

# Basic Needs Resources

Don't know where to go to get help? Start with:

- 1) Columbia Health Center Covid-19 Response Center, <https://www.columbia-health.org/togetherness-during-covid-19.html>

Call toll-free or text **800-244-4870** with questions about resources during this time, including: food, internet access, computer and mobile services, childcare, healthcare, addiction/recovery, children's activity ideas, education or homeschooling, emotion regulation or mental health care.  
->Text **FOOD** to **800-244-4870** to inquire about food box delivery.

- 2) **Dial 211 or Text** zip code to 898211. **211** has been collecting information from local providers to give you the most up-to-date information on all areas of need across health and social services.
- 3) CCMH Peer Support- [peeroutreach@ccmh1.com](mailto:peeroutreach@ccmh1.com) can even assist you with navigating local resources and direct transportation of meal boxes. If you do not qualify or are unable to get to other meal box programs, CCMH can deliver you a meal box even if not an established client. Also available for peer support phone/text/video.

## Oregon and other Phone/Online Resources:

- Need Mental Health or Drug and Alcohol Treatment, schedule at (503) 397-5211. Appointments can be done via video with trained clinician.
- **Crisis lines are operating as usual: Including Lifeline**
  - CCMH Mobile Crisis Line (503) 782-4499, phone and in person support at a social distant still available
  - If you or a loved one are experiencing a mental health crisis, call the Lifeline at 1-800-273-8255
  - If you are 21 or younger and want support for any problem, big or small, call the [YouthLine](https://www.youthline.org) at 1-877-968-8491 or text teen2teen to 839863 (Teens available to help daily from 4-10pm PST. Off-hour calls answered by Lines for Life). See attached tip sheet that may be helpful to youth and young adults.
  - Experiencing Domestic Violence while social distancing- call SAFE of Columbia County- 24 Hour Help Line 503-397-6161 [www.safeofcolumbiacounty.org](http://www.safeofcolumbiacounty.org), SAFE Provides support and empowerment to survivors of domestic violence, sexual assault and stalking, as well as prevention education throughout Columbia County.
  - Suspect child abuse or neglect- Call the Child Abuse Hotline 1(855)503-7233

Childcare: NW Regional Child Care Resource & Referral: *Clatsop, Tillamook & Columbia* Childcare providers available Eva Manderson, Text ninos or Children to 89211 or email [emanderson@nwresd.k12.or.us](mailto:emanderson@nwresd.k12.or.us)

For up-to-date COVID-19 Oregon information: [Oregon Health Authority COVID-19 page for information and resources](https://www.oregon.gov/oha/ohd/covid19/) (FAQs, Sign up for Oregon updates, latest news, media resources, and resources) <https://govstatus.egov.com/OR-OHA-COVID-19>

Look out for these common signs of distress:

- Feelings of numbness, disbelief, anxiety or fear.
- Changes in appetite, energy, and activity levels.
- Difficulty concentrating.
- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Anger or short-temper.
- Increased use of alcohol, tobacco, or other drugs.

**\*\*If you experience these feelings or behaviors for several days in a row and are unable to carry out normal responsibilities because of them Seek help at **Disaster Distress Helpline****  
**SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor. [More info:](#) such as, options for other languages and Deaf & hard of hearing**

Parent/Caregiver PEER Support:

- **[ReachOut Oregon](#)** is a statewide telephone and chat service providing support for parents and caregivers. Individuals can call or chat online about their children who experience emotional, behavioral, or physical health, intellectual or developmental disabilities, or educational issues. The parent “warmline” is available at 833-REACHOR (833-732-2467) to provide support by phone, or via the [ReachOut Oregon website <https://www.reachoutoregon.org/>](#) for chat, email and Facebook messaging. Hours are noon to 7 p.m. Tuesday through Thursday, and messages can be left at any time. The service is staffed by certified family support specialists who have training and personal experience in parenting children with emotional, developmental or physical health concerns. The website and the Family Support Specialists provide information about accessing local resources, including support groups and local Family Support Specialists. Parents and caregivers can get assistance with navigating the complex and complicated system of services, day-to-day practical tools for parenting children with challenging behaviors or issues, and just plain support and understanding from someone who “has been there.” The service is a resource after a crisis and when parents and caregivers need practical ideas about handling stress and frustration, how to talk to siblings and other adults about the needs of their child, or how to adapt their communication and parenting style to advocate for their family's needs. The OHA document, [Advocating for your loved one during a crisis](#)
- **[NAMI Oregon Helpline](#)**: Monday through Friday 9-5pm, 503-230-8009 (*PLEASE NOTE: the NAMI National helpline, 1-800-950-NAMI, is not taking live calls; voicemails will be returned within 24 to 48 hours.*)
- **Connect with other Local Parents** through: Parent Cafes, Nurturing Parenting or Families in Action (A free six week collaborative series where parents and teens learn to survive and thrive together during Covid-19) <https://www.columbia-health.org/parent-supports.html>, call or text Sydoney Blackmore at 971-248-5288, or email [sblackmore@columbia-health.org](mailto:sblackmore@columbia-health.org)

Young People-Student PEER Support:

- If you are 21 or younger and want support for any problem, big or small, call the [YouthLine](https://oregonyouthline.org/) <https://oregonyouthline.org/> at 1-877-968-8491 or text teen2teen to 839863 (Teens available to help daily from 4-10pm PST. Off-hour calls answered by Lines for Life). See attached tip sheet that may be helpful to youth and young adults.
- **Youth ERA:** <https://www.youthera.org/> offers new online supports and services for youth,
  - **Virtual Drop-In Centers** In place of in-person Drop hours, we will be providing “Virtual Drops” every weekday from 3:00 PM - 6:00 PM on Discord. Discord is a supportive space where youth can build community, chat with other youth going through the same things, and lean on our peer support specialists for support. During Virtual Drop hours, youth can access multiple chat rooms, participate in video game competitions, take cooking classes, do mindfulness exercises, and watch movies, among other activities. Youth can join at [tinyurl.com/DropDiscord](https://tinyurl.com/DropDiscord).
  - **Peer Support on Twitch** For the foreseeable future, we are extending our hours on Twitch and streaming live Monday-Friday from 10:00 AM - 1:00 PM and 6:00 PM - 10:00 PM. Any time a young person tunes in, they will have access to (at least) two state-certified youth peer support specialists, one who will be streaming and the other moderating the chat. This enables our team to engage viewers and respond quickly to youth in crisis. We are also doing daily Grubhub giveaways right now! Youth can tune in at [twitch.tv/youthera](https://twitch.tv/youthera).
  - **Youth Era Resource List** Youth Era has compiled this [master list of resources](https://docs.google.com/document/d/1Uwa1V8vRtvO6ofZrVnqYmei_kDYwP-xZS-5xg0xt3cY/edit) [https://docs.google.com/document/d/1Uwa1V8vRtvO6ofZrVnqYmei\\_kDYwP-xZS-5xg0xt3cY/edit](https://docs.google.com/document/d/1Uwa1V8vRtvO6ofZrVnqYmei_kDYwP-xZS-5xg0xt3cY/edit) to help support our staff and the community during this time. The list will be updated regularly as things evolve.
  - Stay up to date with Youth Era's services during this time:
- **Trevor Project:** Affirming international community for LGBTQ young people ages 13-24. Supports youth who may feel hopeless, alone, or have thoughts of suicide, call the Trevor Lifeline 24/7 at 1-866-488-7386, text 678-678 or chat [TheTrevorProject.org/Help](https://TheTrevorProject.org/Help)