

# Resources in Times of Need

## Oregon

Below you will find a set of resources in Oregon that can help you get connected to tangible supports:

### Food Assistance

#### Oregon SNAP Program

<https://www.oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/pages/index.aspx>

#### Oregon Food Bank

<https://www.oregonfoodbank.org/>

#### Women, Infants, and Children (WIC)

<https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Pages/Index.aspx> or Call 211 for WIC

### Financial Resources

#### Apply for Unemployment

<https://www.oregon.gov/employ/unemployment/>

#### Apply for Public Assistance

<https://www.oregon.gov/DHS/assistance/>

### Interpersonal Violence

#### National Domestic Violence Hotline

1-800-799-7233 or 1-800-799-SAFE

#### Oregon Coalition Against Domestic and Sexual Violence

<https://www.ocadsv.org/find-help>

### Housing

#### Oregon Housing and Community Services

<https://www.oregon.gov/ohcs/Pages/housing-assistance-in-oregon.aspx>

### Utilities Resources

#### Oregon Low Income Home Energy Assistance Program (LIHEAP)

<https://www.benefits.gov/benefit/1571>

#### Oregon Energy Fund

<https://www.oregonenergyfund.org/energy-assistance/>

### Childcare

#### National database of resources in local communities

<https://www.childcareaware.org/resources/ccrr-search-form/>

#### School-age programs at local YMCAs & YWCAs

[Find your YMCA](#) and [Find Your YWCA](#)

#### Find Childcare Oregon

<http://triwou.org/projects/fcco>

### Other Resources

#### How to apply for coverage

[www.kp.org/medicaid/or](http://www.kp.org/medicaid/or)

[www.OregonHealthCare.gov](http://www.OregonHealthCare.gov)

<https://continuecoverage.kaiserpermanente.org/losing-job-coverage/>

#### Mental Health

<https://findyourwords.org/>

#### Oregon 211

<http://211.org/>

Phone: Dial 211

#### American Job Centers

<https://www.dol.gov/general/topic/training/onestop>

