

# COMMUNITY RESOURCE PHONE NUMBERS

For general COVID-19 information, including medical help and basic services, contact 211Info. 211Info has partnered with the Oregon Health Authority to provide the most updated information.

**Call:** 211

**Text:** your zip code to 898211 (TXT211)

**Email:** [help@211info.org](mailto:help@211info.org)

**Visit:** [www.211info.org/corona-virus](http://www.211info.org/corona-virus)

**Download the app:** 211Info

GENERAL COVID-19 INFORMATION	
Oregonian/OregonLive	503-782-5730 to sign up for text messages
Oregon Health Authority	<a href="https://govstatus.egov.com/OR-OHA-COVID-19">https://govstatus.egov.com/OR-OHA-COVID-19</a> to sign up for text messages.
Center for Disease Control (CDC)	1-800-232-4636 for COVID-19 FAQ
SOCIAL SERVICES & MENTAL HEALTH ASSISTANCE	
Oregon Senior Peer Outreach Line	1-833-736-4676
Oregon Senior Loneliness Line	503-200-1633
Washington County Crisis Line	503-291-9111
SAMHSA (Substance Abuse and Mental Health Services Administration) Disaster Distress Helpline	1-800-985-5990
Domestic Violence Resource Center Crisis Line	503-469-8620 or 1-866-469-8600
National Suicide Prevention Lifeline	1-800-273-8255
Crisis Text Line	Text HOME to 741741
LOCAL FOOD ASSISTANCE	
Helping Hands Food Pantry	503-625-7975
St. Francis Food Pantry	503-625-7067
Willowbrook Food Pantry	503-998-0545 or 971-832-1688
Marjorie Senior Center (Meal delivery)	503-625-5644
HOUSING ASSISTANCE	
Washington County Housing Services	503-846-3790

Visit [www.sherwoodoregon.gov/library](http://www.sherwoodoregon.gov/library), email [askusSPL@wccls.org](mailto:askusSPL@wccls.org), or leave a message for library staff at 503-625-6688.

