

Is your family in need of food, shelter, utilities/rent assistance, employment information, mental health resources, grief and loss resources, etc.?

Here is a list of online resources & links that can assist you during this time.

FOOD RESOURCES:


211 Info

Information and referrals to food resources across Oregon and Southwest Washington. Find out about food programs including food pantries, farmers markets, community gardens, fresh food distribution and summer food programs for youth in your area

<https://www.211info.org>

Food Stamps

To find out what food programs you might be eligible for or to speak with a Food Stamps Advocate:

CALL 211 or 1-866-698-6155 

TEXT your zip code to 898211 (TXT211)

EMAIL help@211info.org

Oregon Food Bank

Over 1,400+ partner pantries and food assistance sites across Oregon and Southwest Washington are open —updating hours and availability daily, please call ahead

<https://www.oregonfoodbank.org/find-help/find-food/>

SNAP

SNAP provides a monthly supplement for purchasing nutritious food

<https://apps.state.or.us/onlineApplication/>

Washington County Women, Infants and Children (WIC)

Provides nutrition education, breastfeeding support, healthy food, health referrals and other services free of charge to families who qualify

<https://www.co.washington.or.us/HHS/WIC>

Hillsboro School District

Meal distribution beginning on April 1, 2020 through April 28th, 2020.

<https://www.hsd.k12.or.us/cms/lib/OR02216643/Centricity/domain/1364/covid%2019/HSD%20Meal%20Distribution%20April%201%20to%2028%202020.pdf>

Care to Share

Food and any other basic necessities serving Beaverton, Aloha, and Portland area.

<http://www.caretosharehelp.org/>

Oregon Employment Department's COVID page

Information for workers, job-seekers, and employers

https://govstatus.egov.com/ORUnemployment_COVID19

SHELTER RESOURCES:

Community Action

Family Shelter

<https://caowash.org/>

Oregon Health Authority

COVID page for information and new updates

<https://govstatus.egov.com/OR-OHA-COVID-19>

UTILITIES & RENT ASSISTANCE:

Community Action

Emergency Rent Assistance

<https://caowash.org/>

Community Alliance of Tenants

Tenant Education & Advocacy

<https://www.oregoncat.org/>

211 Utility Assistance Program

Serves Multnomah, Clackamas, and Washington County

<https://www.211info.org/energy#Multnomah>

NW Natural Gas

<https://www.nwnatural.com/ContactUs>

Pacific Power

<https://www.pacificpower.net/about/newsroom/news-releases/pacific-power-to-suspend-disconnections-in-response-to-covid-19.html>

Charter Communications

Offering free Spectrum and wi-fi access for 60 days to families with K-12 student or college students.

1-844-488-8395

Comcast

Offering basic Internet Service

<https://www.xfinity.com/support/articles/comcast-broadband-opportunity-program>

MENTAL HEALTH ONLINE RESOURCES:

Headspace

Free online guided meditations

<https://www.headspace.com/covid-19>

AFSP

Online resources for mental health during this time

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

Yoga with Adriene

Free online yoga classes

<https://www.youtube.com/user/yogawithadriene>

Grokker

Free access to online fitness/wellbeing classes through April 30th, 2020.

<https://grokker.com/individuals>

Teens Health

<https://teenshealth.org/en/teens/your-mind/>

Mindfulness for Teens

<http://mindfulnessforteens.com/>

Mentalhealth.gov

For Young People looking for Help

<https://www.mentalhealth.gov/talk/young-people>

Coronavirus Anxiety Resources Nationwide

<https://www.virusanxiety.com/?fbclid=IwAR2FFrjgYGpUB6aLdfY9-bxxYUCBzxFjIJMsSjqpg5qb1YP80gLBr3QRHHA>

CRISIS LINES:

Washington County Crisis Line

24/7 crisis and support line **503-291-9111** (se habla español) TDD **1-800-735-2900**

National Domestic Violence Hotline

24/7 support for victims and survivors call **800-799-7233** or text **LOVEIS** to **22522**

Hawthorn Walk-in Center

Offering phone and video crisis supports currently

Please call: **503-291-911**

Lifeworks Northwest

Mental Health and Counseling Services

<https://www.lifeworksnw.org/>

GRIEF & LOSS RESOURCES:

The Dougy Center

The National Center for Grieving Children and Families

<https://www.dougy.org/>

Full Circle Grief Center

<http://fullcirclegc.org/>

The Grieving Center for Children, Teens, and Families

<https://upliftphilly.org/>