

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



Basic Needs

- [211info](#). Connect with local resources such as housing, utility assistance, food resources, employment help, and more.

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.

Disability Rights

- [Disability Rights Oregon](#). Helps people with disabilities with disability-related legal issues. 503-243-2081 or 1-800-452-1694

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
- [AbleFind Disability Resources](#). This is a searchable database for disability services in Oregon.

Statewide Resources

- [Oregon Health Authority Community Resources](#). Find resources to support physical, mental, dental, and financial health.

Emergency Preparedness

- [Oregon Department of Emergency Management](#) and [Emergency Preparedness for People with Disabilities Resource Hub](#) at University Center for Excellence in Developmental Disabilities(UCEDD). Resources to help prepare for an emergency.

Civil and Immigrant Rights

- [ACLU Oregon](#). Supports protecting and advancing civil liberties and civil rights.
- [Latino Network](#). Trusted resources for needs related to immigration.

Monitoring Federal Changes

- [Oregon Health Authority](#). Monitors federal changes and impacts on Oregon.

Updated: December 2025