



Family Support Services

Category	Name	Contact	Notes/Referral Process
All inclusive online searchable database	Rose City Resource	https://streetroots.org/about/work/resourceguide	The Street Roots Rose City Resource is a 4 x 4, 104-page guide and is the most comprehensive, updated list of services available at certain locations.
COVID-19 Emergency Relief Resources for PDX (and beyond)	Comprehensive list compiled by Congressman Earl Blumenauer	https://docs.google.com/spreadsheets/d/1_vxTr5ze9Po3noASrmc3075x9EMsKZQczUe-QHsWADQ/edit#gid=0 Also, 211info.org CALL Call 211 or 1-866-698-6155 TEXT your zip code to 898211 (TXT211) EMAIL help@211info.org	
Child Safety Concerns	DHS	855-503-7233	
Mental Health Supports including Crisis/Emergency Contacts	Marysville - Comprehensive List	https://docs.google.com/document/d/1xhu2ceD6evHOIQdWh2mx2zstuN2OFjo7WcZlftvKcC0/edit?usp=sharing	Talk to Sara Fuller for assistance in using Mental Health resources
Domestic Violence	Gateway Center	503-988-6400 10305 E. Burnside, Portland 97216 https://www.thehotline.org/help/	Restraining orders, legal aid, spiritual support, children/youth/teen counseling, culturally specific advocacy/support, public assistance/DHS

Domestic Violence	Call to Safety Portland Women's Crisis Line	503-235-5333 https://calltosafety.org/	24-hour support and resources for survivors of domestic and sexual violence. You don't have to be a woman to call.
Domestic Violence	Rafael House	503-222-6507 Rafaelhouse.com https://rafaelhouse.com/	Provides emergency shelter, support services, housing supports and violence prevention education
Energy Assistance	PGE	http://www.portlandgeneral.com/residential/your_account/billing_payment/bill_payment_assistance.aspx	Bill Payment Assistance Options and also #s to call of social service agencies that distribute energy assistance funding
Food Box	Impact NW - Community Basket	10055 E. Burnside 97216 503-721-1740	4th Friday of each month 11:30am-1:00 pm \$15/year, \$5/4 months or \$1.50/month. Scholarships available Includes 2 bags of groceries and fresh produce when available
Food Access during COVID	Daily Breakfast and Lunch sites for students: https://www.pps.net/nutrition Oregon Food Bank: OregonFoodFinder.org Other food access resources: https://oregonhunger.org/covid-19/	Phone #: 503-505-7061 Email: gethelp@oregonfoodbank.org 211info.org CALL Call 211 or 1-866-698-6155 TEXT your zip code to 898211 (TXT211) EMAIL help@211info.org	
Financial Help during COVID	Multnomah County Library	https://multcolib.org/blog/20200320/where-get-financial-help-during-coronavirus-pandemic	
Health Clinic	School-Based Health Clinics	https://multco.us/school/school-based-health-locations-and-hours	Offer sports physicals , immunizations, mental, health, vision/dental screenings, referrals to other clinics
Internet, low priced	Comcast Internet	http://www.internetessentials.com/	New Internet Essentials customers will receive two free months of

	Essentials		Internet service, which is available to all qualified low-income households for \$9.95/month plus tax. Apply by April 30, 2020.
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OHP	Oregon Health Plan	http://www.oregon.gov/oha/healthplan/Pages/apply.aspx	Apply for OHP and Healthy Kids
Social Services searchable database	211	http://211info.org/	Primary information and referral resources for Portland Multnomah Co. They can provide you with organization and contacts for a variety of social service needs
Homeless Student Services	PPS Title X	http://www.pps.k12.or.us/departments/funded-programs/4912htm	Families who are living in a hotel, in a car, doubled up, or in a shelter qualify for services to receive bus tickets if they live a mile away from school, hygiene products, vouchers for food boxes, and the right to remain at their current school, even if they move out of the catchment area. Must be referred by school staff.
Health Program	Kaiser Health Program	Delia Morgan 503-257-1746 or Trisa 503-257-1726 (Spanish)	Offer free health care to children who are not US citizens. Coverage is targeted to students in public schools from K to 12th grade. Coverage extends to eligible siblings starting at age 3. Parents are not covered. The child must not be enrolled in any other health insurance.
Dental Services	The Friends of Creston, Children's Dental Clinic	4701 SE Bush St. Portland 503-916-5808 www.crestondental.org	Free service for students who are free and reduced lunch. Not have dental insurance. Be a PPS student.
Mental Health	Multnomah County Mental Health Crisis Line Urgent Walk-In Clinic (Cascadia)	503-988-4888 4212 SE Division (503) 963-2575	24/7 crisis counseling by phone, with translation services for non-English speakers. (Like Zoom Care for MentalHealth) DAILY 7am-10:30pm -

	Behavioral Health) Kaiser Crisis Line	(503) 331-6425	insurance not a barrier For those who have Kaiser insurance
On-site mental health	Cascadia Behavioral Healthcare	lforsberg@gmail.com rhoward@gmail.com	Refer through the school counselors, LeAnne Forsberg or Ruth Howard (emails listed in "contact" column)
LGBTQ+ support	Sexual and Gender Minority Youth Resource Center (SMYRC) The Trevor Project	http://www.smyrc.org/ Text START to 678678 or TrevorLifeLine 1(866) 488-7386	Trainings at school through SUN request: Melany Desrochers Variety of resources and educational opportunities to LGBTQ+ youth.
English Language Classes	People, Places, Things	http://www.pptpdx.com/	Community-based English classes
Immigration Legal Support	CAUSA Oregon /Immigration Counseling Service	http://causaoregon.org/	Various immigration resources throughout the state of Oregon
Suicide Prevention	National Suicide Prevention Hotline Multnomah County Call Center/Crisis Line: Oregon Youthline	1 (800) 273-8255 o Spanish: 1 (800) 628-9454 (503) 988-4888 Text: Teen2Teen to 839863 to instantly text with another person	Centralized hotline to call if you or loved one is experiencing suicidal thoughts/plans Local hotline: 24/7 crisis counseling by phone, with translation services for non-English speakers. For youth to connect with other youth
Parenting Support	National Parent Helpline	1-855-427-2736	Parenting isn't easy. Talk to a trained advocate for parenting support.

Servicios que apoyan las familias

Categoría	Nombre	Contacto	Notas/proceso de referencia
Base de datos de búsqueda en línea con todo incluido	Rose City Resource	http://www.rosecityresources.org/	
Ropa para los estudiantes	PTA Clothing Closet	Marshall High School - 3905 SE 91st Ave. Room B60	Abierto los lunes y jueves de 10:00 a.m. a 1:00 p.m. Formulario de referencia disponible en la oficina principal, el consejero o la oficina de SUN
Violencia doméstica	Gateway Center	503-988-6400 10305 E. Burnside, Portland 97216	Órdenes de restricción, asistencia legal, apoyo espiritual, consejería para niños / jóvenes / adolescentes, defensa / apoyo culturalmente específico, asistencia pública
Violencia doméstica	Portland Women's Crisis Line	503-235-5333	Apoyo y recursos las 24 horas para sobrevivientes de violencia doméstica y sexual. No tienes que ser una mujer para llamar.
Violencia domestica	Rafael House	503-222-6507 rafaelhouse.com	Provee refugio de emergencia, servicios de apoyo, apoyos con vivienda y educación acerca de la prevención de violencia
Asistencia de servicios de energía	PGE	http://www.portlandgeneral.com/residential/your_account/billing_payment/bill_payment_assistance.aspx	Opciones de asistencia para el pago de facturas y también #s para llamar a las agencias de servicios sociales que distribuyen fondos de asistencia energética
Caja de comino	Impact NW - Community Basket	10055 E. Burnside 97216 503-988-6000	El 4º viernes de cada mes, de 11:30 a.m. a 1:00 p.m. \$ 15 / año, \$ 5/4 meses o \$ 1.50 / mes. Becas disponibles Incluye 2 bolsas de comestibles y productos frescos cuando estén disponibles
Clinica de salud	School-Based Health Clinics	https://multco.us/school/school-based-health-locations-and-hours	Ofrecer exámenes físicos para deportes, vacunas, exámenes mentales, de salud, visuales / dentales, referidos a otras clínicas

Internet, precios bajos	Comcast Internet Essentials	http://www.internetessentials.com/	\$ 9.95 / mes si no han tenido Internet de Comcast en el pasado
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Plan de salud de Oregon	Oregon Health Plan	http://www.oregon.gov/oha/healthplan/Pages/apply.aspx	Aplique por OHP y Healthy Kids
Base de datos de búsqueda de servicios sociales	211	http://211info.org/	Información primaria y recursos de referencia para Portland Multnomah Co. Pueden proporcionarle organización y contactos para una variedad de necesidades de servicios sociales.
Servicios para estudiantes sin hogar	PPS Title X	http://www.pps.k12.or.us/departments/funded-programs/4912htm	Las familias que viven en un hotel, en un automóvil, o sofá de amigos o parientes, o en un refugio reciben un boleto de autobús si viven a una milla de distancia de la escuela, productos de higiene, cupones para cajas de comida y el derecho a permanecer en la escuela actual, incluso si se mudan fuera del área de influencia. Debe ser referido por el personal de la escuela.
Programa de salud	Kaiser Health Program	Delia Morgan 503-257-1746 or Trisa 503-257-1726 (Spanish)	Ofrezca atención médica gratuita a niños que no sean ciudadanos estadounidenses. La cobertura está dirigida a estudiantes de escuelas públicas de K a 12 ° grado. La cobertura se extiende a los hermanos elegibles a partir de los 3 años. Los padres no están cubiertos. El niño no debe estar inscrito en ningún otro seguro de salud.
Servicios dentales	The Friends of Creston, Children's Dental Clinic	4701 SE Bush St. Portland 503-916-5808 www.crestondental.org	Servicio gratuito para estudiantes que son almuerzos gratis o a precio reducido. No tiene seguro dental. Sé un estudiante de PPS.
Salud mental	Mental Health Crisis Line	503-988-4888	Consejería de crisis 24/7 por teléfono, con servicios de traducción para personas que no

			hablan inglés.
Salud mental en el sitio de Bridger	Cascadia Behavioral Healthcare	lforsberg@gmail.com rhoward@gmail.com	Consulte a través de las consejeras escolares, LeAnne Cox o Ruth Howard
Apoyo para LGBTQ+	Sexual and Gender Minority Youth Resource Center (SMYRC)	http://www.smyrc.org/	Entrenamientos en la escuela a través de solicitud SUN: Melany Desrochers Variedad de recursos y oportunidades educativas para los jóvenes LGBTQ +.
Apoyo con los impuestos	CASH (Creating Assets, Savings and Hope) Oregon	https://cashoregon.org/	Ayuda con impuestos gratis y preparación de impuestos para personas de bajos y moderados ingresos
Clases de inglés	People, Places, Things	http://www.pptpdx.com/	Clases de inglés basadas en la comunidad
Apoyo de inmigración legal	CAUSA Oregon /Immigration Counseling Service	http://causaoregon.org/	Varios recursos de inmigración en todo el estado de Oregon
Recursos	211 info	www.211info.org Dial "211" on your phone	Conecta a las personas con organizaciones de servicios sociales y salud
Prevencion de suicidio	Línea directa nacional de prevencion de suicidio	1 (800) 628-9454 (línea en español)	Línea central para llamar si usted or un querido se contempla suicidio
Apoyo para padres	Línea directa nacional para padres	1-855-427-2736	La crianza de los niños no es fácil. Hable con un profesional entrenado en apoyar a los padres para conseguir consejos.