

COMMUNITY MENTAL HEALTH RESOURCES



The resources contained herein are independent of the Portland Police Bureau and were reviewed as of April 26, 2017. This information may be subject to change at any time.

CRISIS SERVICES

IMMEDIATE SUPPORT IN CRISIS SITUATIONS

CRISIS LINES ASSISTANCE BY PHONE

Multnomah County Crisis Line

24/7 Crisis help (503) 988-4888

24/7 Child Abuse Hotline (503) 731-3100

Project Respond assistance & evaluations

www.multco.us/mhas/mental-health-crisis-intervention

Clackamas County Crisis Line

24/7 On call crisis help (503) 655-8585

Child Abuse Hotline (971) 673-7112

OR CALL 1-855-503-SAFE (7233)

<http://www.clackamas.us/behavioralhealth/crisis.html>

Washington County Crisis Line

24/7 Crisis help (503) 291-9111

Child Abuse Hotline (503) 681-6917

OR CALL 1-855-503-SAFE (7233)

<http://www.co.washington.or.us/HHS/MentalHealth/GettinGHelp/crisis-services.cfm>

Southwest Washington Crisis Line

24/7 On call crisis help 1-800-626-8137

<https://www.clark.wa.gov/community-services/clark-county-crisis-services>

Lines for Life Alcohol & Drug Helpline

24/7 Crisis help

1-800-923-4357/ TEXT "RecoveryNow" to 839863

Lines for Life Military Helpline

24/7 Crisis help for military members and their families

1-888-457-4838 OR TEXT "MIL1" to 839863

www.linesforlife.org

Lines for Life Suicide Hotline

24/7 Crisis help 1-800-273-8255

OR TEXT '273TALK' TO 839863

www.linesforlife.org

Lines for Life YouthLine

24/7 Teen crisis help

1-877-968-8491

OR TEXT 'teen2teen' to 839863

oregonyouthline.org

Veterans Crisis Line 1-800-273-8255

*Veterans and loved ones press 1

OR SEND A TEXT TO 838255

24/7 National crisis help- links info to local VA

www.veteranscrisisline.net

Call to Safety *Formally known as the Portland Women's Crisis Line*

24/7 resource and support for survivors of domestic

abuse and sexual violence

1-888-235-5333

<http://calltosafety.org>

David Romprey Warmline

1-800-698-2392

7 days/week peer support from 9am-11pm

(now accepting calls from any out-of-state #)

www.communitycounselingsolutions.org/warmline

CLINICS AND HOSPITALS IN-PERSON ASSISTANCE

Unity Center for Behavioral Health

1225 NE 2nd Ave (503) 944-8000

24/7 walk in mental health crisis assistance & inpatient

care

www.unityhealthcenter.org

Cascadia Walk-In Clinic

4212 SE Division St (503) 674-7777

Voluntary walk in mental health crisis assistance

7 days/week, 7am-10:30pm

www.cascadiabhc.org

Multnomah County Health Clinics

Multiple Locations (503) 988-5558

Provides care to uninsured, low-income residents

www.multco.us/health/primary-care-clinics

Providence Behavioral Health

24/7 Psychiatric triage & services (503) 574-9235

www.oregon.providence.org/our-services/p/providence-behavioral-health

Cedar Hills Hospital
10300 SW Eastridge St

Available 24/7 (503) 944-5000
Outpatient Services (971) 228-8000
24/7 assessment center for addiction and mental health
treatment <http://cedarhillshospital.com/>

Brookside (Kaiser) Psychiatric Unit
10180 SE Sunnyside Rd, Clackamas, OR

(503) 571-9240
24/7 Emergency Services (503) 331-6425
www.kaiserpermanente.org

**Multnomah County Crisis Assessment
and Treatment Center (CATC)**

55 NE Grand Ave (503) 232-1099
Mental health inpatient treatment facility
[https://multco.us/mhas/multnomah-county-crisis-
assessment-and-treatment-center-catc](https://multco.us/mhas/multnomah-county-crisis-assessment-and-treatment-center-catc)

Sequoia Mental Health Services
4585 SW 185th Ave

Aloha, OR 97078 (503) 619- 1560
Mental health and addiction treatment, accepts walk-ins
Takes private insurance, Medicare, and OHP
www.sequoiamhs.org

ADAPT Program

3400 Main St
Vancouver, WA 98663 (360) 696-5300
Voluntary day treatment facility for mental health
Monday-Friday, 8am-4pm
<https://www.peacehealth.org/southwest/services/behavioral-health/Pages/adapt>

Centerstone
11211 SE 82nd Ave, Suite O
Happy Valley, OR 97086

(503) 655-8585
Walk-in mental health crisis assistance:
Mon-Fri, 9am-8pm / Sat-Sun, 10am-7pm
<http://www.clackamas.us/behavioralhealth/centerstone.html>

MEDICATION IDENTIFICATION

RESOURCES TO AID IN IDENTIFYING
MEDICATIONS

Poison Control 1-800-222-1222
24/7 Poison Emergencies

SMART PHONE APPLICATIONS

Epocrates

Free application. Clinical resources, medication
identification, insurance information

IPharmacy- Drug Guide & Pill Identifier

Free application, medication guide

Psych Drugs

Free application. Learn about psychotropic medications
such as antidepressants, antipsychotics, etc.

WebMD

Free application. Health information, symptom checker,
drugs, and treatment information

FAMILY MEMBER SUPPORT, EDUCATION, & ADVOCACY

ASSISTANCE FOR CONSUMERS AND FAMILIES WHEN
NOT IN CRISIS

National Alliance on Mental Illness
(NAMI) Multnomah

524 NE 52nd Ave (503) 228-5692
Support groups, classes, and advocacy for peers and
family members www.namimultnomah.org

NAMI Oregon
4701 SE 24th Ave, Suite E
Portland, OR 97202 1-800-343-6264
www.namior.org

The Dougy Center
3909 SE 52nd Ave (503) 775-5683
Offers grief support groups, classes, and resources for
peers and family members www.dougy.org

**Early Assessment & Support Alliance
(EASA)**
2951 NW Division St, Suite 200
Gresham, OR 97030 (503) 988-3272
Treatment and support for youth ages 15-25
experiencing the initial onset of mental health
symptoms www.multco.us/mhas/easa

Oregon Family Support Network (OFSN)
1300 Broadway St NE # 403
Salem, OR 97301 (503) 363-8068
Support for parents of juvenile children with mental
illness www.ofsn.org

Independent Living Resources
1839 NE Couch St (503) 232-7411
Advocacy, resource information, peer counseling, and
skills training for those with disabilities www.ilr.org

Disability Rights Oregon
610 SW Broadway, Suite 200
Portland, OR 97205 1-800-452-1694
Legal assistance for those with disabilities
www.droregon.org

**Depression and Bipolar Support
Alliance (DBSA)**
Peer-led support groups **1-800-826-3632**
<http://www.dbsalliance.org/>
For local support group information, search here:
<http://www.dbsalliance.org/findsupport>

Mental Health Association of Oregon
10373 NE Hancock St., Suite 132
Portland, OR 97220 (503) 922-2377
Advocacy, educational programs, and information
www.mhaoforegon.org

Dual Diagnosis Anonymous of Oregon
521 SW 11th Ave (2nd floor)
Portland, OR 97205 (503) 222-6484
Peer support group with focus on a 12 Step Plus 5
program www.ddaoforegon.com

Portland Hearing Voices
Offers mental health support groups
Main Contact: Kate Hill (Refer to Website)
www.portlandhearingvoices.net

Brain Injury Alliance of Oregon
www.biaoregon.org **1-800-544-5243**
Brain injury prevention, advocacy, research, and
support

gettrainedtohelp.com Tri-county resource
for training on helping persons with mental illness
and suicide intervention

COMMUNITY SUPPORT

DAYTIME PEER INTERACTION,
INFORMATION, AND SUPPORT

211info 2-1-1
Information on health and social services
General resource information Mon-Fri 8am-6pm
24/7 Multnomah County Shelter Line
www.211info.org
TEXT your zip code to 898211
EMAIL help@211info.org
***Free 211info App**

FolkTime**4837 NE Couch St (503) 709-2450**

Mental health recovery through art, music, lunch, games with peers, and other fun activities

www.folktime.org**NorthStar****5600 NE Glisan St (971) 271-7273**

Mental health recovery program, skill building, provides opportunities for employment and education

www.northstarclubhouse.org**ELDERLY PERSONS**

INFORMATION AND ASSISTANCE FOR OLDER ADULTS AND ADULTS WITH DISABILITIES

Alzheimer's Association**24/7 Helpline 1-800-272-3900**www.alz.org**Multnomah County Aging and Disability Resource Connection (ADRC)****24/7 Helpline (503) 988-3646**

Information, referral, and assistance to older adults, those with disabilities, and caregivers

<https://multco.us/ads>

ADRC Database:

<https://www.adrcoforegon.org/consite/search.php>**JUVENILE TREATMENT OPTIONS**

ASSISTANCE FOR CHILDREN AND TEENS

Albertina Kerr**(503) 408-4705 [Select Option 1]**

Mental health and developmental assistance

www.albertinakerr.org**Early Intervention & Early Childhood Special Ed (EI/ECSE)****(503) 947-5703**Free statewide programs for young children with developmental issues and disabilities to enhance communication, cognitive development, social skills, and more. www.ode.state.or.us/search/results/?id=252**Mind Matters, P.C.****Multiple Locations (503) 352-0468**

Psychiatric services, accepts private insurance

www.mindmatterspc.com**Morrison Child & Family Services****Multiple Locations 503-258-4200**

Works with children and young adults ages birth-21

www.morrisonkids.org**Northwest Behavioral Healthcare Services****1-800-527-3303**

Residential services for youth ages 12 to 17 with a dual diagnosis of substance abuse and behavioral health.

www.northwestbhs.com**Northwest Family Services****6200 SE King Rd. (503) 546-6377**

Counseling, job readiness and placement, work solutions, youth mentoring, gang prevention, healthy relationship education, parenting, anger management, & more

www.nwfs.org**OHSU Child Development & Rehabilitation Center (CDRC)****700 SW Campus Dr. (503) 346-0640**

Diagnosis, assessment, and intervention

www.ohsu.edu**Sexual & Gender Minority Youth Resource Center (SMYRC)****1220 SW Columbia (503) 872-9664**

Works with ages 13-23

www.newavenues.org/smyrc/

STRIDE (Lifeworks NW) (503) 619- 9007

Intake line is available 7 days/ week, 10am- 8pm
Community-based, youth program, ages 14-24 —any youth within this age bracket in Clackamas, Multnomah, or Washington County is welcome
<https://www.oregon.gov/oha/amh/youth-hub/Pages/lifeworks.aspx>

Trillium Family Services

Multiple Locations 1-888-295-6996

Children and youth mental and behavioral healthcare
Accepts private insurance and OHP
www.trilliumfamily.org

VETERANS

RESOURCES FOR VETERANS AT RISK

Military Helpline 1-888-457-4838

24/7 Crisis help (based in Portland)
CAN ALSO TEXT "MIL1" TO 839863
www.militaryhelpline.org

Veterans Crisis Line 1-800-273-8255

*Veterans and loved ones press 1
OR SEND A TEXT TO 838255
24/7 National crisis help- links info to local VA
www.veteranscrisisline.net

VA Portland Health Care System

**3710 SW U.S. Veterans Hospital Rd.
Portland, OR 97239 503-220-8262**

VA Suicide Prevention Team

www.veteranscrisisline.net **(503) 402-2857**
Provides information and connection to drop-in suicide support groups for veterans, (e.g., "Wise Warriors"), offers lectures on topics related to suicide, and more

Transition and Care Management

**Program Formally known as OEF/OIF/OND
3710 SW U.S. Veterans Hospital Rd.
Building 101, Room 107**

www.portland.va.gov **(503) 273-5075**
Walk-in hours: Mon-Thurs 8am-4pm
For those transitioning from the military, to the VA healthcare system

VA Housing Programs/ HUD-VASH

**Community Resource & Referral Center
308 SW 1st Ave (503) 808-1256
Portland, OR 97204**

Walk-in hours: Mon, Tues, Wednesday, Friday
8am- 3pm; Thurs 10am- 3pm
Provides information about various VA housing programs for homeless veterans or those at risk of homelessness. Those eligible work with a social worker to find out what housing program is best. The CRRC also offers primary and mental health care.

VA Housing Programs/ HUD-VASH

**Community Reintegration Services
1601 E Fourth Plain Blvd
Vancouver, WA 98661 (360) 696- 4061
Ext. 31274**

Walk-in hours: Mon 8am- 2pm; Thurs 10am-2pm
Provides information about various VA housing programs for homeless veterans or those at risk of homelessness. Those eligible work with a social worker to find out what housing program is best.

Multnomah County Veterans' Services

Multiple Locations (503) 988-8387
Provides benefits information, assistance, and advocacy to veterans and their families
<https://multco.us/veterans-services>

Portland Veteran Center

1505 NE 122nd Ave (503) 688-5361
Walk-in hours: Mon- Fri 1pm- 2pm
Confidential/ free veteran support (no medical advice or information) www.portland.va.gov

Central City Concern Veteran Program

www.centralcityconcern.org (503) 621- 2180
(this # is subject to change)

Partners with the Employment Access Center, and the goal of the program is to get homeless veterans housed, access to benefits, and employment.

**Orientation every Friday at the VA Community Resource and Referral Center (CRRRC), 9am-12pm*

Returning Veterans Project

www.returnsveterans.org (503) 954-2259

Free/confidential mental health and healthcare services for post-9/11 veterans, service members, and their families in Oregon and Southwest Washington

Military OneSource

24/7 Info & Support 1-800-342-9647
<http://www.militaryonesource.mil/>

PTSD Resource Information:

<https://www.ptsd.va.gov/public/where-to-get-help.asp>

TREATMENT FOR ADDICTION

ASSISTANCE WITH RECOVERY,
REHABILITATION, AND SERVICES

Lines for Life Alcohol & Drug Helpline

1-800-923-4357/ Text "RecoveryNow" to 839863
24/7 crisis intervention, treatment referral, and chemical-dependency information
<https://www.linesforlife.org/get-help-now/>

Portland Alcoholics Anonymous

825 NE 20th Ave, Suite 200
Hours of operation: Mon-Fri 9am- 5pm
24/7 Hotline (503) 223-8569
Call for meeting locations or to talk to someone in recovery. www.pdxaa.org

The Alano Club of Portland

909 NW 24th Ave (503) 222-5756

Numerous support meetings, regular recovery workshops, wellness seminars, yoga and meditation classes, sober social events, and more

www.portlandalano.org

Portland Treatment Centers

Multiple Locations 1-866-247-7183

Daily dosing clinic (maintenance to detox) for individuals attempting to overcome a dependence upon opioids.

Offers group and individual counseling.

<http://www.portlandctc.com/location/portland/>

Hooper Detox Stabilization Center

1535 N Williams Ave (503) 238-2067

Patients receive 4-10 days of medical treatment for early withdrawal symptoms.

<http://www.centralcityconcern.org/services/health-recovery/hooper-detoxification-center/>

DePaul Treatment Centers

Multiple Locations (503) 535-1151

Addiction treatment for youth and adults;

Accepts private insurance, OHP (attempts to work with providers) <https://depaultreatmentcenters.org/>

Central City Concern Recovery Center

726 W Burnside (503) 944-4410

Addiction treatment and outpatient services

<http://www.centralcityconcern.org/>

4th Dimension Recovery Center

3807 NE MLK Jr Blvd (971) 703-4623

Recovery center (all ages) and peer mentorship for people ages 35 and under who are addicted to drugs and alcohol <http://4drecovery.org/>

Salvation Army Adult Rehabilitation

Call to setup an appointment (971) 230-5300

Six months- 1 year alcohol and drug rehabilitation program with a work therapy component; residential program is for men only www.satruck.org

Old Town Recovery Center**33 NW Broadway St (503) 228-7134**

Walk-in hours for intake screenings:

Mon, Tues, Thurs, Fri; 10am-noon & 1pm-3pm

Mental health and addiction treatment for low income adults

www.centralcityconcern.org**Cascadia Behavioral Healthcare****Multiple Locations (503) 238-0705**

Mental health and addiction treatment for low income individuals; Takes private insurance and Oregon Health Plan (OHP)

www.cascadiabhc.org**Walk-in Services:****4212 SE Division St (503) 963- 2575**

Available Mon- Sun 7am-10pm

Cascadia Info & ReferralCan call for intake **(503) 674-7777****LifeWorks NW****Multiple Locations (503) 645-9010**

Mental health and addiction treatment for a wide range of age groups; several languages spoken; takes OHP

www.lifeworksnw.org**Lutheran Community Services NW****605 SE Cesar E. Chavez Blvd (503) 231-7480**www.lcsnw.org/portland

Offers mental health counseling and alcohol/drug programs; takes OHP

Western Psychological & Counseling Services<https://www.westernpsych.com/> **(503) 253-4600**Only the Gladstone, Beaverton, and Vancouver locations work with addiction treatment. The MLK & Fremont, as well as the Gresham location, work with alcohol/ drug addiction specifically with Latino populations. *Accepts private insurance, Medicare, & OHP***TREATMENT COUNSELING**

LOW INCOME COUNSELING SERVICES

Good News Clinic**18000 SE Stark St (503) 489-0567**

Counseling services; alternative payment options can be arranged for those without insurance

www.goodnewschc.org**Good Samaritan Ministries**www.goodsamaritanministries.org **(503) 644-2339**

Religious/ faith-based counseling; operates on a donation basis

Humanist Counseling Services**2545 SW Terwilliger Blvd (503) 948-5473**www.portlandhumanists.org

Non- faith based, free counseling services; donations accepted

Jewish Family & Child Service**1221 SW Yamhill, Suite 301 (503) 226-7079**
Ext. 124www.jfcs-portland.org

Counseling for individuals, couples, and families; provides sliding scale and discount rates for those without insurance & accepts Medicare

Lewis & Clark Community Counseling Center**4445 SW Barbur Blvd (503) 768-6320**

Open Hours: Mon-Fri 9am -8pm; Sat 10am-2pm

Offers a variety of counseling services; affordable, sliding scale fees

https://graduate.lclark.edu/clinics/community_counseling/

Luke-Dorf**Multiple Locations (503) 726-3690**

Provides wraparound services and treatment support for those with severe and persistent mental illness; licensed residential services; takes OHP

www.luke-dorf.org**Men's Resource Center****12 SE 14th Ave (503) 235-3433**

Offers counseling services for men, women, couples, and families; accepts most insurance plans

www.portlandmrc.com**M.E.T.A. Counseling Clinic**www.meta-trainings.com **503-450-9999**

Counseling with a focus on Mindful Experiential Therapy Approaches; serves a wide range of age groups; also provides services in Spanish

Northwest Catholic Counseling Center**8383 NE Sandy Blvd, Suite 205**www.nwcounseling.org **(503) 253-0964**

Offers individual, couple, child, and family counseling; all faiths welcome

Northwest Family Services**6200 SE King Rd (503) 546-6377**

Counseling services; Spanish speakers available;

Free and low-cost programs www.nwfs.org**Pacific Psychology & Comprehensive Health Clinic****Portland Clinic: 503-352-2400****Hillsboro Clinic: 503-352-7333**

Affordable services available

<http://www.pacificu.edu/our-resources/clinics/psychology-clinics/contact-us>**Portland Processwork Clinic****2049 NW Hoyt St (503) 321-5002**

Counseling for individuals, couples, families, and groups; sliding scale payment option available

www.portlandprocessworkclinic.org**Portland State University Community Counseling Clinic****1900 SW 4th Ave (503) 725-4620**

Low-cost services; the counselors are supervised practicum students

www.pdx.edu/coun/clinic**Quest Center for Integrative Health****2901 E. Burnside 503-238-5203**

Offers individual, couples, and group therapy, among other services; accepts Medicare & OHP

<http://quest-center.org/>**Sunnyside Counseling Offices****1306 NW Hoyt St #305 (503) 819- 4231**

Individual, couple, family, and group counseling

www.sunnysidecounseling.com**William Temple House****2023 NW Hoyt St (503) 226-3021****Ext. 1220**

Counseling for individuals, families, couples, and groups; sliding scale payment anywhere from \$5-30

www.williamtemple.org**Wise Counsel & Comfort****Multiple Locations (503) 282-0182**

Affordable counseling & therapy; call to inquire about payment options

<http://portland-therapist.org/>**NATURAL MEDICAL OPTIONS****8 Hearts Health & Wellness****5331 SW Macadam Ave, Suite 380**<http://8hearts.org/> **(503) 894-9118**

Offers services such as acupuncture, nutritional counseling, and neurofeedback; *inquire into which services are free for veterans

Sellwood Family Medicine

1567 SE Tacoma St (503) 233-8113

Offers a variety of healthcare services

<http://www.sellwoodfamilymedicine.com/>

CULTURALLY SPECIFIC RESOURCES

Spanish National Suicide Prevention Lifeline (Nacional de Prevención del Suicidio)

24/7 Support

1-888-628-9454

<http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

Asian Health & Service Center

Multiple Locations

Portland Location (503) 872-8822

Social, support, and mental health services; services are all inclusive and there are multiple language options

<http://www.ahscpx.org/>

Conexiones

3500 NE MLK Blvd, Suite 200

(503) 327-8205

Bilingual (Spanish/English) mental health providers who specialize in multicultural counseling and trauma

<https://www.westernpsych.com/services/western-conexiones>

Lutheran Community Services NW

605 SE Cesar E. Chavez Blvd

(503) 231-7480

Variety of services for immigrants and refugees

<http://www.lcsnw.org/portland/>

Native American Rehabilitation Association (NARA)

1776 SW Madison St (503) 224-1044

Offers health services, substance abuse treatment, and other social services to Native Americans and Alaska Natives who are low income or homeless

<https://www.nhchc.org/directory/native-american-rehabilitation-association-northwest/>

OHSU Avel Gordly Center for Healing

621 SW Alder, Suite 520 (503) 418-5311

Offers culturally specific mental health services, although is inclusive of all races and ethnicities

<http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/avel-gordly-center/>

OHSU Intercultural Psychiatric Program

2214 Lloyd Center (503) 494-4222

Provides mental health services to refugees, immigrants, and non-English speakers

<http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/ipp.cfm>

Puentes

12672 SE Stark (503) 546-9975

Bilingual staff available for alcohol, drug, and mental health treatment; youth alcohol and drug treatment is also available. The program only serves Latino clients.

<http://www.centralcityconcern.org/services/health-recovery/puentes/>

Russian Oregon Social Services (ROSS)

4033 SE Woodstock Blvd (503) 777-3437

Bilingual staff to support Russian refugees and immigrants; services are free and include crisis counseling and response, immigration legal services, housing assistance, and more

<http://emoregon.org/ross.php>

The Immigrant & Refugee Community Organization (IRCO)

10301 NE Glisan St (503) 234-1541

Provides wraparound services for immigrants, refugees, and the community at large through more than 150 culturally specific programs that help newcomers achieve self-sufficiency www.irco.org

HOUSING

LOW COST LIVING OPTIONS

Cascadia

Waitlist Phone Line **(503) 232- 6971**

Group homes, apartments with staff, and regular apartments for those with mental health differences <http://cascadiabhc.org/seeking-help/>

Central City Concern

523 NW Everett St (503) 525-8483

Low income housing for homeless individuals and families in recovery, people with mental health issues, those living with HIV/AIDS or other disabling conditions, or those who have a criminal history; a few low income housing options are also available for anyone in the general community <http://www.centralcityconcern.org/services/housing/>

Hacienda Community Development

6700 NE Killingsworth St (503) 595-2111

<http://www.haciendacdc.org/housing-development>

Human Solutions

Multiple Locations (503) 548-0200

Low income housing <http://humansolutions.org/>

Innovative Housing

Multiple Locations (503) 226-4368

Low income housing for individuals and families <http://www.innovativehousinginc.com/>

Maybelle Center for Community

Multiple Locations (503) 222-5720

Low income housing <http://www.maybellecenter.org>

Outside In

<http://www.outsidein.org/> **(503) 432-3986**

Call the listed intake # through the Access Center in order to inquire about transitional housing for youth ages 18 -24

REACH Community Development

Multiple Locations (503) 231-0682

Low income housing <http://reachcdc.org/>

HOMELESS

SHELTERS AND HOMELESS DROP-IN FACILITIES

Catholic Charities

2740 SE Powell Blvd (503) 231-4866

Services located in the back, next to the garage, will say "Housing Transitions Program"

Homeless drop-in services from 10am-1pm, Mon-Fri
**Only available for homeless women without children in their care* <http://www.catholiccharitiesoregon.org/>

Cityteam

526 SE Grand Ave (503) 231-9334

Must sign-up from 5:45pm to 6:30pm every night to access shelter services; shelter requires \$5/night or a voucher (includes a shower, clothing, and breakfast)
**Only available for homeless men, ages 18 and older* <http://www.cityteam.org/>

Do Good Multnomah

<http://dogoodmultnomah.org/> **(503) 490-7298**

Must be referred, call for more information; shelter for homeless male veterans

Human Solutions Family Center**16015 SE Stark St (503) 477-9724**

24/7 shelter for homeless families with children and pregnant individuals in their 3rd trimester; no one will be turned away
<http://humansolutions.org/>

Janus Youth Programs/ Harry's Mother**738 NE Davis St (503) 233-8111**

24/7 crisis intervention & short-term emergency shelter for youth ages 9 to 17
<http://www.janusyouth.org/programs/runaway-youth>

Janus Youth Programs/ Porch Light**1635 SW Alder St (503) 432-3986**

Access Center # available from 8am- 6pm
Provides shelter for homeless youth ages 16-24; youth can access shelter for up to 15 days/month
<http://www.janusyouth.org/programs/homeless-youth>

Outside In**1132 SW 13th Ave (503) 535-3800**

Homeless daytime drop-in services for youth ages 18 -24
<http://www.outsidein.org/>

Portland Rescue Mission**111 W Burnside St (503) 906-7690**

Check-in for shelter 7 days/week from 5:45pm-6:15pm
Men's shelter for those ages 18 and older; must have a valid tuberculosis (TB) card; *clothing available Wed, Thurs, & Fri at 1pm*
<http://www.portlandrescuemission.org/>

Salvation Army Female Emergency Shelter (SAFES)**30 SW 2nd Ave (503) 227-0810**

Shelter and day center; mats are available first-come, first-served from 9am-8pm or until filled

**Only available for women ages 18 and older*

CAN ALSO CALL THIS # TO INQUIRE ABOUT TRANSITIONAL HOUSING THROUGH SAFES

Transition Projects**650 NW Irving Street (503) 280-4700**

To access various shelters, call or walk into the Transition Project's Day Center; some shelters will require a reservation, others call to check availability
<http://www.tprojects.org/>