

Access Points - Entry points to find and access local resources.

211 - Phone line to connect to local resources.

call 211 - 211.org

PDX 311 - Your first call to help with any questions or local government service needs within Multnomah County

call 311 - portland.gov/311

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

Blanchet House of Hospitality

310 NW Glisan St, Portland, OR 97209

(503) 241-4340 - blanchethouse.org/free-food-meal-services

Breakfast

Mon-Sat

6:30am-7:25am

Lunch

Mon-Sat

11:30am-12:25pm

Dinner

Mon-Sat

5pm-5:55pm

Operation Nightwatch

1432 SW 13th Avenue, Portland, OR 97201

(503) 220-0438 - operationnightwatch.org

Meals

Thur/Fri/Sat 6:30pm-10pm

Union Gospel Mission

3 NW Third Ave, Portland, OR 97209

(503) 274-4483 - ugmportland.org/homeless-services

Lunch

Tue/Wed/Thur/Fri
2pm

Dinner

Wed/Thur/Fri 8pm

Clothing

Tue/Wed/Thur/Fri
4pm

Portland Rescue Mission

111 West Burnside Street, Portland, OR 97209

(503) 906-7690 - portlandrescuemission.org/what-we-do/our-solution/get-help/burnside

Breakfast

Daily 7am

Dinner

Daily 6pm

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

PDX Saints Love Day Center - Meals, clothing, showers, laundry, hygiene kits, referrals
247 SE 82nd Ave, Portland, OR 97215
pdxsaintslove.org/day-center

Transition Projects Resource Center - Showers, Laundry, Haircuts, Clothing, Medical Clinic, Mail, Referrals
650 NW Irving Street, Portland, OR 97209
(503) 280-4700 - tprojects.org/resource-center

The Wash House
2609 SE 6th Ave, Portland, OR 97202
groundscoreassociation.org/laundry
Free Laundry
Mon/Wed 9am-5pm, Tue/Thur 10am-2pm

Outside In Day Program - Serves youth ages 16-24, Meals, Shower, Laundry, Mail, Referrals
1132 SW 13th Ave, Portland, OR 97205
(503) 432-3986 - outsidein.org/young-adult-services/meals-housing-and-support

FoodPantries.org - A directory to find food pantries near you.
foodpantries.org/

Emergency Shelters

Portland Rescue Mission - Serves: Men, Women
111 West Burnside Street, Portland, OR 97209
(503) 906-7690 - portlandrescuemission.org

City Team - Serves: Men
526 SE Grand Ave, Portland, OR 97214
(503) 231-9334 - cityteam.org/get-help/portland

SAFES Women's Shelter - Serves: Women
30 SW 2nd Ave, Portland, OR 97204
(503) 227-0810 - safes.salvationarmy.org

Emergency Shelters

Bethanie's Room Women's Shelter - Serves: Women

1015 NW 17th Ave, Portland, OR 97209

(971) 358-7774 - blanchethouse.org/portland-womens-shelter-bethanies-room

Porch Light Shelter - Ages 16-24 - Serves: Youth

1635 SW Alder Street, Portland, OR 97205

(503) 380-7200 - janusyouth.org/homeless-youth

Central Church of the Nazarene Shelter

9715 SE Powell Blvd, Portland, OR 97266

(503) 760-6272 - agapevillagepdx.org/shelter

Salvation Army

5325 N Williams Ave, Portland, OR 97217

(971) 340-4010 - portland.salvationarmy.org/portland2/provide-shelter

The Hope Centers - Emergency shelter and transitional housing

(503) 738-4321 - helpinghandsreentry.org/hope-centers

Resources

Outside In - Medical services

1132 SW 13th Ave, Portland, OR 97205

(503) 535-3860 - outsidein.org

Behavioral Health Resource Center - Drop-in day center with shelter and temporary housing

333 SW Park Ave, Portland, OR 97205

(503) 988-4100 - multco.us/info/behavioral-health-resource-center

Prism Health - LGBTQ-focused health services, testing, and counseling.

2236 SE Belmont St, Portland, OR 97214

(503) 445-7699 - prismhealth.org

Quest Center - Health services

3231 SE 50th Ave, Portland, OR 97206

(503) 238-5203 - quest-center.org

Resources

US Department of Veterans Affairs - 24/7 Homeless Call Center Hotline
(877) 424-3838 - va.gov/homeless

National Suicide Prevention Lifeline - Provides 24/7, free and confidential support for people in distress
(800) 273-8255 - SuicidePreventionLifeline.org

National Domestic Violence Hotline - 24-hour confidential service for survivors, victims and those affected by domestic violence
(800) 799-7233 - TheHotline.org

National Runaway Safeline - 24/7 crisis line for runaway and homeless youth
(800) 786-2929 - 1800runaway.org

National Human Trafficking Hotline - Call if you or someone you know is a victim of human trafficking
(888) 373-7888 - HumanTraffickingHotline.org

Free Mobile Phone Service - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals.
SafeLinkWireless.com
AssuranceWireless.com

FindTreatment.gov - Directory of providers treating substance use disorders, addiction, and mental illness
(800) 662-4357 - FindTreatment.gov/

FreeDentalCare.us - Directory of free and low cost dental clinics
FreeDentalCare.us/

Available services can change often. Please email support@HelpSheets.org with any updates to the information provided.

HelpSheets.org does not manage any of the organizations listed, please contact each agency for details.