

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

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>

