

EMERGENCY FOOD / SHELTER / MEDICAL

CTUIR Department of Children & Family Services 541-429-7300
ChildrenFamilyServices@ctuir.org

Helping Hand 541-276-3418
Services for Pendleton, Adams, Helix and Pilot Rock include rent, utilities, prescription, food (on Friday only), fuel, laundry, and other needs for self-sufficiency. 721 SE Third St., Pendleton. Call for an appointment.

Martha's House (Eastern Oregon Mission) 541-289-3344
Shelter for homeless families, with help to break the homeless cycle.
304 SE Fourth St., Hermiston

Neighborhood Center of South Morrow County 541-676-5024
Provides food, clothing, shelter, utility, medical and transportation assistance to low-income residents and seniors of Heppner, Lexington, Lone, Hardman and Cecil. 441 N. Main, Heppner.

Oregon DHS Self Sufficiency 1-866-395-4151
(SNAP/Food Stamps, Oregon Health Plan, TANF & Child Care Assistance)
Hermiston 541-567-2253
Pendleton 541-276-9000
Milton-Freewater 541-938-6627

Oregon Health Plan 1-800-699-9075

St. Mary's Outreach Pantry 541-276-2878
Provides food and clothing to those in need and financially supporting additional social services through the Helping Hand organization, Pendleton.

Salvation Army 541-276-3369
Provides basic and emergency needs such as food, clothing, shelter, emergency travel, prescriptions and furniture; and counseling and referrals, Pendleton.

Umatilla County Housing Authority 541-567-3241
Housing for families with limited resources.

EMPLOYMENT TRAINING

CAPECO Workforce Development 800-752-1139
For Umatilla, Morrow, Gilliam and Wheeler counties — programs provide customized training, work readiness, on-the-job training, support services, job placement and retention and follow up services for adults, dislocated workers, youth and seniors:

Oregon Human Development Corp.
Farmworker program, Hermiston
955 SE 4th St. Suite A, Hermiston 541-701-0550

ENERGY SERVICES

CAPECO Energy Services 800-752-1139
For Umatilla, Morrow, Gilliam and Wheeler counties — low-income energy assistance program, shut-off utility assistance, weatherization, and home energy education.

FAMILY CRISIS

Lifeways 24-hour Mental Health Crisis 1-866-343-4473
Hermiston 541-567-2536
Pendleton 541-276-6207
Milton-Freewater 541-276-6207
Umatilla 541-276-6207

Community Counseling Solutions, Morrow County
Boardman 541-481-2911
Heppner 541-676-9161

Child Welfare Office, Department of Human Services 1-800-547-3897
Hermiston 541-567-2253
Pendleton 541-276-9220
Boardman 541-481-9482

Domestic Violence/Sexual Assault 24-hour Hotline 1-800-833-1161
Hermiston 541-567-0424
Pendleton 541-276-3322

Emergency Contraception 1-800-584-9911

Oregon Gambling Problem Hotline 1-877-695-4648

National Suicide Prevention Hotline
1-800-273-TALK (8255) or 1-800-SUICIDE (784-2433)

Oregon SafeNet / 211 info 1-800-SAFENET (723-3638) or 211

Pioneer Relief Nursery 541-215-1017
Preventing child abuse and neglect for children under age 6 through intensive family support, including parenting classes.
www.pioneerreliefnursery.net

National Runaway Hotline 1-800-RUNAWAY (786-2929)

Youth Services Talkline/Boys & Girls Aid Society 1-800-342-6688

Cason's Place 541-612-0828
Grief support for children and families of Eastern Oregon.
www.casonsplace.org