

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
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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 <table><tr><td><u>Breakfast</u> Mon-Sat 6:30am-7:25am</td><td><u>Lunch</u> Mon-Sat 11:30am-12:25pm</td><td><u>Dinner</u> Mon-Sat 5pm-5:55pm</td></tr></table>	<u>Breakfast</u> Mon-Sat 6:30am-7:25am	<u>Lunch</u> Mon-Sat 11:30am-12:25pm	<u>Dinner</u> Mon-Sat 5pm-5:55pm	Operation Nightwatch 1432 SW 13th Avenue, Portland, OR 97201 (503) 220-0438 - operationnightwatch.org <u>Meals</u> Thur/Fri/Sat 6:30pm-10pm		
<u>Breakfast</u> Mon-Sat 6:30am-7:25am	<u>Lunch</u> Mon-Sat 11:30am-12:25pm	<u>Dinner</u> Mon-Sat 5pm-5:55pm				
Union Gospel Mission 3 NW Third Ave, Portland, OR 97209 (503) 274-4483 - ugmportland.org/homeless-services <table><tr><td><u>Lunch</u> Tue/Wed/Thur/Fri 2pm</td><td><u>Dinner</u> Wed/Thur/Fri 8pm</td><td><u>Clothing</u> Tue/Wed/Thur/Fri 4pm</td></tr></table>	<u>Lunch</u> Tue/Wed/Thur/Fri 2pm	<u>Dinner</u> Wed/Thur/Fri 8pm	<u>Clothing</u> 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 <table><tr><td><u>Breakfast</u> Daily 7am</td><td><u>Dinner</u> Daily 6pm</td></tr></table>	<u>Breakfast</u> Daily 7am	<u>Dinner</u> Daily 6pm
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<u>Breakfast</u> Daily 7am	<u>Dinner</u> Daily 6pm					
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 <u>Free Laundry</u> 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	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.