

## Food Resources & Utility Assistance:

### Oregon Food Bank Statewide Food Finder:

[www.oregonfoodbank.org/find-help/find-food](http://www.oregonfoodbank.org/find-help/find-food)

Type in your zip code and access free groceries, meals, produce, and other programs in your area. Please call ahead before visiting a partner agency.

### 211 Utility Assistance Programs:

[www.211info.org](http://www.211info.org)

This is an online database to find utility assistance programs in Oregon and Southwest Washington.

## Mental Health & Wellness:

### Center for Hope and Safety:

503-399-7722 | [hopeandsafety.org](http://hopeandsafety.org)

This agency offers a safe refuge and support to victims and survivors of domestic violence, sexual assault, stalking and human trafficking.

### Coronavirus Anxiety Resources:

[www.virusanxiety.com/](http://www.virusanxiety.com/)

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.

### Marion County Health and Human Services:

(503) 576-4676 | [www.co.marion.or.us/HLT/MH/Pages/adultmentalhealth.aspx](http://www.co.marion.or.us/HLT/MH/Pages/adultmentalhealth.aspx)

### Polk County Health and Human Services:

(503) 623-9289

### Trillium Family Services - Clinical/Therapeutic Services:

888-333-6177

## Crisis Hotlines:

### Lines for Life - Suicide Hotline:

Suicide Lifeline: 800-273-8255 | [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Youth Line: 877-968-8491 | TEXT 'teen2teen' to 839863

[www.oregonyouthline.org/get-help](http://www.oregonyouthline.org/get-help) for info and online chat

### The TrevorLifeline:

Crisis resource for LGBTQ+ Youth – 1-866-488-7386 | TrevorText: text Start to 678-678

### Psychiatric Crisis Center:

503-585-4949

### Northwest Human Services:

[www.northwesthumanservices.org](http://www.northwesthumanservices.org)

Crisis Hotline: 503-581-5535 | 1-800-560-5535

### Polk County Behavioral Health Crisis Line:

Weekdays 8 a.m. to 5 p.m. (excluding holidays): 503-623-9289

Outside of regular business hours (Crisis Services): 503-581-5535 or (800) 560-5535