

Food Resources/Utility Assistance

- **Oregon Food Bank Statewide Food Finder:** Type in zip code and access free groceries, meals, produce, and other programs in your area. Note: Food pantries and food assistance sites across the state remain open with increased cleaning and changes in service to help minimize contact among large groups of people. Though hours of operation are updated as frequently as possible, please call ahead before visiting a partner agency.

<https://www.oregonfoodbank.org/find-help/find-food/>

- **211 Utility Assistance Programs:** Online database to find utility assistance programs in Oregon and Southwest Washington.

<https://www.211info.org>

Mental Health and Wellness:

- **Trillium Family Services:** Clinical/Therapeutic Services 888-333-6177
- **Marion County Health and Human Services:**
 - **Adult Mental Health:** 503-588-5351
- **NW Human Services:** <http://www.northwesthumanservices.org/>
- **Polk County Mental Health:** (503) 623-9289 (day) or 503-581-5535 (eve)
- **Coronavirus Anxiety Resources:** The team at Shine, in partnership with Mental Health America, has vetted and compiled a wealth of research-backed and helpful tools for you—articles, meditations, access to mental health experts, anxiety screenings, and more. Think of Care For Your Coronavirus Anxiety as your mental health toolkit during this time.
 - <https://www.virusanxiety.com/?fbclid=IwAR2FFrjgYGpUB6aLdfY9-bxxYUCBzxFjIJMsSjqpg5qb1YP80gLBr3QRHHA>
- **Center for Hope and Safety:** Our agency (formerly Mid-Valley Women's Crisis Service) offers a safe refuge and support to victims and survivors of domestic violence, sexual assault, stalking and human trafficking. 503-399-7722

Crisis Hotlines:

- **Psychiatric Crisis Center (PCC):** 503-585-4949

- **Children’s Behavioral Health Youth & Family Crisis Services:** 503-576-4673
(automatically redirects to PCC where YFCS is temporarily located)
- **National Suicide Prevention Lifeline:** 800-273-8255 or
<https://suicidepreventionlifeline.org/>
 - Youth Line 877-968-8491, TEXT ‘teen2teen’ to 839863, or at
<https://oregonyouthline.org/get-help/> for info and online chat
- **Northwest Human Services Crisis & Information Hotline:** 503-581-5535
- **Safe Oregon:** 844-472-3367
- **Trevor Lifeline - LGBTQ Hotline:** 866-488-7386