

Disclaimer - The information provided in this resource guide is designed to provide helpful information for personal use. While we strive to provide you with the most current information, readers should be aware that the resources listed in this guide may change without notice.

#### Salem Housing Authority - Salem / Keizer

#### West Valley Housing Authority - Polk County

#### Marion County Housing Authority – Outside of Salem / Keizer

#### The ARCHES Project

Veteran Services, Social Services, Housing Homeless Low-Income, Home Energy Assistance, Youth Services, Education, Case Management

https://mwvcaa.org/programs/the-arches-project/

#### Mid-Willamette Valley Community Action

## Her Place – Day Treatment with Structured Housing for Pregnant Women and Women with Children

Social Services, Pregnant and Parenting Women Supports, Substance Abuse Transitional Housing, Self Sufficiency <a href="https://www.co.marion.or.us/HLT/ATS/Pages/her-place.aspx">https://www.co.marion.or.us/HLT/ATS/Pages/her-place.aspx</a>

#### **VETcare Oregon – WestCare Veterans Facility**

Veteran Services, Addiction Support Services, Behavioral Health, Housing Homeless Low-Income, Education, Case Management <a href="https://www.westcare.com/">https://www.westcare.com/</a> & <a href="https://www.westcare.com/">https://wetcareoregon.org/</a>

#### Union Gospel Mission of Salem - Administration Office



#### Easterseals Oregon – Support Services for Veteran Families Program (SSVF)

Social Services, Housing Homeless Low-Income Veterans, Case Management, Financial Assistance, Employment Assistance

https://www.easterseals.com/oregon/programs-and-services/military-veteran-services/supportive-services-for.html

#### **Jackson Street Youth Services: Corvallis House**

#### **Confederated Tribes of Siletz Salem Office**

#### **Women at the Well Grace House**

## **Substance Abuse Housing**

#### Oxford House(s) Vacancy Search

Salem Area
Social Services, Substance Abuse Housing
https://www.oxfordvacancies.com/

#### **Food**

#### Marion Polk Food Share - Meals on Wheels

1660 Salem Industrial Drive NE, Salem, OR 97301-0374

△ **503-364-2856** Food Share - info@foodsharemealsonwheels.org
Social Services, Food Pantries; Meals, Food, Meal and Grocery Delivery
https://www.marionpolkfoodshare.org/programs/meals-on-wheels/

#### The Salvation Army Family Services Food Boxes

1977 Front Street NE, Salem, OR 97301 △ **503-585-6688** Social Services, Food Pantries Meals https://salem.kroccenter.org/kroc-salem/find-help

#### **Senior Grocery Program**

#### **Congregations Helping People**

#### Salem Alliance Church (FEED Salem)

#### **EMERGENCY FOOD PANTRIES – Willamette Valley**

1660 Salem Industrial Drive NE, Salem, OR 97301 △ **503-581-3855** Social Services, Food Pantries - info@marionpolkfoodshare.org <a href="https://marionpolkfoodshare.org/get-help/">https://marionpolkfoodshare.org/get-help/</a>



#### New Hope Foursquare Church - Food Pantry

Social Services, Food Pantries Meals, Spiritual Support church@inewhope.org

http://inewhope.org/connect/food-pantry

#### **Hope Station Community Services**

1337 Madison Street Ste 115, Salem, OR 97301  $\,$   $\,$  503-339-7710 information.hopestation@gmail.com

Social Services, Food Pantries Meals, Clothing, Self Sufficiency

https://hopestationcsi.org/

#### Peoples Church - Food Pantry

Social Services, Food Pantries Meals, Spiritual Support

#### St. Vincent de Paul - Salem

Social Services, Food Pantries Meals

#### **Mano A Mano Family Center**

3850 Portland Rd NE, Suite 130, Salem, OR 97301 \(\triangle \) 503-363-1895 info@manoamanofc.org

Social Services, Food Pantries Meals. Latino-led Community-based Program. Spanish speaking services.

https://manoamanofc.org/

#### Salem Spanish SDA Church

Social Services, Food Pantries Meals, Spiritual Support. Spanish speaking services.

https://salemspanishor.adventistchurch.org/

**Utilities** 

#### **Northwest Human Services Emergency Assistance**

Social Services, Home Energy Assistance

https://northwesthumanservices.org/community-programs/emergency-assistance/

#### **NW Natural Home Energy Payment Assistance**

https://www.nwnatural.com/account/payment-assistance

#### **PGE Medical Baseline Allowance**

Social Services, Home Energy Assistance, Depend on Power for Certain Medical Needs

https://www.pge.com/en/account/billing-and-assistance/financial-assistance/medical-baseline-program.html

#### **PGE Utility Assistance**

Salem, OR Area: 503-588-9016 (Mid-Willamette Valley Community Action)

Customer Services: **503-228-6322** or **1-800-542-8818** Home Energy Assistance, Difficulty Making Payments

https://portlandgeneral.com/help/help-topics/energy-assistance-programs-residential

#### The ARCHES Project

Veteran Services, Social Services, Housing Homeless Low-Income, Home Energy Assistance, Youth Services, Education, Case Management

https://mwvcaa.org/programs/the-arches-project/

#### **Salem Electric Energy Assistance**

https://www.salemelectric.com/member-services/member-payment-assistance/

#### Mid-Willamette Valley Community Action Agency - Energy Services Program

Social Services, Housing Homeless Low-Income, Home Energy Assistance, Youth Services, Education https://mwvcaa.org/programs/energy-services/

#### Northwest Human Services, HOAP-Crisis & Information Hotline

Behavioral Health, Social Services, Food Pantries Meals, Home Energy Assistance info@nwhumanservices.org

HOAP: https://northwesthumanservices.org/community-programs/hoap-homeless-services/

Crisis & Information Hotline: <a href="https://northwesthumanservices.org/community-programs/crisis-information-hotline/">https://northwesthumanservices.org/community-programs/emergency-https://northwesthumanservices.org/community-programs/emergency-assistance/</a>

#### City of Salem Water & Utilities UtilityBilling@cityofsalem.net

https://www.cityofsalem.net/community/household/water-utilities

#### Low Income Home Energy Assistance Program (LIHEAP)

△ **503-588-9016** x300 or **1-866-674-6327** energyassistance@ncat.org <a href="https://www.oregon.gov/ohcs/energy-weatherization/pages/index.aspx">https://www.oregon.gov/ohcs/energy-weatherization/pages/index.aspx</a> <a href="https://liheapch.acf.gov/search-tool/">https://liheapch.acf.gov/search-tool/</a>



## **Family Supports**

#### **Mano A Mano Family Center**

https://manoamanofc.org/

#### Connections 365 - Marion & Polk County

 $\label{lem:covered_problem} \textit{Family Social Services} - \textit{Youth \& Family covered by OHP, Education, Skills Training,} \\$ 

Mentoring, Case Management, Mental Health Services, Residential Programs

https://connections365.org/

#### **Family Building Blocks**

Family Social Services—Youth & Family, Parent and Caregiver Supports & Resources, Education & Trainings <a href="https://familybuildingblocks.org/">https://familybuildingblocks.org/</a>

#### **Oregon Family Support Network (OFSN)**

mid-region@ofsn.net

Parent Warmline #: 1-800-REACHOR or 1-800-732-2467

Family Social Services, Parent & Caregiver Supports, Education & Trainings, Support Groups, Peer Support Services, Wraparound & Intensive Community Treatment, Mental Health Supports, Referral Services https://ofsn.org/

#### Family Promise of the Mid-Willamette Valley

1055 Edgewater St NW, Salem, OR 97304 △ **503-370-9752** <u>info@familypromisemwv.org</u>
Family Social Services, Case Management, Emergency Shelter Services, Homelessness Resources, Self Sufficiency, Life Skills Training, Community Supports, Housing Homeless Low-Income Families https://www.familypromisemwv.org/

#### **Catholic Community Services**

#### **Options Counseling and Family Services**

Salem Area & Surrounding Counties

△ North Salem (Youth): **503-390-5637** △ South Salem (Adults): **503-951-6280** △ Admin: **551-687-6983** Family Social Services & Connections, Parenting Classes & Support, Youth Support & Programs, Mental Health Services & Counseling, Group Supports,

#### Neighbor-to-Neighbor Mediation - A Community Dispute Resolution Center

#### **Love Inc of North Marion County**

#### Willamette Vital Health



#### Lotus Mediation – Brynne Erickson, A Divorce and Family Mediator

#### Legal Aid Services of Oregon – Salem Region (Marion/Polk County)

Legal Aid Services for Low-Income Citizens & Families, Social Services & Supports. Spanish-speaking staff available.

Salem Regional Office: https://lasoregon.org/locations/salem-regional-office/

Legal Aid Services of Oregon: <a href="https://lasoregon.org/">https://lasoregon.org/</a>

#### Oregon Kinship Navigator - Grandparents Raising Grandchildren or Other Relative Caregivers

## **Employment Assistance**

WorkSource Oregon (WSO)
Salem, OR Area <u>EmployerServices@oregon.gov</u>
△ Salem: <b>503-378-4846</b>
WorkSource Oregon Language Access Line: 833-685-0845
Employment Assistance, Support Services, Social Services, Veteran Services, Disability Support Services
https://worksourceoregon.org/
Goodwill Industries Job Connection  Salem, OR Area vocservices@gicw.org  △ Salem: 503-831-7995 △ Dallas: 503-831-1426 △ Woodburn: 503-981-6298  Employment Assistance, Vocational Rehabilitation Services, Disability Support Services, Support Services <a href="https://meetgoodwill.org/job-connection-home/">https://meetgoodwill.org/job-connection-home/</a>
The DPI Group (formerly DePaul Industries)  2235 Mission St. SE, Suite 100 Salem, OR 97302  General #: 503-281-1289  info@thedpigroup.com  Employment Assistance, Disability Support Services, Individuals with Employment Barriers <a href="https://thedpigroup.com/">https://thedpigroup.com/</a>
Easterseals Oregon – Connecting Communities Program (CCP) 3878 Beverly Ave NE, Suite 5, Salem, OR 97305 △ 503-587-7389 (Salem & Woodburn) Employment Assistance, Disability Support Services, Individuals with Language and/or Literacy Barriers, Education, Support Services <a href="https://www.easterseals.com/oregon/programs-and-services/employment-training/connecting-communities-program.html">https://www.easterseals.com/oregon/programs-and-services/employment-training/connecting-communities-program.html</a>
Easterseals Oregon – Homeless Veterans Reintegration Program (HVRP)  3878 Beverly Ave NE, Suite 5, Salem, OR 97305
Galt Foundation Salem, OR Area △ 1-877-361-1277 Employment Assistance, Disability Support Services, Support Services <a href="https://galtstaffing.com/">https://galtstaffing.com/</a>
Express Employment Professionals – Marion/Polk/Yamhill Counties  454 Church St NE, Suite 120, Salem, OR 97301



## **Prescription Medications**

#### **RxAssist**

https://www.rxassist.org/

#### GoodRx

**1-855-268-2822** ada@goodrx.com https://www.goodrx.com/

#### Simplefill

1-877-386-0206

https://simplefill.com/

#### Walmart \$4 Rx List

If you have questions about this program, call your local Walmart Pharmacy.

https://www.walmart.com/cp/4-prescriptions/1078664

#### **Rx Outreach Medication Assistance**

**1-888-796-1234** from landline

1-314-222-0472 from cell phone

https://rxoutreach.org/

#### Drugs.com

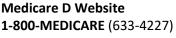
1-888-602-2978

www.drugs.com/discount-card/

# ArrayRx Discount Card Program (formerly Oregon Prescription Drug Program)

1-800-913-4146

https://arrayrxcard.com/



TTY users 1-877-486-2048

https://www.medicare.gov/health-drug-plans/part-d

#### NeedyMeds

**800-503-6897** info@needymeds.org https://www.needymeds.org/

# Accredo Specialty Pharmacy (now a part of Evernorth Health Services)

Call: **800-803-2523** or Text "START": **877-222-7336** Pharmaceutical, Medication Assistance https://www.accredo.com/

#### **Cost Plus Drugs**

- 1. Find medication by searching their online store.
- 2. Find medication, then sign up for an account.
- 3. Reach out to your doctor with provided instructions (costplusdrugs.com/contact-your-doctor) to receive your prescriptions.
- 4. Once they receive the prescription for your doctor, you will be notified at checkout.
- 5. Your medications will be delivered straight to your door in just a few days. www.costplusdrugs.com



#### If you think someone is in danger or is being hurt, call 911 immediately.

## **Domestic Safety**

#### The Center for Hope and Safety

605 Center St NE, Salem, OR 97301

Office: 503-378-1572 or 24-Hour Hotline: 503-399-7722

Social Services, Domestic Violence, Abuse, Exploitation, Trafficking, Education, Shelters

https://www.hopeandsafety.org/

#### **Liberty House**

Salem location: 2685 4th Street NE, Salem, OR 97301 🛕 503-540-0288 or Child Abuse Hotline: 855-503-SAFE (7233)

Woodburn location: 693 Ray J Glatt, Suite 200, Woodburn, OR 97071 🗅 503-540-0288

Behavioral Health, Social Services, Domestic Violence, Abuse, Exploitation, Trafficking, Education, Specialist Clinics

https://libertyhousecenter.org/contact-us/ frontdesk@libertyhousecenter.org

#### **Hope & Wellness Services (Liberty House)**

#### **Marion County Victims Assistance Division (VAD)**

Domestic Violence, Abuse, Exploitation, Trafficking, City and State Agencies <a href="mailto:districtattorney@co.marion.or.us">districtattorney@co.marion.or.us</a> <a href="mailto:http://www.co.marion.or.us/DA/victimassistance">http://www.co.marion.or.us/DA/victimassistance</a>

#### Bridges 2 Success (formerly Bridges to Safety Salem)

#### **Perspectives NW**

Domestic Violence, Abuse, Exploitation, Trafficking, Education

https://www.perspectivesnw.com/

#### **Oregon Department of Justice Crime Victim and Survivor Services**

#### **National Human Trafficking Hotline**

Call: **1-888-373-7888** (TTY: 711) or Text: **233733** help@humantraffickinghotline.org Domestic Violence, Abuse, Exploitation, Trafficking https://humantraffickinghotline.org/

#### **DHS Child Abuse Hotline – Marion/Polk Counties**

Report child abuse and neglect: 503-378-6704 or 1-800-854-3508

Oregon Child Abuse Hotline: 855-503-SAFE (7233)

Domestic Violence, Abuse, Exploitation, Trafficking, City and State Agencies

https://www.oregon.gov/dhs/CHILDREN/CHILD-ABUSE/Pages/Reporting-Numbers.aspx



#### **SABLE House**

314 SE Oak St, Dallas, OR 97338 Office: **503-623-6703** or

24 hour Crisis Line: 503-623-4033 or 1-866-518-0284

Social Services, Domestic Violence, Abuse, Exploitation, Trafficking, Case Management, Shelters

https://www.sablehouse.org

#### **Oregon Department of Human Services Abuse and Neglect**

#### **Tillamook Tides of Change**

1902 Second St, Tillamook, OR 97141 Office: 503-842-9486 info@tidesofchange.org

Toll-free: 800-992-1679 or Text: 503-852-9114

They have one room available for out of city intakes. Call for more information.

www.tidesofchangenw.org

#### **Corvallis Center Against Rape and Domestic Violence (CARDV)**

24 hour Crisis Line & Confidential Shelter: 541-754-0110 or 1-800-927-0197 or Office: 541-758-0219

They are open 24/7. You can call to access services from out of county. They do require that victims have their own

transportation as they do not provide out of county transportation. info@cardv.org

www.cardv.org

#### **McMinnville Henderson House**

610 SE First St, McMinnville, OR 97128 24 hour Crisis Line: **503-472-1503** or Office: **503-472-0244** They are located at 610 SE First St, McMinnville, OR 97128. They will accept victims from out of county through the 24/7 phone number. They offer several groups for sexual violence and domestic violence (in English & Spanish). Services for Deaf and Hard of Hearing clients are also available. Call for more details.

www.hendersonhouse.org

#### **Cherriots Bus**

#### **Cherriots LIFT**

#### **West Valley Hospital-Connections Van Services**

Reservations are a first-come, first-serve basis.

https://www.salemhealth.org/services/salem-health-west-valley/west-valley-hospital-2021/connections-van-services

#### Oregon Health Plan Only (Transportation to Medical, Dental, Behavioral Health Appointments):

- Pacific Source Community Solutions CCO: LogistiCare aka Modivcare at 1-844-544-1397 https://www.mymodivcare.com
- Medicaid Open Card (FFS): Marion-Polk MedLink at 1-877-236-4026
- Map of Oregon Health Plan Transportation Services: https://www.oregon.gov/oha/HSD/OHP/Tools/Transportation%20Brokerage%20Map.pdf
- Yamhill Community Care members: WellRide 1-844-256-5720 https://yamhillcco.org/members/transportation/



### **General Resources**

#### Find Help

Food assistance, Housing, Goods, Transit, Health, Education, Legal, Help paying bills, Other free or reduced cost programs

https://www.findhelp.org/

#### 211

Call **211** or **1-866-698-6155** help@211info.org

Available 24/7. Food assistance, Mental health, Crisis and emergency, Healthcare expenses, Other community resources. Language interpreters are also available.

https://www.211.org

#### 988

Call, Text, or Chat 988

**Call, Text, or Chat 988** for suicide crisis line to talk to compassionate care and support from trained crisis counselors. The lifeline provides 24/7, free and confidential support for people in distress, along with prevention and crisis resources for you or your loved ones. Services available in English, Spanish, and other languages. Services are also offered for people that are Deaf and Hard of Hearing.

https://988lifeline.org/