



Portland Metro Area Community Resources

The resources below provide support for our patients and community members.

*= known cost-free programs, services, or options available

Note: All information is pulled and updated from the organization's Website annually. TOC cannot guarantee that the information is up-to-date and that the contact method listed is the best way to reach them.

Jump directly to the category you need:

[Addiction Recovery / Mental Health](#)

[Culturally Specific Healthcare](#)

[Food Access](#)

[Health Financial Assistance](#)

[Housing Security](#)

[Interpreter Services](#)

[Pregnancy and Prenatal Services](#)

[Transportation to Appointments](#)

[Other](#)

Addiction Recovery/Mental Health

Addiction Center Oregon Drugs Rehab Web: addictioncenter.com/rehabs/oregon/ Phone: 855-635-2334	Since 2014, Addiction Center has been an informational web guide for those who are struggling with substance use disorders and co-occurring behavioral and mental health disorders. Search for Oregon drug and alcohol rehab, detox facilities, and outpatient or inpatient rehabs for yourself or a loved one.
Asian Health and Service Center Web: ahscpdx.org/mental-health Phone Number: 503-772-5893 Email: bh@ahscpdx.org	AHSC provides state-certified outpatient mental health services for individuals insured by the Oregon Health Plan (CareOregon). Our clinicians are especially aware of the challenges Asian communities face when accessing mental health services, from language barriers to cultural misconceptions about mental health.
*Central City Concern Web: centralcityconcern.org/services/health-care Phone Number: 971-361-7888	CCC values all pathways to recovery, from abstinence-based to medication-supported approaches. Our services include substance use treatment through primary care, detoxification services, medications like Suboxone that reduce withdrawal symptoms, recovery groups, one-on-one counseling and peer support.

*FindTreatment.gov Search for Treatment Web: findtreatment.gov/locator Phone Number: 833-888-1553 Email: FindTreatment@samhsa.hhs.gov	Confidential and anonymous resource for locating treatment facilities for mental and substance use disorders in the United States and its territories.
NARA NW Web: naranorthwest.org Phone Number: 503-224-1044 Email: info@naranorthwest.org	The mission of NARA NW is to provide education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and anyone in need.
*Outside In Peer Support Services Web: outsidein.org/health-services/peer-support/ Mental Health and Substance Use Recovery Supports outsidein.org/young-adult-services/mental-health-and-substance-use-recovery-supports/ Phone Number: 503-535-3852	We offer peer support and substance use disorder treatment programs as well as harm reduction services. Our programs are free of charge, available to all, and guided by a harm reduction model where everyone deserves respect and is a valued member of the community.
Project Nurture Web: healthshareoregon.org/health-equity/project-nurture Phone Number: 888-519-3845 Email: alisonnoice@codinc.org	Project Nurture provides prenatal care, inpatient maternity care, and postpartum care for women who struggle with addictions as well as pediatric care for their infants. Women enrolled in Project Nurture receive outpatient addiction treatment by certified alcohol and drug counselors (CADCs), and receive Medication for Opioid Use Disorder (MOUD), including methadone or buprenorphine, alongside their pregnancy care.
*Provoking Hope Addiction/Recovery Wrap-Around Services Web: provokinghope.com Phone Number: 971-261-2259	As an addiction and recovery non-profit organization, we are committed to being non-judgmental and providing equal access to our services for all individuals.
Recovery Network of Oregon Web: recoverynetworkoforegon.org	Our mission is to bridge all recovery pathways in Oregon through a central hub, connecting individuals to the services and people that are prepared to support them in their journey.
The Equi Institute Recovery Support and Harm Reduction Web: marieequi.center/crm Phone Number: 503-459-2584 Email: info@equi-institute.org	The Equi Institute's Recovery Mentorship and Harm Reduction Support Program is an LGBTQ2SIA+-specific support service for adults.

Culturally Specific Healthcare

Asian Health and Service Center Web: ahscpdx.org Phone Number: 503-872-8822 Email: info@ahscpdx.org	Asian Health & Service Center is rooted in a holistic, integrated model of care—an innovative blend of language and culturally specific Physical and Mental Health Services, Public Health and Wellness Programs, and Community Engagement opportunities for the Portland Metro region’s growing Asian population.
*Black Parent Initiative Portland Sacred Roots Doula Web: thebpi.org/sacred-roots-doula Phone Number: 503-284-8000 Email: sacredroots@thebpi.org	Sacred Roots Doulas provide mothers and families with consistent, continuous reassurance, comfort, encouragement, and respect. Our Doulas provide culturally specific care for mothers based on their circumstances and preferences.
*Central City Concern Health Care Web: centralcityconcern.org/services/health-care Phone Number: 971-361-7888	For clients who are Black, African American and Latinx/Hispanic, we offer mental health care and addiction treatment in a setting that supports your culture and lived experience.
East County Community Health Web: ecchealth.org Phone Number: 503-847-9163 Ext. 710	ECCH is a permanent, self-sustaining team that improves the health outcomes of East Multnomah County. We are a diverse group of Community Health Workers (CHWs) that are led by a professional staff and are integrated into the Community Development Corporation of Oregon’s networks.
The Equi Institute Web: marieequi.center/ Phone Number: 503-459-2584	To enrich the health of the trans, queer, intersex and gender diverse communities through trauma-informed care, culturally-affirming services and social justice advocacy. Equi has 5 years of experience facilitating Oregon’s first Trans & Queer integrative Primary Care Program.
*Outside In Web: outsidein.org Phone Number: 503-535-3800 Email: info@outsidein.org	Health care and social services for youth experiencing homelessness and other marginalized people in downtown Portland and the surrounding community.
Prism Health Web: prismhealth.org Phone Number: 503-445-7699 Email: info@prismhealth.org	Prism Health offers a safe, affirming, and non-judgmental space where all members of the lesbian, gay, bisexual, transgender, and queer community can obtain the compassionate and culturally effective health care they need and deserve.
NARA NW Web: naranorthwest.org Phone Number: 503-224-1044	The mission of NARA NW is to provide education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and anyone in need.

Food Access

211info Food Resources Web: 211info.org/get-help/food	211info is a community-based nonprofit organization funded by state and municipal contracts, foundations, United Ways, donations, and community partners in Oregon and Southwest Washington.
Food Resources in Oregon – Oregon Department of Human Services Web: oregon.gov/odhs/food/pages/default.aspx	Resources to help find food pantries and meal programs.
Food Resources PDX Web: Google document	Resources to support individuals and families in accessing food.
Immigrant & Refugee Community Organization Web: irco.org/services/community-safety-and-wellbeing-services/ Phone Number: 503-484-6371	Multnomah County: IRCO Main and Africa House provide on-site, culturally specific meals (Tuesday, Wednesday, Thursday) for older adults and caregivers, plus supplemental food bags with dry and canned food once a week. Serving elders from the Slavic, Somali, Ethiopian, Romanian, Vietnamese, Burmese and Bhutanese communities. Washington County: Phat Quang Buddhist Temple in Beaverton provides in-person congregate meals for older adults from Asian communities.
*Meals on Wheels People Online Meal Request Web: mowp.org/what-we-do/online-meal-request/ Phone Number: 866-788-6325	Meals on Wheels are nutritious meals that are delivered Monday through Thursday between 10 a.m. and 2 p.m. We serve seniors who live in Multnomah and Washington counties in Oregon and Clark County in Washington. The cost of each meal is \$10.50. Participants are asked to contribute to the cost of the meal.
Milk Crate Kitchen Web: milkcratekitchen.org/	Free chef-prepared meals delivered to families.
Multnomah County Food Resources Web: Google document	List of Portland and PPS-area food pantries.
*Oregon Food Bank Web: oregonfoodbank.org/find-support Phone Number: 503-282-0555	Our network of food pantries and meal sites is here to provide free groceries, fresh produce and nutritious meals for all. At many free food locations, you can also connect with additional services, such as nutrition support and affordable health insurance.
Oregon Food Bank Food Finder Web: foodfinder.oregonfoodbank.org	Find free groceries, fresh produce, and nutritious meals near you through Oregon Food Bank's network of food pantries and meal sites.

Portland Metro Area Food Resources Web: Download PDF document	Resources to support individuals and families in accessing food in and around the Portland metro area.
*Potluck in the Park Sunday Meal Web: potluckinthepark.org/events/sunday-meal Phone Number: 503-255-7611 Email: potluck@potluckinthepark.org	Potluck has been serving a free hot meal to anyone in need since 1991. Rain or shine, 52 weeks a year, we provide a hot meal, every Sunday, now at 8th Ave and Park Ave on NW Glisan.
Small Business SNAP Support Web: Google document	Portland area restaurants offering food support.
*SNAP Food Benefits Oregon Department of Human Services Web: oregon.gov/odhs/food/pages/snap.aspx Phone Number: 800-699-9075	This program helps people pay for groceries, learn about nutrition, and get job training and support.
SNAP Information Page – Oregon Department of Human Services Web: oregon.gov/odhs/news/Pages/snap-updates.aspx	Stay up to date on SNAP benefits.
Sunshine Division Emergency Food Boxes & Delivery Web: sunshinedivision.org/get-help	Free home-delivered groceries.
Urban Gleaners Free Food Markets Web: urbangleaners.org/food-finder	Use this food finder to locate a free public market near you.
*WIC Oregon Health Authority Web: fns.usda.gov/wic Phone Number: 971-673-0040 Email: robin.l.moulton@dhsosha.state.or.us	WIC is a place where families like yours get healthy food and a lot more. WIC is for pregnant people, new and breastfeeding moms, and children under 5. WIC helps improve the health of mothers and supports a healthy start for infants and children through nutrition education, breastfeeding support, healthy foods, and health screenings and referrals

Health Financial Assistance

*CareOregon Web: careoregon.org Phone Number: 800-224-4840 Email: customerservice@careoregon.org	CareOregon provides physical, dental and mental health care and substance use treatment through the Oregon Health Plan (OHP) as part of Health Share of Oregon, one of two coordinated care organizations (CCOs) serving the tri-county area. You may be eligible for OHP based on your income or other factors.
*Central City Concern Health Care Web: centralcityconcern.org/services/health-care Phone Number: 971-361-7888	CCC is a Federally Qualified Health Center and provides services at multiple locations. Our providers meet our patients where they are, offering judgment-free treatment and support.

*Coalition of Community Health Clinics Web: coalitionclinics.org/find-a-clinic/find-a-clinic-tool Phone Number: 503-546-4991 Email: info@coalition-clinics.org	The Coalition of Community Health Clinics (CCHC) is a non-profit organization that serves a network of seventeen non-profit community health clinics that provide a range of health and preventive services for low-income, uninsured, and under-served community members.
*Northwest Abortion Access Fund Web: nwaafund.org/funding Phone Number: 866-692-2310	The Northwest Abortion Access Fund serves Washington, Oregon, Idaho, and Alaska. Trained, compassionate volunteer advocates run our toll-free hotline. We help people pay for their abortion care by sending funding directly to the clinic. We also help people get to and from the clinic and make sure people traveling for care have a safe place to stay.
*Nurse Family Partnership Web: nursefamilypartnership.org/first-time-moms Phone Number: 844-637-6667	With your very own free Nurse--Family Partnership personal nurse, you will get the support, advice and information you need during your pregnancy and when your baby arrives.
*Project Access NOW Insurance Enrollment & Payment Support Web: projectaccessnow.org Phone Number: 503-345-7031 Email: oea@projectaccessnow.org	Payment Assistance clients earn below 300% of the Federal Poverty Level (FPL). The program leverages tax credits and cost-sharing reductions and pays the monthly insurance premium for participants. Program staff also work with participants and providers to help lower additional out-of-pocket expenses and educate on how to utilize insurance once covered.
State of Oregon Senior Health Insurance Benefits Assistance Web: shiba.oregon.gov/get-help/Pages/help-near-you.aspx Phone Number: 800-722-4134 Email: shiba.oregon@odhsoha.oregon.gov	The Senior Health Insurance Benefits Assistance program uses trained counselors to educate and advocate for Oregonians with Medicare.

Housing Security

Central City Concern Web: centralcityconcern.org/services/housing Phone Number: 503-525-8483	We offer many types of affordable and transitional housing, combined with programs to help recently homeless people overcome barriers to permanent housing.
*Outside In Meals, Housing, and Support Web: outsidein.org/young-adult-services/meals-housing-and-support Phone Number: 503-432-3986 Email: info@outsidein.org	Outside In's Drop In Day Program provides services like meals and showers and helps you connect with a supportive and caring community. Join us for three healthy meals each day, enjoy a hot shower, do some laundry, check your mail,

	and learn about available housing options – all in a safe and affirming place.
Rebuilding Together Portland Home Repairs Web: rtpdx.org/get-help Phone Number: 503-206-7993 Email: info@rtpdx.org	Rebuilding Together is a nation-wide nonprofit organization that provides critical home repairs, modifications, and improvements for low-income homeowners.
Transition Projects Web: tprojects.org/housing Phone Number: 503-280-4700	Through our shelters and Resource Center, we provide support to individuals at all stages of their journey from homelessness to permanent housing. We provide short- and long-term support for participants to rent housing units throughout the metro area.

Interpreter Services

*Interpreter Services Web: oregonclinic.com/non-discrimination-notice/	The Oregon Clinic provides interpreters for our patients free of charge. Visit or click oregonclinic.com/non-discrimination-notice/ to read our promise and download a copy of our Non-Discrimination Notice. For interpretation or translated patient intake forms, inform the clinic staff during scheduling or call the clinic.
---	---

Pregnancy and Prenatal Services

*Black Parent Initiative Portland Sacred Roots Doula Web: thebpi.org/sacred-roots-doula Phone: 503-284-8000 Email: sacredroots@thebpi.org	Sacred Roots Doulas provide mothers and families with consistent, continuous reassurance, comfort, encouragement, and respect. Our Doulas provide culturally specific care for mothers based on their circumstances and preferences.
*Cascades Abortion Support Collective Web: cascadesabortionsupport.org/abortionsupport Phone: 503-610-0692	In recognition that people have abortions for many different and complex reasons, Cascades Abortion Support Collective tailors logistical, emotional, and informational support to fit individual needs. CASC can help you find and navigate options for services such as housing, child care, hot meals, and aftercare supplies.
* Northwest Abortion Access Fund Web: nwaafund.org/funding/ Phone: 866-692-2310	The Northwest Abortion Access Fund is an abortion fund serving Washington, Oregon, Idaho, and Alaska. Trained, compassionate volunteer advocates run our toll-free hotline. We help people pay for their abortion care by

	sending funding directly to the clinic. We also help people get to and from the clinic and make sure people traveling for care have a safe place to stay.
*Nurse Family Partnership Web: nursefamilypartnership.org/first-time-moms Phone Number: 844-637-6667	With your very own free Nurse--Family Partnership personal nurse, you will get the support, advice and information you need during your pregnancy and when your baby arrives.
Project Nurture Web: healthshareoregon.org/health-equity/project-nurture Phone Number: 888-519-3845 Email: alisonnoice@codinc.org	Project Nurture provides prenatal care, inpatient maternity care, and postpartum care for women who struggle with addictions as well as pediatric care for their infants. Women enrolled in Project Nurture receive outpatient addiction treatment by certified alcohol and drug counselors (CADCs) and receive Medication for Opioid Use Disorder (MOUD), including methadone or buprenorphine, alongside their pregnancy care.
*WIC Oregon Health Authority Web: fns.usda.gov/wic Phone Number: 971-673-0040 Email: robin.l.moulton@dhsosha.state.or.us	WIC is a place where families like yours get healthy food and a lot more. WIC is for pregnant people, new and breastfeeding moms, and children under 5. WIC helps improve the health of mothers and supports a healthy start for infants and children through nutrition education, breastfeeding support, healthy foods, health screenings, and referrals.

Transportation to Appointments

Ride Connection Portland Transportation Services Web: rideconnection.org/services Phone Number: 503-226-0700 Email: info@rideconnection.org	Our collection of agencies who serve older adults, people with disabilities, low-income individuals, and the general public with transportation options in Clackamas, Multnomah, and Washington counties.
*Ride to Care Oregon Health Plan Web: ridetocare.com Phone Number: 855-321-4899	Ride to Care provides free non-emergent (not for an emergency) medical transportation. Transportation services include vehicle-provided shared rides, public transportation passes or mileage reimbursement.

Other

Aging and Disability Resource Connection of Oregon Web: adrcforegon.org/consumersite/index.php Phone Number: 855-673-2372 Email: ADRC.WebMessages@odhs.oregon.gov	ADRC of Oregon can help you learn about local public and privately paid aging or disability services. ADRC has trained professional staff who can help you and your family with immediate needs, or help you plan for the future.
*Central City Concern Web: centralcityconcern.org/services	Central City Concern clinics deliver high-quality, evidence-based health care, with an emphasis on primary care, mental health services and addiction recovery. And our employment services can connect you to tools, training and job opportunities to help you reach your goals.
*Findhelp.org Web: findhelp.org/	Find more free or reduced-cost resources like food, housing, financial assistance, health care, and more by zip code.
*Immigrant & Refugee Community Organization Web: irco.org Phone Number: 503-234-1541	We empower children, youth, families and elders from around the world to build new lives and become self-sufficient by providing more than 200 culturally and linguistically specific social services.
*Native American Youth and Family Center Web: nayapdx.org/services Phone Number: 503-288-8177	We provide educational services, cultural arts programming, and direct support to reduce poverty to the Portland Metropolitan Area Native American community.
*Rose City Resource Web: rosecityresource.streetroots.org	Find reduced cost or free services in Multnomah, Washington and Clackamas counties.
Transition Projects Veterans Web: tprojects.org/veterans-services Phone Number: 855-425-5544	Supporting veterans and their households who are experiencing homelessness or are in imminent risk of homelessness, with the goal of helping them find and keep safe, affordable housing in the Portland metro area.