

# Resource Guide



When facing fear, uncertainty, or sudden change, it can be hard to know where to turn. This resource guide was created to help individuals and families find support during stressful or overwhelming times. Inside, you will find local resources for food, housing, healthcare, legal support, transportation, and more.

You are not alone. These resources are here to support your safety, stability, and well-being, whether you are navigating a crisis right now or planning next steps for yourself or your family.

The Equity and Cultural Engagement team at Lines for Life is committed to developing and advocating culturally specific mental health care. Our programs are guided by leadership, insights, and lived experiences of communities of color. Some of our programs are training Mental Health First Aid to adults in custody, providing mental health trainings that is culturally specific, and working with culturally specific communities with substance abuse prevention. Together, we're meeting the unique needs of underserved populations by reducing stigma, identifying mental health needs, increasing access to support, and intervening in crisis.



lines for life

Equity & Cultural Engagement

If you or a loved one is struggling with thoughts of suicide or another mental health crisis, please give us a call. **988** (Call or Text)

## Portland - Multnomah County

### General Support and Navigation

- 211info (2-1-1) – Resource navigation and referrals | Call 211 | [help@211info.org](mailto:help@211info.org) | <https://www.211info.org/>
- Project Access Now (C3CAP) – Help connecting to resources (Spanish) | 503-345-7031 | [c3cap@projectaccessnow.org](mailto:c3cap@projectaccessnow.org) | <https://www.projectaccessnow.org/>

### Immigration and other legal resources

- PIRC Hotline Rapid Response – ICE verification / legal observer activation | 1-888-622-1510
- Equity Corps of Oregon (ECO) – Free immigration legal assistance for people in removal proceedings | 1-888-274-7292 or 503-360-0324 | [info@equitycorps.org](mailto:info@equitycorps.org) | <https://equitycorps.org>
- Clear Clinic – Deportation defense, DACA renewals, legal screenings, eviction/tenant advocacy | 503-389-5919 | [info@clear-clinic.org](mailto:info@clear-clinic.org) | <https://clear-clinic.org/>

### Housing/rent help

- PDX Eviction Defense Program – Eviction help (City of Portland eligibility) | 888-585-9638 | [evictiondefense@oregonlawcenter.org](mailto:evictiondefense@oregonlawcenter.org)
- CAT Tenants Rights Hotline (Oregon CAT) – Tenant rights info + lawyer referrals | 503-288-0130 | <https://www.oregoncat.org/renters-rights-hotline>

### Overnight or short-term shelter

- Bybee Lakes Hope Center – Congregate shelter (family & individual) | 971-333-5070 | <https://helpinghandsreentry.org/bybee-lakes-hope-center>
- Transition Projects (TPI) Adult Shelter referrals – Adult shelter access/referrals | Day Center: 650 NW Irving St, Portland | <https://www.tprojects.org/community-partner-shelter-referral-form>

### Food/basic needs help

- Founders Café at Blanchet House – Free meals | 310 NW Glisan St, Portland | <https://blanchethouse.org/free-food-meal-services>
- Northeast Emergency Food Program (NEFP) – Food pantry | 503-284-5470 | [nefp@emoregon.org](mailto:nefp@emoregon.org) | <https://emo-nefp.org>

## Healthcare

- Outside In Navigators (OHP help) – Help applying for Oregon Health Plan | 503-535-3918 | [ohp-assistance@outsidein.org](mailto:ohp-assistance@outsidein.org)
- Catholic Charities Intercultural Counseling Center – Counseling (immigrant/refugee focus) | 503-238-5196 | [counseling@ccoregon.org](mailto:counseling@ccoregon.org) | <https://www.catholiccharitiesoregon.org/services/intercultural-counseling-center/>

## Transportation

- McKinney-Vento (School District) – Transportation support for unhoused students (district-based) | Search your district + “McKinney-Vento”
- Family Promise of Greater Washington County (Day Center transport option) – If placed in their program, they may provide transport | 971-217-8949 | [familysupport@fpgwc.org](mailto:familysupport@fpgwc.org) | <https://www.familypromisegwc.org/>

## Utilities

- PGE Energy Assistance – Utility discount + referrals | <https://portlandgeneral.com/help/help-topics/energy-assistance-programs-residential>
- NW Natural Bill Discount – 15–40% discount | 503-226-4211 | [CSST@nwnatural.com](mailto:CSST@nwnatural.com) | <https://www.nwnatural.com/account/bill-discount-program>

## Pregnancy/ Childcare

- Mother & Child PDX – Diapers, clothes, formula, classes | English 503-249-5801 / Español 503-913-9360 | <https://momchildpdx.org>
- Community Doula Alliance – Birth/postpartum doula support | <https://communitydoulaalliance.com/get-doula-support/>

## Gresham

### General Support and Navigation

- 211info (2-1-1) – Resource navigation | Call 211 | <https://www.211info.org/>
- Oregon ONE System – Apply for multiple benefits | <https://one.oregon.gov/>

### Immigration and other legal resources

- PIRC Hotline Rapid Response – ICE verification / legal observer activation | 1-888-622-1510
- Clear Clinic – Deportation defense, DACA renewals, legal screenings | 503-389-5919 | <https://clear-clinic.org/>
- Equity Corps of Oregon (ECO) – Free legal help for people in removal proceedings | 1-888-274-7292 | <https://equitycorps.org>

## Housing/rent help

- El Programa Hispano – Economic Sustainability (Gresham) – Rent/energy assistance, eviction prevention | 503-669-8350 | 333 SE 223rd Ave #100, Gresham | <https://elprograma.org/our-services/economic-sustainability/>
- 211 Family Shelter Waitlist + Mobile Housing Queue (MultCo) | Call 211 and ask to be added (family w/minor kids) | <https://www.211info.org/>

## Overnight or short-term shelter

- Family Promise Metro East Family Shelter – Family shelter waitlist (church rotation model) | 503-753-3960 | [info@pdxfp.org](mailto:info@pdxfp.org) | <https://www.pdxfp.org/>
- Bybee Lakes Hope Center – Congregate shelter option | 971-333-5070 | <https://helpinghandsreentry.org/bybee-lakes-hope-center>

## Food/basic needs help

- SnowCap (Gresham) – Food, clothes, diapers, formula | 503-674-8785 | 21655 SE Stark St, Gresham | <https://www.snowcap.org/clothing.html>
- Oregon Food Bank Food Finder – Find pantries near you | 503-282-0555 | <https://foodfinder.oregonfoodbank.org>

## Healthcare

- ODHS / Oregon Health Plan (OHP) – Apply/self-manage | 800-699-9075 | <https://www.oregon.gov/oha/HSD/OHP/Pages/Splash.aspx>
- LCSNW Multicultural Counseling Services – Sliding scale counseling (tri-county) | MultCo/Clack: 503-731-9589 | WashCo: 503-924-2448 | <https://lcsnw.org/program/multicultural-counseling-services/>

## Transportation

- McKinney-Vento (School District) – School transportation for unhoused students | Search district + “McKinney-Vento”
- Latino Network (Trimet passes + navigation, program-dependent) | 503-283-6881 | [info@latnet.org](mailto:info@latnet.org) | <https://www.latnet.org/>

## Utilities

- NW Natural Bill Discount | 503-226-4211 | [CSST@nwnatural.com](mailto:CSST@nwnatural.com) | <https://www.nwnatural.com/account/bill-discount-program>
- PGE Energy Assistance | <https://portlandgeneral.com/help/help-topics/energy-assistance-programs-residential>

## Pregnancy/ Childcare

- WIC (Multnomah County) | 503-988-3503
- Head Start / OPK (Statewide) | <https://www.ohsa.net/enroll>

## Washington County

### General Support and Navigation

- Beaverton Library Community Resource Specialist (Project Homeless Connect) – Walk-in navigation | 12375 SW 5th St, Beaverton | <https://beavertonlibrary.org/542/Community-Resource-Specialist>
- Community Action / Community Connect – Housing/shelter navigation | 503-640-3263 | [communityconnect@caowash.org](mailto:communityconnect@caowash.org) | [washingtoncountyor.gov/housing/efforts-end-homelessness/community-connect](https://washingtoncountyor.gov/housing/efforts-end-homelessness/community-connect)

### Immigration and other legal resources

- PIRC Hotline Rapid Response – ICE verification / legal observer activation | 1-888-622-1510
- Equity Corps of Oregon (ECO) – Free immigration legal assistance for people in removal proceedings | 1-888-274-7292 or 503-360-0324 | [info@equitycorps.org](mailto:info@equitycorps.org) | <https://equitycorps.org>
- SOAR Legal (Hillsboro office) – Immigration legal services (consult fee; Spanish available) | 503-384-2482 | [soarlegalhillsboro@emoregon.org](mailto:soarlegalhillsboro@emoregon.org) | [www.soarlegal.org](http://www.soarlegal.org)
- La Colaborativa de Solidaridad Inmigrante (WashCo) – Referrals/KYR trainings via coalition | Contact Cristina Delgado 503-961-3094 | [cdelgado@adelantemujeres.org](mailto:cdelgado@adelantemujeres.org)

## Housing/rent help

- Community Action Housing Stability – Housing referrals, (some programs paused at times) | 503-640-3263 | [CommunityConnect@caowash.org](mailto:CommunityConnect@caowash.org) | <https://caowash.org/>
- Family Promise of Greater Washington County – Short-term housing + case management | 971-217-8949 | [familysupport@fpgwc.org](mailto:familysupport@fpgwc.org) | <https://www.familypromisegwc.org/>

## Overnight or short-term shelter

- Just Compassion (WashCo) – Shelter, outreach, rapid re-housing | 503-624-4666 | [info@justcompassionewc.com](mailto:info@justcompassionewc.com) | <https://www.justcompassionewc.com>
- Family Promise of Greater Washington County – Family-focused short-term housing | 971-217-8949 | <https://www.familypromisegwc.org/>

## Food/basic needs help

- Beaverton Resource Center – Food pantry + family supports | 503-207-5670 / Pantry appt 503-591-9025 | <https://beavertonresourcecenter.org/what-we-do-1>
- Centro Mercado Food Pantry (Cornelius) | 503-359-0446 | 1110 N Adair St, Cornelius | <https://www.centrocultural.org/food>

## Healthcare

- Virginia Garcia Clinics – Primary care + OHP enrollment support | <https://viriniagarcia.org/for-patients/insurance/>
- Raíces de Bienestar (Hillsboro) – Culturally specific mental/behavioral health | 971-417-6054 | [clinica@raicesdebienestar.org](mailto:clinica@raicesdebienestar.org) | <https://www.raicesdebienestar.org/direct-clinical-services>

## Transportation

- Family Promise of Greater Washington County – Transportation to/from Day Centers may be available for participants | 971-217-8949
- Latino Network (Trimet passes + supports, program-dependent) | 503-283-6881 | <https://www.latnet.org/>

## Utilities

- Community Action (Energy/Utilities line) – Note: can pause intakes; also water/garbage/internet support noted | 503-615-0771 | [Energy@caowash.org](mailto:Energy@caowash.org) | <https://caowash.org/>
- NW Natural Bill Discount | 503-226-4211 | <https://www.nwnatural.com/account/bill-discount-program>

## Pregnancy/ Childcare

- Head Start / OPK (Statewide, includes WashCo providers) | <https://www.ohsa.net/enroll>
- Community Doula Alliance (Portland Metro, includes WashCo depending on doulas) | <https://communitydoulaalliance.com/get-doula-support/>

## The Equity and Cultural Engagement team

at Lines for Life is committed to developing and advocating culturally specific mental health care. Our programs are guided by leadership, insights, and lived experiences of communities of color. Some of our programs are training Mental Health First Aid to adults in custody, providing mental health trainings that is culturally specific, and working with culturally specific communities with substance abuse prevention. Together, we're meeting the unique needs of underserved populations by reducing stigma, identifying mental health needs, increasing access to support, and intervening in crisis.

If you or a loved one is struggling with thoughts of suicide or another mental health crisis, please give us a call. **988** (Call or Text)

## About Lines for Life

Lines for Life is a regional non-profit dedicated to preventing substance abuse and suicide and promoting mental wellness. We offer help and hope to individuals and communities. Our work addresses a spectrum of needs that include intervention, prevention and advocacy.

Have you suffered from a panic attack or bad anxiety? Did you feel lost in the moment not knowing what to do to feel better? **For techniques and to view videos visit:** [www.linesforlife.org/grounding-techniques](http://www.linesforlife.org/grounding-techniques) **or scan the code below.**

