

COMMUNITY RESOURCES

EMERGENCY SERVICES: DIAL 9-1-1

COUNTY CRISIS LINES (24 HR)

- **Clackamas County:**
(503) 655-8585
- **Multnomah County:**
(503) 988-4888
- **Washington County:**
(503) 291-9111

SUICIDE PREVENTION LINES

- **Suicide Hotline:** 9-8-8
- **Oregon Youth Line** – Teen peer support: 1-877-968-8491
- **VA Suicide Prevention Team:** (503) 402-2857

DOMESTIC VIOLENCE

- **Domestic Violence Crisis Line:**
(503) 469-8620
- **Abuse Recovery Ministry Services:**
ARMSonline.org

VETERANS

- **Veterans Crisis Line:**
1-800-273-8255 or
text 838255
- **Military Helpline:**
1-888-457-4838
- **VA Mental Health Triage Unit:**
(503) 220-8262

EATING DISORDERS

- FindingBalance.com

PORNOGRAPHY ADDICTION

- PureLifeAlliance.org
- **Men** – XXXChurch.com
- **Women** – SheRecovery.com

SENIORS

- **Family Caregiver Alliance:**
Caregiver.org
- **Aging and Disability Resource Connection of Oregon:**
ADRoforegon.org
- **Clackamas County Social Services:**
Clackamas.us/socialservices
- **Independent Living Resources:**
ILR.org
- **Estate Planning & Medicaid Planning Attorneys:**
RoseElderLaw.com

RECOVERY

- **Alcoholics Anonymous (AA)** - Men in-person meetings at All City, Mondays @ 5:30 PM
- **Narcotics Anonymous (NA)** - Men and women in-person meetings at All City, Mondays @ 7:00 PM
- **Portland Rescue Mission:**
<https://portlandrescuemission.org> | (503) 647-7466