

Email: info@loveisstronger.org

Website: [Love is Stronger](#)

Multnomah County’s Youth Violence Prevention:

Looks at the root causes of violence and work to address them to prevent violence from impacting people in the future. Root causes of violence include (but are not limited to): racism, poverty, lack of community cohesion, lack of education, lack of youth involvement. They work with young people (ages 10-24), who are the most impacted by violence in Multnomah County. They support youth-driven activities, projects and events that are done in partnership with trusted adults (teachers, mentors, coaches, etc.). They also offer free online training: understanding violence as a public health issue, coaching youths into adults, adverse childhood experiences(ACES).

Email: cahinfo@multco.us

Website: [Youth Violence Prevention | Multnomah County](#)

None Left Behind

Provides resources to people experiencing gun violence, addiction, and trauma. These resources include mentoring, community support, food, books, clothes, and more.

Email: info@noneleftbehindpdx.org

Website: [None Left Behind](#)

Oregon Firearm Safety Coalition (OFSC):

Focuses on firearm suicide prevention and engaging gun owners in prevention efforts, including suicide prevention training. They provide free suicide prevention training and education to the Oregon firearm community. The OFSC partners with the Oregon State Shooting Association to provide gun clubs and Ranges with toolkits to bring suicide prevention to their membership.

In addition, they provide firearm trainers with a free suicide prevention module that can easily be used in any firearm training class. The OFSC works with firearm retailers by providing free staff suicide prevention training and free prevention display materials.

Email: contact.orfsc@gmail.com

Website: [Oregon Firearm Safety Coalition](#)

OR for Gun Safety Alliance:

Works to end gun violence in our communities. Through collaboration with experts, civic leaders, and community members, we advance evidence-based solutions to the crisis of gun violence. We create innovative policy, advocate for changes in laws, and promote community education to reduce gun violence. They also offer youth leadership training and advocacy programs.

Email: info@oralliance.org

Website: [Oregon Alliance for Gun Safety](#)

POIC + RAHS:

(expansion of their Healing Hurt People model)
provide grants to organizations for community violence prevention and intervention measures to address intermediate risk factors and support protective factors to decrease social pressure to engage in community violence.

Email: info@portlandoic.org

Website: [New! RFP for Grants | POIC + RAHS](#)

POIC: Trauma and Violence Family Support:

Provides mentorship and support from experienced individuals to help people after a violent incident. POIC provides their basic needs to aid healing.

Email address: info@portlandoic.org

Website: [POIC: Trauma and Violence Family Support](#)

Portland Peace Initiative (PPI)

Works to transform and revitalize Portland into a community that addresses crucial challenges and gaps in public safety, saves lives, and uplifts vulnerable populations. PPI is a community revitalization program focused on developing a practical, lasting framework for inclusive community engagement that reimagines public safety in Portland and takes action to reduce gun violence, paying particular attention to communities of color and other historically underrepresented groups. They work to support collaborations with other organizations by providing consulting services and administrative support to nonprofits and government agencies as well as introduce funding sources to stimulate nonprofit and for-profit business entrepreneurship for BIPOC and other underserved entrepreneurs.

Email: info@portland-peace.org

Website: [Portland Peace Initiative](#)

Soul Box Project:

Raises awareness of the U.S. gunfire epidemic by counting and honoring victims in memorial exhibits, offering healing participation to those seeking solace, and providing dramatic visual support for all initiatives working for a safer, more civil society.

Email: info@soulboxproject.org

Phone number: 971-266-0492

Website: [The Soul Box Project](#)

Youth Against Violence (YAV):

Currently focused on Anti-Gay and Gender, Cyberbullying, Gang Violence, Police Violence, Home Violence, School, and Bullying Violence, and Sexual and Dating Violence. Since 2011, YAV has hosted three Youth Against Violence summits, which have highlighted the reality that, “for youth of color, negative police interactions are a life-and-death situation, a power dynamic with real-life consequences.” YAV, in collaboration with project partner, Word is Bond (WIB), have now laid the groundwork for “Community-based research for the county’s OJJDP Strategic Plan to Address Gang Violence”.

Phone number: 503-823-4519

Website: [Youth Against Violence and Word is Bond | The City of Portland, Oregon](#)

Y.O.U.T.H PDX:

Provides tutoring, mentoring, advocacy, literacy, training, and DEI education to youth with the goal of dismantling the school to prison pipeline. They have a program called Books not Bars Oregon, or #BooksNotBarsOR, which works with the resource above to help youth through school and out of prison.

Email: info@youthpdx.org

Phone number: (971)501-9711

Website: [Youth](#)

Youth Violence Reduction

Provides education and training on violence prevention, funding for violence prevention projects, and opportunities to help youth develop social-emotional learning skills. They seek to address the root causes of violence: racism, poverty, lack of community cohesion, lack of education, and lack of youth involvement to reduce and prevent the impact of violence in Multnomah County.

Email address: cahinfo@multco.us

Website: [Youth Violence Reduction](#)

Domestic Violence Resources

Bradley Angle:

Offers safe shelter and supportive services to survivors and their children at a confidential safe location. To inquire about shelter bed space and eligibility, you can call their 24-hour shelter access line at 503-281-2442.

Phone number: (503)232-1528

Website: [Bradley Angle](#)

Call to Safety Crisis:

Supports all survivors of domestic and sexual violence and survivors who trade sex. 24/7 crisis line offers compassionate, empowerment-based advocacy, crisis intervention, referral, and support services. Specialized services for survivors with intellectual/developmental disabilities, survivors experiencing homelessness, LGBTQI survivors, and sex workers. Currently there is not in-person medical advocacy at hospital for survivors of sexual assault until further notice.

Phone numbers: (503)235-5333, or 1-888-235-5333

Website: [Call to Safety](#)

Casa Esperanza:

Maintains a culturally specific, trauma-informed group home that provides free temporary housing, case coordination, and advocacy for women affected by domestic violence.

Phone number: (503)974-9882

Website: [Casa Esperanza](#)

Clackamas Women's Services:

Offers services for survivors of domestic violence, intimate partner violence, sexual violence, stalking and elder abuse. Drop-in hours: 8 a.m.-4 p.m. Mon.-Thurs., 8 a.m.-1 p.m. Fri. Crisis line hours: 24/7.

Phone number: (503)655-8600

Crisis Line: (888)654-2288

Website: [CWS](#)

Domestic Violence Resource Center, Inc.:

Provides counseling services for adult survivors of interpersonal violence and their children. Services are also available in Spanish and include individual counseling and group support for adults who have experienced intimate partner or domestic violence and individual counseling for children and youth ages 5-18 who have witnessed family violence. Non-offending parental education and support is encouraged. All services are free of charge. Call for an intake appointment.

Phone number: (503)640-5352

Community Advocacy & Protective Orders: (503)640-5352

Counseling Services: (503)521-7997

Crisis line: (503)469-8620

Website: [Domestic Violence Resource Center](#)

Monika's House Shelter Line:

Confidential location Crisis line: 1-866-469-8600 Domestic violence shelter for men, women, children, and pets. Does not require SSA.

Phone number: (503)640-5352 Ext 604

Advocacy & Restraining Orders: (503)640-5352

Website: [Monika's House Confidential Crisis Shelter – Domestic Violence Resource Center](#)

Multnomah County District Attorney (Victim's Assistance Program):

Works towards making the criminal justice system more responsive to the victims of crimes (primarily in domestic and felony crimes); works as well as to inform the victim of the rights they have in a case and to preserve their dignity throughout a criminal proceeding. The DA also provides 24-hour on-call response to victims of sexual assault and has a National Victim Notification Network (VINE) that provides searchable information about the current custody status of an offender.

Phone Number: (503) 988-3222

Website: [Victim's Assistance Program | Multnomah County District Attorney \(mcda.us\)](#)

NAYA Family Center–Healing Circle Program:

Offers services for domestic and sexual violence survivors including safety planning, housing stabilization, crisis intervention, advocacy, ongoing support groups, and educational services. Domestic violence support groups are held off site for confidentiality. The Healing Circle works to reinforce the fact that domestic violence is not, nor ever has been, a traditional Native American value. Hours: 9 a.m.-6 p.m. Mon.-Fri. Bus: 75.

Phone number: (503)288-8177 ext. 339

Website: [Domestic Violence Healing Circle | Native American Youth and Family Center](#)

Oregon Crime Victims Law Center:

Offers free legal information, referrals, and representation for victims of crime regarding crime victims' rights in criminal cases and legal information and representation in protective order cases for survivors of domestic violence, sexual assault, and stalking. Call for intake to determine eligibility for services. Serves all Oregon counties. Office visits by appointment only. Hours 9 a.m.-5 p.m. Mon.-Fri.

Phone number: (503)208-8160

Website: [OCVLC](#)

Proyecto UNICA: (El Programa Hispano Católico En Español 24-hour crisis line.)

Provides bilingual and bicultural services for Spanish speaking survivors of domestic and or sexual violence. The program provides support, advocacy, and opportunity for self-empowerment, enabling survivors to exercise free and informed life choices.

Phone number: (503)232-4448

Website: [Unica - El Programa Hispano Católico](#)

Raphael House of Portland:

Supports an emergency shelter for single survivors and families fleeing intimate partner abuse. They provide advocacy for housing, employment, education, and emotional support. SSA required. They work on every level of the 'spectrum of prevention' from strengthening individual knowledge and skills through classroom-based education, to fostering coalitions and networks through work on prevention committees, to influencing policies and legislation through work on the Attorney General's Sexual Assault Task Force, MEN (Men Engaging NOW), the FVCC (Multnomah County Prevention Committee), and our work on the Healthy Teen Relationships Act and the Oregon Workplace Leave Bill.

Phone number: (503)222-6222

Website: [Raphael House](#)

Safe Place Justice Center:

Is an Oregon City support and safety planning center for anyone experiencing family violence, sexual violence, stalking or abuse against older adults and people with disabilities. Hours: 8 a.m.-4 p.m. Mon.-Thurs., 8 a.m.-1 p.m. Fri.

Phone number: (503)655-8600

Website: [Safe Place Justice Center](#)

SEI Community & Family Programs:

Provide African American advocacy, support groups, and case-management services.

Call hours: Mon. - Thurs. 8:30am - 5:30pm, Fri. 8:30 am - Noon. After hours calls forward to Call to Safety 503-235-5333

Phone number: (503)285-0493 ext. 4

Website: [Self Enhancement, Inc.](#)

Sexual Assault Resource Center (SARC):

Provides immediate 24-hour response and support to survivors of sexual assault through case management, education and outreach programs, support groups, and free mental health services. Office hours: 10 a.m.-4 p.m. Mon.-Fri.

Phone number: (503)626-9100

Crisis line: 1-888-640-5311

Beaverton Crisis Line No. 2: (503)640-5311

Website: [SARC](#)

Slavic Oregon Social Services:

Provides Slavic-speaking advocacy, support, and case-management for survivors of domestic and sexual violence. Call for an appointment. Hours: 8:30 a.m.-5 p.m. Mon.-Fri. After-hours calls will be forwarded to the crisis line.

Phone number: (503)777-3437

Website: [Slavic Oregon Social Services](#)

The Gateway Center for Domestic Violence:

Offers telephone services and a center for survivors of intimate partner violence, sexual assault, and their children. Services include restraining order applications, safety and crisis planning, crime reporting and prosecution, civil legal assistance, counseling and therapeutic services for parents and children, as well as access to a wide variety of other services. People over 65 can receive assistance with restraining orders not related to intimate partner violence. Services are available in many languages. Hours: Mon.-Fri. 9:00 a.m.- 12:00 p.m. and 2:00 p.m. - 5:00 p.m. Mon.-Fri. Bus: 15, 20; Max Blue. No in-person services are offered.

Phone number: (503)988-6400

Website: [The Gateway Center](#)

West Women's and Children's Shelter:

Is an emergency shelter for survivors of domestic violence with a wide range of supportive services for clients who apply for shelter. Those services include advocacy, housing assistance, children's programming, food, and extended services.

Phone number: (503)731-3900

Website: [West Women's and Children's Shelter](#)

YWCA of Greater Portland:

Gives culturally responsive support and housing related advocacy services. Contact 'Call to Safety' or go to the Gateway Center to access services. The Gateway Center is not currently offering in-person services for the foreseeable future. For one-on-one support call 503-988-6400; Hours: 9 a.m.-noon, 2 p.m.-5 p.m. Mon.-Fri.

Phone number: (503)294-7400

Call to Safety: (503)235-5333

Website: [YWCA PDX](#)

Local Trauma Informed-Care Resources

African Family Holistic Health:

Empowers, educates, trains, and connects African families to essential programs and resources that make them physically, mentally, emotionally, and financially healthy. Between the techniques behind emotional health and the presence of care, they are committed to exploring how to create safe spaces for each other.

Email: contact@afhho.org

Phone number: (503)206-7672

Website: [African Family Holistic Health Organization](#)

Alba Collaborative:

Provides prevention, early intervention, and 24/7 crisis line and supportive services to youth ages 9-17. Offers community case management, family mediation support, in-reach to schools, crisis intervention, emergency housing, transportation, and resource navigation including access to alternative education, LGBTQ-specific programs, wraparound services for gang-impacted and sex-trafficked youth.

Email: alba@newavenues.org

Phone number: (971)-754-4350

Website: [Alba | New Avenues For Youth](#)

Asian Health & Service Center:

Provides a safe and culturally sensitive approach to therapy for Asians who seek mental health care. It is a culturally competent and linguistically appropriate service that is offered in Cantonese, English, Korean, Mandarin, or Vietnamese speaking individuals. Clinical services are provided by a team of bilingual professionals and contracted psychiatrists. Weekly clients may also access onsite, low-cost naturopathic clinics and Chinese Medicine clinics.

Email: info@ahscpx.org

Phone number: (503)872-8822

Website: [Asian Health and Service Center](#)

Bienestar de La Familia:

Offers mental health and addiction services, case management, after school programs for teens, and hosts a monthly produce distribution. It was established to serve the Latinx community in Multnomah County. Today staff also work with the Somali community, other immigrant and refugee families, and other residents in the Cully neighborhood.

Email: wellbeingofamilia@multco.us

Phone number: (503)988-3509

Website: [Quiénes Somos | Multnomah County](#)

Black Men in Training (BMIT):

Provides resources and training to BIPOC youth. They offer leadership training, mentorship, happiness resources, academic resources, and exercise. Their main goal is to help young black men feel a part of something positive and meaningful.

Email: info@bmitpdx.org

Phone number: (503) 724-9672

Website: [Black Men In Training](#)

Black Men Matter:

Promotes the empowerment of black men through programs and initiatives that enable and inspire men to choose self-improvement and positive decision-making. Their goal is to foster a culture of growth and success for black men. They implement programs that alleviate stress and mental health issues, all to give black men the chance to heal.

Phone number: (503) 568-0010

Website: [Black Men Matter](#)

Black Mental Health Oregon:

Provides African American/African Caribbean and Refugee Communities the much-needed support, resources, services, and referrals that they need and deserve to create wellness. They help clients connect to communities with Ethnocultural effective service for individuals, children, couples, families, transgenders, homeless youth, and U.S. Vets.

Email: blackmentalhealthoregon1@gmail.com

Phone number: (971)300-4955

Website: [Black Mental Health Oregon](#)

Black Men's Wellness PDX:

Addresses health concerns commonly affected by Black and African American men, including high blood pressure, heart disease, obesity, and anxiety. Their work is through trauma-informed workshops that help men identify and discuss health concerns. They also offer curriculum and activities focused on healthy eating and physical fitness.

Email address: blackmenswellnesspdx@gmail.com

Phone number: (503) 334-7287

Website: [Black Men's Wellness](#)

Black Parent Initiative:

Combines relationship-based home visiting with group-based support, education, and community engagement to stabilize and strengthen families. Designed to strengthen cultural identity and practices, motivate parents to attain greater economic stability and self-sufficiency, create safe and healthy family environments, and promote the family's healthy engagement in their community.

Email: info@thebpi.org

Phone number: (503) 284-8000

Website: [Together We Can | Black Parent Initiative Portland | United States](#)

Black Resilience Fund:

Provides financial assistance to Black families in Portland. It was founded to foster healing and resilience.

Email: hello@brownhope.org

Phone number: (971)801-8951

Website: [Black Resilience Fund](#)

Brown Hope:

Provides healing and justice through three programs: Power Hour, Solidarity Squad, and Black Resilience Fund. Power Hours works to heal BIPOC people from the impacts of racism and build community. Solidarity Squad offers new apartment kits, and mutual aid resources to black individuals. Black Resilience Fund offers financial assistance to black Portlanders. For resources, go to "contact us" on their website.

Email: media@brownhope.org

Website: [Brown Hope](#)

Care PDX:

Is a collective of like-minded individuals working to harness the power of organization and collective action in principled solidarity with all oppressed groups.

Email: PDXcarecollective@protonmail.com

Website: [CAREpdx](#)

Cascadia Behavioral Healthcare:

Provides short-term stability and support to individuals experiencing a mental health-related crisis as a community-based alternative to psychiatric hospitalization, or as a step-down from higher care levels. ‘Respite’ voluntary program works collaboratively with residents and community treatment providers to address an individuals’ treatment needs.

Phone number: (503) 238-0705

Website: [CRISIS INTERVENTION – Cascadia Health](#)

Communities for Safe Kids:

Provides educational workshops on violence prevention to elementary school students, school staff, and student caregivers. With developmentally appropriate, trauma-informed education around personal safety, they provide communities with support, knowledge, and tools to help children grow in a safe, respectful, and healthy environment.

Email: C4sk@impactnw.org

Website: [Communities for Safe Kids - Violence Prevention](#)

El Programa Hispano:

Serves individuals throughout their life to address the social determinants of health. Their five main programming areas provide education from early childhood to adulthood, housing, community wellness, information, and referral to resources in the Hispanic community, and a comprehensive array of social services to low-income Latino families.

Email: communications@elprograma.org

Phone number: (503)669-8350

Website: [El Programa Hispano Católico](#)

Equitable Giving Circle:

Provides food, housing, and wellness to the BIPOC community. Their goal is to encourage community healing through giving. Every week, they give boxes full of fresh farm foods and pantry items to over 300 Portland BIPOC families. There is also a weekly free pantry. They give families backpacks and school supplies and offer three-months emergency rental and mortgage assistance grants for 60 Portland families.

Email: Info@equitablegivingcircle.org

Website: [Equitable Giving Circle](#)

Faith Bridge:

Provides culturally specific opportunities for women emerging from trauma and/or life transition to help them reconnect with their faith in a deep and life transforming way.

They provide space for women to heal and recover using faith as an anchor.

Website: [Faithbridge Portland](#)

Howard's Heart:

Helps teens in the foster care system with their various needs, such as help with scholarships, financial assistance, internships, and extracurricular activities.

Email: contact@howardsheart.org

Phone number: (503) 512-0925

Website: [Howard's Heart](#)

Imani Center:

Provides culturally specific and responsive Afrocentric approaches to mental health and addictions treatment, peer support, and case management. The services at Imani Central City Concern Center also create honor within the participant, services, and the agency.

The Center also connects program clients to housing, employment, and benefits support, as well as to natural support systems within their own cultural community.

Phone number: (503)226-4060

Website: [Imani Center - Recovery Location - Central City Concern](#)

Lutheran Community Services Northwest Crime Victim Service Center:

Offers individualized advocacy, educational crime prevention workshops and support groups for victims of crime. They believe that all crime victims should have access to high-quality, culturally appropriate victim-centered services. Their advocates are bilingual and interpretation services are available. They will work with anyone who identifies as a victim.

Email: ataylor@lcsnw.org

Alice Taylor, Clinical director

Phone number: (971) 888-7830

Website: [Crime Victim Service Center - LCSNW](#)

Lutheran Community Services Northwest Multicultural Counseling Services:

Provides counseling, peer support, case management, and medication services. They offer trauma-informed care based on the sanctuary model with individual and group therapy, intensive/medical case management, and care coordination. With community wellness and healing, they build on community strengths. Services are offered in Arabic, Burmese, English, Farsi, French, German, Italian, Nepali, Russian, Spanish, Somali, and Zomi.

Phone number: (206)901-1685

Website: [Multicultural Counseling Services - LCSNW](#)

NAMI Multnomah Peer-to-Peer:

Provides free, peer-led education programs, support groups, and advocacy initiatives that actively support community mental health. They passionately promote improved access to services, increased opportunities for recovery, reduced stigma, and discrimination, and increased public understanding of mental illness. They strongly believe in peer-led services. They know what individuals go through and are available to help.

Email: info@namimultnomah.org

Phone number: (503)228-5692

Website: [NAMI | Multnomah](#)

Northwest Family Services:

Supports family stability, child well-being, and victims of crime by focusing on the social determinants of health. Programs and services include health and social service navigation, support for youth and families affected by incarceration, mental health services and more. Services are offered in both English and Spanish.

Phone number: (503)546-6377

Website: [Northwest Family Services](#)

Outside In Center: (Transgender and Gender Non-Conforming):

Supports transgender, non-binary, intersex, and gender non-conforming individuals including trauma-informed behavioral health, counseling resources, information, advocacy, and financial aid (for those eligible) and healthcare services whether an individual is questioning their gender or has been in transition for years.

Email: info@outsidein.org

Phone number: (503)535-3800

Website: [Transgender and Gender Diverse Services - Outside In](#)

Peace in Schools:

Provides mindfulness programs that are an evidence-based, equitable, and trauma-informed approach to social-emotional learning. Their model is based on expert mindfulness facilitators, the innovative ‘Peace in Schools’ curriculum, and highly relational, student-centered pedagogy. Research shows that their programs serve as an accessible, practical, effective, and critical resource for all youth with particular benefit for marginalized youth and youth with high trauma.

Email: hello@peaceinschools.org

Phone number: (971)800-0471

Website: [PEACE IN SCHOOLS](https://www.peaceinschools.org)

PFLAG Portland:

Provides ‘Support Circles’ which are offered twice a month as a safe space where individuals can learn, share, or simply be themselves in a supportive and friendly environment filled with LGBTQ+ persons, family members, friends, and allies of all ages. Get personalized support requesting an online private circle with a PFLAG Volunteer.

Email: info@pflagpdx.org

Phone number: (503)232-7676

Website: [Peer Support](https://www.pflagpdx.org)

Play Grow Learn:

Offers a place for sheltered and underserved youth to play, grow, and learn. They offer resources for job skills, healthy eating, connecting with other youth, health and well-being, and economic stability and growth. For resources, go to the Sunrise Center at 18901 E Burnside Gresham, Oregon 97233.

Website: [Play Grow Learn](https://www.playgrowlearn.org)

POIC: Public Safety Village:

Provides trauma intervention services including behavioral therapy, conflict resolution, recreation opportunities, youth grief/loss support groups, and decision-making skill-building.

Email address: info@portlandoic.org

Website: [POIC: Public Safety Village](https://www.portlandoic.org)

Portland United Against Hate (PUAH):

Provides a reporting hate tool built for and by communities most targeted by hate violence. Portland United Against Hate is here to track, respond to, and heal from acts of hate while providing the support that communities need.

Email: info@portlandunitedagainsthate.org

Phone number: (971) 888-7830

Website: [Portland United Against Hate - CAMPUS COMPACT OF OREGON](#)

Q Center:

Offers peer-led support for people who identify as LGBTQ+ living with mental health issues such as anxiety, depression, bipolar, PTSD, or related illnesses. They provide connection to LGBTQ2SIA+ resources.

Email: Info@pdxqcenter.org

Phone number: (503)234-7837

Website: [Q Center](#)

Quest Center for Integrative Health:

Offers integrated health services to marginalized community members. Quest will collaborate with individuals to create a service plan that focuses on the person's mental health goals and incorporates individual strengths and lived experiences. Mental health needs are met in a community-based setting that emphasizes empowerment and agency.

Email: info@quest-center.org

Phone number: (503)238-5203

Website: [Quest Center for Integrative Health](#)

Radical Rest:

Provides coaching, acupuncture, movement, yoga, meditation, bodywork, ritual, tarot, and herbs. Radical Rest is a decentralized pop-up service of healing providers seeking to support the bodies of the racial justice movement. All providers are donating their time through Radical Rest.

Email: radicalrestpdx@gmail.com

Website: [Radical Rest](#)

Russian Oregon Social Services:

Provides culturally specific services that include crisis intervention, long-term case management, individualized resource planning/referrals, advocacy, emotional support, mental health counseling, safety planning, assistance accessing low-cost or free legal services, short-term financial assistance, and support groups. Assistance with applying for Crime Victims Compensation and other services as needed.

Email: sooss@emoregon.org

Phone number: (503) 777-3437

24/7 crisis line (503) 381-7757

Website: [Slavic Oregon Social Services](#)

Self Enhancement (SEI)

Offers food resources through food pantries, health information, immigrant support, mental health support, senior services and rental, utilities, education and financial resources, childcare, and transportation resources. They also provide resources for students, including scholarships, internships, and jobs. In addition, SEI works to elevate black voices and support black-owned businesses. For resources, go to their website or to 2205 NE Columbia Blvd. Portland, OR 97211 or 3920 North Kerby Avenue Portland, OR 97227.

Phone number: (503) 249-1721

Website: [Self Enhancement, Inc.](#)

School-Based Mental Health Program:

Provides mental health services to children and teens in schools by locating therapists directly in schools. They help families overcome barriers that make it hard to get help for mental health needs. Some locations have clinicians of color who offer culturally specific services. Students can go to the school counselor or go to the student health center for assistance to get connected with a therapist to talk to privately. Individuals 14 and older can seek services on their own.

Email: stephen.p.dunlevy@multco.us

Stephen Dunlevy, LCSW, Program Supervisor

Phone number: (503)209-1919

Website: [School-Based Mental Health | Multnomah County](#)

Soul Restoration/I Am More:

Offers a safe space for the BIPOC community to be creative. With the goal of fostering Black joy, this center offers Black people a culturally specific space to feel safe and at home. The space is in the Albina Arts District at 14 NE Killingsworth Portland, OR 97211

Email: BlackJoy@IAmMOREresilient.com

Website: [Soul Restoration Center](#)

STRYVE:

Engages young leaders ages 10-24 years old, who are primarily youth of color, using evidence-based strategies that build authentic, youth-adult partnerships. Their team includes two community health workers with lived experience and deep connections to the community. They offer support and technical assistance to youth and community partners to engage systems for change.

Email: cahinfo@multco.us

Website: [Youth Violence Prevention | Multnomah County](#)

The Next G

Provides mentoring for young black men to teach them life skills and help them with navigating their future by introducing various paths such as college, skilled trades, and entrepreneurship. The organization hopes to help young men become leaders and entrepreneurs.

Phone number: (971) 325-8701

Website: [The Next G](#)

TransActive Gender Project:

Delivers facilitated support groups for adult family/allies and youth ages 4-18 and screened referrals to mental health and medical providers. Experienced in trans youth care.

Email: transactive@lclark.edu

Phone number: (503)768-6024

Website: [TransActive Gender Project - Lewis & Clark](#)

Trauma Intervention Programs, Inc.: (Portland/Vancouver Chapter)

Provides emotional first aid to survivors of tragedy to ease immediate suffering and facilitate healing and long-term recovery. This nonprofit of specially trained volunteers who are called by the emergency response system, provides support and resources to victims of traumatic events and their families in the first few hours following a tragedy.

Email: june@tipnw.org

June K. Vining, Executive Director

Phone number: (503)823-3937

Website: [Trauma Intervention Program](#)

Trillium Family Services:

Provides mental and behavioral healthcare for children and families. Offers a full continuum of children’s mental and behavioral health services. They address a one-time mental health crisis or an ongoing condition by equipping children and their families with the right tools to understand their challenges, treat their conditions, and gain new skills.

Email: sboyle@trilliumfamily.org

Sandy Boyle, Senior VP of Clinical Infrastructure, Compliance Officer

Contact: (503) 813-7715

Website: [Programs And Services](#)

UTOPIA PDX:

Provides sacred spaces to strengthen the minds and bodies of QTPIs – Queer and Trans Pacific Islanders in the Portland and Vancouver areas – through community organizing, political engagement, and cultural stewardship. Their Community Health Workers offer services to QTPIs including medical hotels, food, rent, etc.

Email: info@utopiaportland.org

Website: [Utopia PDX](#)

Western Conexiones: (Spanish and English)

Offers multicultural counseling and trauma healing services with services that address an array of mental health issues. They specialize in helping people overcome the impact of personal, collective, and inter-generational traumas. They consider the cultural context, systemic influences, and dynamics of power in the process of healing. They are a ‘Crime Victims’ provider who pays for any costs not covered by insurance.

Email: william.penrose@lifestance.com

Will Penrose- Vice President of Operations

Website: [Conexiones - Western Psychological & Counseling Services](#)

Western Psychological & Counseling Services School Based Program:

Provides therapeutic services to schools, while removing any barriers for students and families by placing therapists inside of the school. Western's program works in collaboration with the school staff and administration to develop a cohesive model of care for each of the partnering Portland Public Schools listed on their website. The therapist may provide services at the school and may also refer to a community service.

Email: miranda.gambetti@lifestance.com

Miranda Gambetti, Program Director

Phone number: (971) 267-2217

Website: [School-Based Program](#)

Youth Empowerment Project:

Strives to help young people develop a strong sense of self, emotional awareness, self-regulatory skills, and the resiliency needed to build successful lives. They provide school-based mental health, mentorship, family engagement, cultural identity development, and hate incident response services.

Phone number: (503)702-9259

Website: [Youth Empowerment Project Pacific Northwest](#)

Mental Health Resources

988 Lifeline:

Seeks to educate people about identifying risk factors in their loved one's behaviors as well as to provide a safe space to talk to a mental health professional if in crisis. The 988 Lifeline also provides access to crisis centers where individuals can find support and connect to local services.

Email: 988lifeline.org/contact-the-lifeline/

Phone Number: 988 or 1-800-273-TALK (8255)

Website: [About - 988 Suicide & Crisis Lifeline \(988lifeline.org\)](https://988lifeline.org)

Cascadia Health (Mental Health Treatment):

Helps those in crisis through comprehensive assessment and treatment planning, individual and group counseling, supported employment, supported education, and medication management. Cascadia Health **Referrals welcome** from individuals, families, medical providers, Multnomah County Court including (DUII, FIT), DHS (children and families), Department of Criminal Justice (probation, post-prison supervision), Community Court, Mental Health Court and others. If your referral is not listed call 503 674-7777 Monday – Friday 9-5 to make sure.

Phone Number: (503) 674-7777 (Appointment/Referral)

Website: [MENTAL HEALTH TREATMENT – Cascadia Health](#)

Cascadia Health (Crisis Intervention):

Provides mental health and addiction-based crisis interventions through a variety of methods. Cascadia provides walk in clinics where a patient can expect counseling, referrals to affordable mental health care, psychiatric prescriptions, and substance treatment referrals. Cascadia also provides a community-based alternative to psychiatric hospitalization. This program called Respite is a voluntary program where Cascadia provides a stable home-like environment, 3 meals a day, medication assistance, and safety planning. Patients are encouraged to keep in touch with friends and family while inside this program.

Phone Number: (503) 674-7777 (Information), (503) 243-2236 (Rockwood Respite), (503) 7747-4338 (Tigard Respite), (503) 963-2575 (Walk-in Clinic)

Address: 4212 SE Division, Suite 100, Portland, OR 97206 7:00 a.m. to 9:00 p.m. Mon-Fri, 9:00 a.m. to 9:00 p.m. Sat-Sun (Walk-in Clinic)

Website: [CRISIS INTERVENTION – Cascadia Health](#)

Clackamas County Urgent Mental Health Walk-In Clinic

Supports people in immediate need of mental health services. They offer services for people in distress by helping individuals come up with a recovery plan.

Address: 11211 S.E. 82nd Avenue, Clackamas, Oregon – bus #72 & #71

Hours: Walk-in: Mon.-Fri., 9 AM – 7 PM and Sat 10 AM – 7 PM, Closed on Sunday

Phone number: (503) 722-6200

Website: [Urgent Mental Health Walk-In Center | Clackamas County](#)

Clackamas Mental Health Crisis Hotline

Is a 24-hour crisis line to call when an individual is going through a mental health emergency. They provide support, connection, information, and education to do with mental health. The crisis line is staffed with trained professionals.

Phone number: (503) 655-8585

Website: [Mental Health Services | Clackamas County](#)

Clark County Mental Health Crisis Hotline

Is a 24-hour crisis line to call if you are going through a mental health emergency. The crisis line is staffed with mental health professionals and peer counselors trained in crisis intervention.

Phone number: (360) 696-9560 or 1-800-626-8137

Website: [Clark County Crisis Services](#)

Elevate Him

Empowers men and offers resources for mental health to reduce suicide in men.

Resources include clothes, job resources, positive inspiration, affirmations, mentors, and community, all to help create mental, economic, and emotional stability.

Email: elevate.everyday@yahoo.com

Phone: (503) 810-1607

Website: [Elevate Him](#)

Mental Health Association of Portland

Provides educational and advocacy opportunities for people with mental illness and addiction. They offer resources in every aspect of the mental health system.

Email: info@mentalhealthportland.org

Website: [Mental Health Association of Portland](#)

Multnomah County Mental Health Crisis Hotline

Is a 24-hour crisis line to call if you are going through a mental health emergency. The crisis line is staffed with trained clinicians who are there to support people in distress.

Phone number: (503) 988-488, Toll-free: 800-716-9769, Hearing-impaired: 711

Website: [Behavioral Health Crisis Intervention | Multnomah County](#)

Trevor Project

Provides mental health resources to end suicide among the LGBTQ+ community. Resources include phone numbers to call for support, an online community called ‘TrevorSpace’ where LGBTQ people can connect and have access to counselors.

Phone: (212) 695-8650

Website: [The Trevor Project](#)

Washington County Mental Health Crisis Hotline

Is a 24-hour crisis line to call when an individual is going through a mental health emergency. The crisis line is staffed with experienced behavioral health professionals and peer support specialists.

Phone number: (503) 291-9111

Website: [Crisis Line | Washington County, OR](#)

Homelessness Resources

AntFarm Homeless Youth Services:

Offers an important resource for local youth who have life struggles resulting in unstable living situations. The organization serves youth ages 14-24 by connecting youth to resources and secure stable housing. Address: 39140 Proctor Blvd.

Hours: 9 a.m.-5 p.m., Mon.-Fri.

Phone number: (503)668-7962

Website: [AntFarm Homeless Youth Services](#)

Cascadia Health (Housing Resources):

Brings safe and affordable housing to the people most in need. Cascadia focuses on helping those individuals with mental illnesses and addictions and offers licensed residential, permanent supported housing, and independent housing. Cascadia Health does not provide emergency housing or rental housing.

Phone Number: (503) 674-7777 (Information), (503) 238-705 (SE Portland),

(503) 283-3763 (NE Portland), (503) 303-4000 (Milwaukie), (503) 253-6754 (Woodland Park)

Website: [HOUSING RESOURCES – Cascadia Health](#)

Catholic Charities: Housing Transitions Program

Assists self-identified women, 25 years or older, who are non-parenting and currently experiencing homelessness. They provide permanent housing information and intake as needed. Services Include: Kenton Women's village with phone and internet computer usage by appointment only. Call for intake information. Drop-in mailing address, coffee, lunch to go on Mon.-Fri. No intake is needed. First come, first served to showers and laundry between 0 a.m.-1 p.m., Mon.-Fri. Sign-up starts at 9 a.m. Address: 2740 SE Powell Blvd., Suite #6 (enter rear of building, lower level); Bus: 9, 10.

Phone number: (971)222-1880

Website: [Catholic Charities](#)

Central City Concern:

Recovery housing for singles and families, low-barrier housing communities and specialized housing for the HIV community. Section 8 and fair market residential options. Participating individuals must meet income restrictions and other criteria.

Address: 523 NW Everett St.; Inquiry hours: 8 a.m.-5 p.m., Mon.-Fri.

Downtown Bus, MAX.

Phone number: (503)525-8483

Website: [Central City Concern](#)

CityTeam Portland:

Men only; sobriety required. \$5/night or voucher from a partner agency for shelter.

Dinner, breakfast, shower included daily. Shelter sign-up 5:45-6:30 p.m.; Address: 526 SE Grand Ave.; Bus: 6, Streetcar.

Phone number: (503)231-9334

Website: [CityTeam](#)

Community Action:

Provides limited resources to Washington County residents for emergency rental assistance which is subject to availability. 72-hour eviction notice. Call their prevention line at 503-615-0770 for eligibility screening on the 8th of the month at 9 a.m. Or apply online. Screen Request on the 15th of the month at 6 p.m.; Address: 1001 SW Baseline St., Hillsboro; Bus: 57.

Phone number: (503)615-0770

Website: [Community Action](#)

Community Action Family Shelter:

Is a shelter for families with children or mothers in the last trimester of pregnancy. Call to join the waitlist through Community Connect: 503-640 3263. Food boxes (Washington County residents only) hours: 5:30-9 p.m. Mon.-Fri.; 9 a.m.-9 p.m. on Sat. and Sun.; Address: 210 SE 12th Ave., Hillsboro; Bus: 47, 57, MAX Blue.

Phone number: (503)726-0812

Website: [Community Action Family Shelter](#)

Community Alliance of Tenants:

Provides advocacy for tenant issues by organizing for immediate improvements in buildings, increased funding for affordable housing, and improved tenant protections. Hotline hours: Tuesday 6pm-8pm, Mon. Wed. Fri, and Sat 1-5pm.

Phone number: (503)288-0130

Website: [Community Alliance of Tenants](#)

Coordinated Housing Access:

Is a central point for households experiencing homelessness or a housing crisis to seek assistance. Call and leave a message to begin the process of getting assistance.

Phone number: (503)655-8575

Website: [Coordinated Housing Access](#)

Community Warehouse

Connects people in need with housewares, donated furniture, and household items. They collect donated home goods and give them to people most in need. The organization was established to give everyone the opportunity to live with comfort and dignity.

Phone number: 971-865-5281

Website: [Community Warehouse](#)

Do Good Multnomah:

Is a 24-hour emergency shelters serving male-identifying and female-identifying veterans and non-veterans at different shelters. Animals are allowed. A referral is required. Their service is not available for walk-ins. They may be able to help with deposit/rental assistance. Also, the organization manages the Clackamas Veterans Village and multiple other locations. Call for referral or questions.

Phone number: 503-490-0285

Website: [Do Good Multnomah](#)

Fair Housing Council of Oregon:

Provides education and enforcement in housing discrimination. They test to determine discrimination and they file complaints on an individual's behalf. Discrimination hotline: 1-800-424-3247. Address: 1221 SW Yamhill St., #305, Portland.

Hotline hours: 9 a.m.-noon Fri.

Phone number: (503)223-8197 Ext. 2

Website: [Fair Housing](#)

Family Promise of Beaverton:

Offers family shelter for women and/or men with children. Three-family limit; call 211 or Community Action (503-640-3263) to join the waitlist for their 24-hour shelters. The maximum stay is six weeks. Children must be enrolled in and attend public school or Head Start during their stay. The program requires drug screening with clean results and a background check for all participants 13 years or older. Join the Community Action wait list. Address: 5625 SW Erickson Ave, Beaverton; Bus: 76, MAX Blue/Red.

Phone number: (503)844-2919

Website: [Family Promise of Greater Washington County](#)

Good Neighbor Center:

Provides safe emergency housing with supportive empowering services to adults with children younger than 18. Families have up to six weeks to meet their goals with the help of staff. No singles. To join the waitlist call Community Connect 503-640-3263 or Family Promise of Tualatin Valley 503-427-2768. Hours: 6 a.m.-10 p.m. Intake hours: 8 a.m.- 6 p.m. Mon.-Sun. Bus: 76, 78.

Phone number: (503)726-0812/ (503)443-6084

Website: [Good Neighbor Center](#)

Address: 11130 SW Greenburg Rd., Tigard

HACIENDA:

Provides necessary housing and supportive services for low-income primarily Latinx communities in Northwestern Oregon.

Email/Phone Number: [Contact Us Form — Hacienda CDC](#)

Website: [About Us — Hacienda CDC](#)

Home Plate Youth Services:

Is a Resource center helping youths ages 12-24 find housing, education, employment, health referrals, clothes, food. Place to relax, have a free meal, and do laundry (with no religious doctrines.) First Congregational UCC (494 E Main St., Hillsboro); Address: 12685 SW 4th Beaverton (at Beaverton location) and shower facilities. Day-space hours: Beaverton location Mon 6 p.m.-8 p.m., Tues 2 p.m-5 p.m., Wed 6 p.m-8 p.m.; Hillsboro location Thurs 6 p.m-8 p.m. Call about more services.

Phone number: (503)320-8965/ (503)867-4954/ (503)648-4341

Website: [Home Plate Youth Services](#)

Home Forward:

Provides rental assistance enabling low-income residents to obtain rent assistance vouchers (Section 8) to rent from private landlords. Phone assistance will be available Mon through Fri 8:00 a.m. - 4:30 p.m. to inquire about waitlists and openings. Address: 135 SW Ash St. (Rent assistance). Bus: 12, 16, 19, 20, MAX. Property Management rent-subsidized apartments offered including public housing and affordable housing apartments. Public housing hours: 9 a.m.-4 p.m. Mon.-Thurs.

Phone number: (503)802-8300

Website: [Home Forward](#)

Housing Rights & Resource Program (HRRP):

Provides general housing information and referrals regarding landlord-tenant relations, fair housing, and other housing-related issues. Hours: 8 a.m.-5 p.m. Mon.-Thurs.;

Address: 2051 Kaen Rd., #135, Oregon City

Phone number: (503)650-5750/ Para Espanol llama (503)650-5713.

Website: [HRRP](#)

Meals on us PDX

Provides free nutritious meals to people experiencing hunger and food insecurity. Every month they hold a supply distribution day in the park across the street from the organization’s kitchen. There you can find hot meals, clothes, tents, and harm-reduction supplies. For resources, go to 2818 NE Halsey St Portland, OR 97232.

Email: hello@mealsonuspx.org

Phone number: (503) 895-2195

Website: [MealsOnUsPDX](#)

Metropolitan Family Services

Provides resources for families experiencing poverty, inequity, and social isolation.

Resources include hunger relief, economic empowerment, health resources, and more.

Phone number: (503) 232-0007

Website: [Metropolitan Family Service](#)

My Father’s House:

Is a six-month shelter program for families with children. Services include case management, life skills curriculum, ‘Rent Well’ classes. (Work intense.) Call for information. Address confidential, Gresham

Phone number: (503)492-3046

Website: [My Father's House](#)

New Avenues for Youth

Is dedicated to the prevention and intervention of youth homelessness. They have created centers that provide youth with food, showers, beds, hygiene supplies, and a safe place to stay. In addition, the organization helps youth build skills, make plans for their future, and offers resources around education, employment, and mental health.

Email: info@newavenues.org

Phone number: (503) 224-4339

Website: [New Avenues For Youth](#)

New Narrative: (Formerly known as Luke-Dorf Bridgeview Community)

Offers a two-year transitional housing program for adults with severe mental illness. Full mental health services are on site. The program requires a referral from a current mental health or primary care provider. Confidential location.

Phone number: (503)726-3742

Website: [New Narrative](#)

Northwest Pilot Project:

Secures permanent housing for seniors 55 and older with no minor children, who are homeless or at risk of becoming homeless. New clients should call for eligibility.

Hours: 9 a.m.-4 p.m. Mon.-Wed. and Fri.; 1 p.m.-4 p.m. on Thursday. Closed noon-1 p.m.; Limited walk-in services on Tues. Weds. and Thurs. from 1 p.m. - 4 p.m.; Address: 1430 SW Broadway St.; Downtown Bus and MAX.

Phone number: (503)227-5605

Website: [Northwest Pilot Project](#)

Old Town Recovery Center:

Works to end homelessness by "...treating the whole person, as a person". CCC works with their clients to develop individualized plans on how to address the issues in their lives like addiction and mental health challenges as well as provide solutions to systemic issues such as lack of affordable housing to get their clients off the streets.

Phone Number: (503) 294-1681 (Administration), (971) 368-7888 (Health Care),

(503) 525-8483 (Housing), other specialties ([Contact Us - Central City Concern](#))

Email: ccadmin@ccconcern.org (admin), other specialties ([Contact Us - Central City Concern](#))

Website: [Our Impact - Central City Concern](#)

Open Door:

Is a drop-in center offering specific information about shelter referrals, housing services, day shelters, showers, laundry, food boxes and community meals They operate services from 8 a.m.-2 p.m. Mon.-Fri.; Administrative office hours: 8 a.m.-4 p.m. Mon.-Fri; Address: 34420 SW Tualatin Valley Hwy., Hillsboro; Bus: 57. Call or go in.

Phone number: (503)640-6689

Website: [Open Door](#)

Our Just Future:

Provides services remotely. They assist in finding affordable housing for families experiencing homelessness. Call 211 to be placed in the queue. Hours: Mon. - Fri., 8 a.m. - 5 p.m.; Address: 12350 SE Powell Blvd.; Bus: 9, 17, 71, MAX Blue. They also have a location at 124 NE 181 Ave., Ste. 109, Gresham; Bus: 25, 87, MAX Blue.

Phone number: (503)548-0200 (Portland office)/ (503)405-7875 (Rockwood office)

Website: [Our Just Future](#)

Oxford Houses of Oregon:

Offer alcohol/drug-free living in a shared housing environment. Participants must be recovering from addiction or alcoholism. Each house is democratically run by members who are financially self-supporting. Must live clean and sober, be able to pay equal share of expenses; inpatient treatment completion is not a requirement for housing. Various locations.

Phone number: (971)998-4223

Website: [Oxford Houses](#)

P:ear

Offers a place for homeless youth to be safe and cared for through programs that foster education, art, music, recreation, meals, cooking classes, job training, bike mechanical skills, and support for pregnancy and parenting. Address: 338 NW 6th Ave

Email: info@pearmentor.org

Phone number: (503) 228-6677

Website: [P:ear](#)

Portland Homeless Family Solutions: (Family Village)

Offers shelter for homeless families. They are open 24 hours and provide meals, showers, laundry, computers, internet, and housing support. Shelters are drug- and alcohol-free. Families must have children under age 18 in their care to qualify. Call 211 to be put on the 'Homeless Family Shelter Waitlist' for the PHFS Family Village.

Phone number: (503) 915-8306 or 211

Website: [PDX HFS](#)

Portland Opportunities Industrialization Center (POIC):

Provides alternative education, mentoring, family outreach, employment training, and placement to at-risk youth and adults affected by poverty, family instability, and homelessness.

Email address: info@portlandoic.org

Website: <https://www.portlandoic.org>

Portland Rescue Mission - Connect Program:

Is a 3–6-month transitional program for men. They provide stability and community within a clean and sober environment to transition away from homelessness. Participants receive job readiness through vocational assignments, guidance toward obtaining housing and employment, and supportive relationships through regular life group meetings.

Attend orientation on Mon, Wed or Fri at 1 p.m. to sign up or learn more. Address: 111 W Burnside St.

Phone number: (503)906-7690

Website: [Portland Rescue Mission](#)

Resolutions Northwest:

Provides mediation geared toward assisting renters and landlords to resolve conflicts before an eviction occurs. In Portland they provide resources and mediation for issues ranging from repairs, rent increases, property damage, noise complaints, and more. The organization helps tenants and landlords improve communication, build up tenant-landlord relations toward maintaining current housing for those in need. Address: 4531 SE Belmont St Suite 300.

Phone number: (971)389-7138

Website: [Resolutions Northwest](#)

Safe Place for Youth:

Provides a 30-day shelter program and supportive services for homeless, runaway, and at-risk youths ages 12 to 20. They offer food and basic needs assistance, case management, and referrals to resources.

Drop-in service hours: 9 a.m.-8 p.m., 7 days a week.

Phone number: (503)542-2717

Website: [Safe Place](#)

Second Home:

Provides stable housing and ongoing support for unaccompanied students experiencing homelessness, so they can focus on completing their secondary education. Call for more information or talk to the school district homeless liaison for referral. Serves youths in Gresham-Barlow and Washington, Clackamas, East Multnomah County and Lincoln County school districts. Address: 245 SW Bancroft St., Ste. B; Bus: 12, 43, 44, 54.

Phone number: (503)221-1054 ext. 277

Website: [Second Home](#)

St. Andrew Emergency Services:

Helps with a portion of rent with 72-hour eviction notice and aids those individuals who are within the parish boundary. Support is limited to once every 12 months. All services, except food distribution, are handled remotely. Hours: 9 a.m-1 p.m. Mon., Wed., Fri.; No drop-ins. Call first. Address: 4940 NE Eighth Ave. (Martha H. Terrell Comm. Center); Bus: 72.

Phone number: (971)244-0339

Website: [St Andrew](#)

St. Vincent de Paul Portland Council:

Offers one-time help with partial rent to avoid eviction, depending on residence location and funds availability. Remote only. Hours: 9:30 a.m.-noon, 1-3:30 p.m. Mon.-Fri.; Address: 8101 SE Cornwell St.; Bus: 72, MAX Green.

Phone number: (503)235-8431

Website: [St Vincent de Paul](#)

The Salvation Army Tualatin Valley Corps:

Offers water bill assistance for Hillsboro residents only. Call to verify PGE assistance availability, make an appointment. Must provide proof of address, photo ID, and income information all of which are required. For water assistance, a shut-off notice is required. Water assistance services are provided only in the morning between 9-11:30 a.m. Individuals requesting support must have contacted the water company regarding payment requirements. Individuals should call to ensure qualification. Hours: 9-11:30 a.m., 1-4 p.m. Mon., Tues., Thurs., Fri.; Address: 1440 SE 21st Ave.; Bus: 47, 48, 57, MAX Blue line.

Phone number: (503)640-4311

Website: [Salvation Army](#)

Transition Projects:

Offers limited move-in support and eviction prevention throughout the metro area. Call between 8 a.m.-4 p.m. Mon.-Fri. or visit 8 a.m.- 4 p.m.; Address: 650 NW Irving St. (Resource Center at Bud Clark Commons); Bus: 17, 33; MAX Green, Yellow.

Phone number: (503)280-4700

Website: [Transition Projects](#)

Washington County Housing Services:

Supports rental assistance & affordable rental opportunities for low-income families in Washington County; Section 8 and public housing programs. Most programs have waiting lists. Applicants must notify the Department of changes in their mailing address to keep the application current. English and Spanish are offered. Hours: 8:30 a.m.-12:30 a.m. and 1:30-4:00 p.m. Mon. - Fri.; Address: Adams Crossing MS, 63 161 NW Adams Ave Suite 2000; Bus: 47, 48, MAX Blue to Hatfield Govt. Ctr. Station.

Phone number: (503)846-4794

Website: [Washington County](#)

Other Resources

African Youth and Community Organization (AYCO):

Strives to strengthen a sense of cultural identity within immigrant communities while also enhancing capacity toward integration and hope for the future. The AYCO mission is “to settle the past, engage the present, and hope for the future.”

Email: info@aycoworld.org

Phone number: (971) 254-8916

Website: African Youth & Community Organization

Day of Empathy:

Brings together people from all walks of life who have been negatively impacted by America’s criminal justice system – from survivors of violent crime to those who are currently incarcerated individuals to the loved ones on the outside who advocate for their freedom and systemic reforms, from children of incarcerated parents to people on mass supervision to all community members impacted by crime, public safety issues, and violence. Is the nation’s largest day of action for criminal justice reform.

Email: contact@dream.org

Website: Day Of Empathy | Dream.org

Elevate Oregon:

Is a non-profit organization for marginalized youth that supports students in the Parkrose neighborhood of Portland, one of the most diverse school districts in Oregon.

Email: admin@elevateoregon.org

Phone number: (503)477-7644

Website: Elevate Oregon

Help INC:

Works towards stopping and rehabilitating youth with prior records to integrate them back into society. Youth who rejoin the world between 18-25 are at high rates of recidivism for their crimes. H.E.L.P is a 52-week program that helps participants get a diploma or GED by providing tutors. They also give each participant a mental health/addiction assessment and create a treatment plan as well as offer skills training with the organizations POIC & RAHS, Self Enhancement Inc., Constructing Hope, and Going Home II to help participants gain a stable job.

Email: info@helpoutreachprogram.org

Phone Number: (503)819-2919

Website: [ABOUT US | HELP Outreach \(helpoutreachprogram.org\)](http://ABOUT US | HELP Outreach (helpoutreachprogram.org))

Immigrant & Refugee Community Organization:

Empowers immigrants and refugees in Oregon and southwest Washington by offering community driven services to aid in their adjustment to life in the U.S. by a culturally and linguistically specific service.

Email: info@irco.org

Phone Number: (503) 234-1541 (Main Office), (503) 235-9326 (AAPI), (503) 802-0082 (Africa), (503) 234-1541 (Greater Middle East), (971) 271-6512 (Slavic/Eastern European), (971) 335-7107 (IRCO Eastern Oregon), (971) 271-6461 (New Beginnings)

Website: [What We Do | Immigrant Services Portland | IRCO](#)

Living Cully

Unites four non-profit community development organizations in a collaborative, long-term, community-led effort to improve the quality of life for people of color and low-income people in Northeast Portland's Cully neighborhood — and ensure that Cully will always be a place where people of color and low-income people can live and thrive. This work requires a dual-emphasis on community-led neighborhood improvements and robust efforts to combat gentrification and displacement. The Living Cully partners are: Habitat for Humanity Portland Region, Hacienda Community Development Corporation (CDC), The Native American Youth and Family Center (NAYA) and Verde.

Email: alagiaf@livingcully.org

Alagia Felix (she/her)

Community Engagement Coordinator

Phone number: (503)765-9089

Website: [Living Cully](#)

NE Steam Coalition:

Organizes listening sessions for youth and families to discuss challenges, frame needs, and advocate for solutions in bringing STEAM opportunities and education to students of color. The coalition and partner CBOs boost program engagement by sustaining relationships with youth, offering family services and food, and supporting academic identity and achievement through authentic community ties.

Email: nesteamcoalitionpdx@gmail.com

Phone number: (971)258-0842

Website: [NE STEAM Coalition](#)

Racial and Ethnic Approaches to Community Health (REACH):

Works to reduce and eliminate the disparities in health among racial and ethnic groups who consistently have higher risk/rate of chronic disease due to social determinants of health. REACH provides services through educating the population on healthy practices, bringing wider access to fresh foods to communities, by creating more exercise opportunities throughout the day, staging tobacco intervention, and offers referrals for patients to get treatment for chronic illnesses.

Email: Contact CDC-INFO

Phone Number: (800) 232-4636 Mon. – Fri. 8:00 a.m. to 8:00 p.m.

Website: REACH | CDC

Somali American Council of Oregon (SACOO):

Empowers the Somali community by enhancing relationships between members of the community and between the community and statewide and/or federal agencies while also promoting cultural expression and diversity.

Email: info@sacoo.org

Phone number: (503)719-7679

Website: Somali American Council of Oregon

PDX 311:

Improves access to local government programs and services by creating a single point of contact for all community members. PDX 311 also provides bureaus and city councils with valuable data about the communities' needs and concerns.

Email: 311@portlandoregon.gov

Phone Number: (503) 823-4000

Website: About PDX 311 | Portland.gov

Latino Network:

Empowers the Latino community in Multnomah County by working with children to improve early-childhood literacy with the goal to alleviate youth/gang violence and high drop rates. Latino Network also provides academic support to high school-aged students and works directly with children involved in gangs and their families.

Email: info@latnet.org

Phone: (503) 283-6881

Website: [Latino Network \(latnet.org\)](http://Latino Network (latnet.org))

World Stage Theatre:

Provides exploration, experience, and exposure to underserved youth curious about the arts by providing culturally relevant storytelling through arts education, performances, and community events. They create platforms to elevate disregarded voices while building bridges of unity to disband 'isms'.

Email: info@worldstagetheatre.org

Website: [World Stage Theatre](http://WorldStageTheatre)

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