



Veteran Quick Resource List

For additional resources please visit namimultnomah.org/resources.

Crisis Resources

- Multnomah County Crisis Line.....503-988-4888
Ask for Project Respond's Mobile Crisis Team
- Veterans Crisis Line.....1-800-273-8255 and press 1
Or text 838255
- Lines for Life Military Helpline..... 888-457-4838 (24/7)
Or text MIL1 to 839863 (8AM-11PM PST)
- Lines for Life Alcohol and Drug Helpline..... 800-923-4357 (24/7)
Or text RecoveryNow to 839863 (8AM-11PM PST)
- Emergencies Requiring **ECIT** Police Assistance9-1-1
*Ask for emergency responders that have received **Enhanced Crisis Intervention Training** because they have additional training and experience with mental health emergencies.*

Hospitals with Psychiatric Units

- VA Portland Health Care System503-220-8262
3710 SW U.S. Veterans Hospital Road, Portland, OR 97239
- Cedar Hills (*does NOT accept the Oregon Health Plan*)503-944-5000
- Providence NE.....503-574-9235
- Providence St. Vincent503-216-1234
- Unity Center.....503-944-8000

NAMI Affiliate & State Organizations

- NAMI Clackamas County.....503-344-5050
- NAMI Multnomah503-228-5692
- NAMI SW Washington.....360-695-2823
- NAMI Washington County503-356-6835
- NAMI Oregon.....503-230-8009

Health and Treatment Options

- VA Portland Health Care System503-220-8262
- VA Portland Mental Access and Triage Line503-220-8262, ext. 56409
- Vet Center Call Center..... 877-WAR-VETS (927-8387)
Vet Center new appointments and locator assistance
- Portland Vet Center503-688-5361
- Salem Vet Center503-362-9911



Veteran Quick Resource List

Additional Treatment Options

- Vancouver Campus of VA Portland Health Care System.....360-696-4061
1601 E 4th Plain Blvd, Vancouver, WA 98661
- Returning Veterans Project.....503-954-2259
- Portland Veterans Acupuncture Project.....503-538-4524
- PTSD Veteran Line.....877-717-PTSD (7873)
Providing support 24/7 for Active Duty, Reserves, National Guard, Veterans and their families battling the unseen wounds of war. Groups in Hillsboro and Happy Valley.

Compensation and Pension Benefit Support

- Multnomah County Veteran Services (VSO)503-988-VETS(8387)
The goal of the Veterans Services Office is to provide benefits information, assistance and advocacy to all who have served and their families. Many Veterans are unsure of their entitlement to benefits so we ask that anyone who identifies as having served to contact our office to be directed to an appropriate resource.
- Clackamas County Veteran Services (VSO)503-650-5631
- Cascadia Disability Law503-891-8376 or 800-891-0867
- Paralyzed Veterans of America800-424-8200 Benefits Hotline 866-734-0857
www.pva.org

Shelters and Employment Services

- Do Good Multnomah (*veterans' overnight shelter*)503-490-0285
- National Call Center for Homeless Veterans877-424-3838
National hotline; Veterans who are homeless can get help finding mental health care at a Veterans drop-in center by contacting the Call Center or by visiting www.va.gov/homeless
- Community Resource and Referral Center (CRRC).....503-808-1256 or 800-949-1004
Services for Veterans and their families who are homeless or at risk of being homeless.
- Transition Projects Inc.....855-425-5544 or 503-280-4700
- Veterans and Family Center (Salvation Army)503-239-1259
- Supportive Services for Veteran Families (SSVF).....503-397-3511
- Homeless Veterans' Reintegration Program971-317-9660 or 971-304-7140
- Easter Seals of Oregon Homeless Veterans Reintegration Program.....503-280-6067
- Women's SAFES (*women's overnight shelter*).....503-227-8681



Veteran Quick Resource List

Additional Housing Resources

- Cascadia 503-238-0769
Offers group homes, apartments with staff, and regular apartments for mental health peers only.
- Central City Concern (apartments) 503-525-8483
- Habitat for Humanity (builds houses for those with low income) 503-287-9529
- Human Solutions (apartments and utility assistance) 503-548-0200
- Innovative Housing (apartments) 503-226-4368
- Luke Dorf..... 503-726-3764
Offers group homes, apartments with staff, and regular apartments for mental health peers.

Legal Resources

- Disability Rights Oregon 503-243-2081
Assists when someone’s being discriminated against based on a disability.
- Legal Aid 503-224-4086
- Multnomah County Public Guardians 503-988-4567
Provides information about third-party guardians and about guardianships in general.

Miscellaneous Services

- Semper Fi and America’s Fund (All Branches)..... semperfifund.org
- Crossroads Cupboard (food boxes)..... 503-257-9345
- David Romprey Warm Line (non-emergency peer listening line) 800-698-2392
- Folk Time (day center for mental health peers) 503-238-6428
- Gateway Center (resources for those experiencing domestic violence)..... 503-988-6400
- Hollywood Senior Center (age 60+ day center)..... 503-288-8303
- Independent Living Resources (ILR) 503-232-7411
Offers case management, classes, and groups for those with disabilities.
- Lupine Case Management (case management)..... 503-284-1039
- Mental Health Association of Oregon 503-922-2377
Offers peer support specialist matching service and peer advocacy.
- Northstar 971-271-7273
Offers a Clubhouse for mental health peers, job skills, community, etc.



Veteran Quick Resource List

Additional Miscellaneous Services

Oregon Health Plan (OHP)	503-945-5772
Project Access Now (<i>OHP sign up help</i>)	503-345-6553
St. Francis Dining Hall (<i>meals, homeless day services, case workers</i>).....	503-234-2028
Tri-Met Lift.....	503-962-8000
Q Center (<i>resources for the local LGBTQ+ community</i>).....	503-234-7837