

Times are challenging right now.
Here are some resources that could be helpful with everyday needs.



Basic Needs

- **211info.** Connect with the local resources such as housing, utility assistance, food resources, employment help, and more. <https://www.211info.org/>

Crisis Hotlines

- **911 Emergency Line.** For life-threatening medical emergencies, crimes in progress, and fires.
- **988 Lines for Life.** Free, confidential support 24/7 by phone, text, or chat for mental health support. <https://www.linesforlife.org/988-info/>

Disability Rights

- **Disability Rights Oregon.** Helps people with disabilities with disability-related legal issues. 503-243-2081 or 1-800-452-1694 <https://www.droregon.org/>

Disability Services

- **Aging and Disability Services.** The Oregon Department of Human Services (ODHS) provides services for people living with disabilities and people who need support as they age. 855-673-2372 <https://www.oregon.gov/odhs/aging-disability-services/Pages/default.aspx>
- **AbleFind Disability Resources.** This is a searchable database for disability services in Oregon. <https://ablefind.uoregon.edu/>

Statewide Resources

- **Oregon Health Authority Community Resources.** Find resources to support physical, mental, dental, and financial health. <https://www.oregon.gov/OHA/HSD/OHP/Pages/Community-Resources.aspx>

Civil and Immigrant Rights

- **ACLU.** Supports protecting and advancing civil liberties and civil rights. <https://www.aclu-or.org/en>

Monitoring Federal Changes

- **Oregon Health Authority.** Monitors federal changes and any impacts on Oregon. https://www.oregon.gov/oha/Pages/Federal-Changes.aspx?utm_medium=email&utm_source=govdelivery