

**Resource Ideas 5.07.2020**

**Community/ Patient Resources:**

1. Free/ Reduced Price Internet and Phone –
  - a. Internet <https://www.internetessentials.com/>
  - b. Cel Phones and Data:
    - i. T-Mobile <https://www.t-mobile.com/offers/lifeline-program>
    - ii. Sprint (Assurance) <https://www.assurancewireless.com/> (pop-up on home page) Offered until 5/20/20
    - iii. TracFone (SafeLink)- <https://media.tracfone.com/wps/wcm/connect/phones/safelink/covid>
    - iv. Oregon Peer Outreach- GranPad and Internet for 1 year.
    - v. JOIN has cellphone for clients <https://joinpdx.org/>
2. Food-
  - a. Oregon Food Bank- <https://www.oregonfoodbank.org/find-help/find-food/#jump>
  - b. Meals on Wheels- <https://www.mowp.org/>
  - c. TriMet Lift- <https://news.trimet.org/2020/04/trimet-teams-up-with-meals-on-wheels-people-to-deliver-food-friendly-faces/>
3. Free/ Reduced Price Primary Care and Alternative Care-
  - a. Oregon Integrated Health <https://www.covidportland.com/>
  - b. Federally Qualified Health Centers- <https://www.orpca.org/chc/find-a-chc>
4. Free Mental Health and SUD
  - a. Cedar Hills Hospital- Free Mental Health and SUD assessments [www.cedarhillshospital.com](http://www.cedarhillshospital.com)
  - b. Oregon Integrated Health- talk to a therapist. <https://www.covidportland.com/>
  - c. DDA Oregon <https://ddainc.org/events/highlighted-meetings-events/>
  - d. Alcoholics Anonymous [www.AA-oregon.org](http://www.AA-oregon.org)
  - e. Narcotics Anonymous- [www.Virtual-na.org](http://www.Virtual-na.org)
5. Referral/ Resource Lines
  - a. OregonRecoveryNetwork.org
  - b. 211info.org
  - c. <https://www.covidportland.com/>
  - d. <https://oregonrecoverynetwork.org/>
  - e. PCC- <https://www.pcc.edu/coronavirus/information-for-students/resources/>
  - f. Psychiatry.org- [https://www.psychiatry.org/psychiatrists/covid-19-coronavirus?utm\\_source=Internal-Link&utm\\_medium=Side-Hero&utm\\_campaign=Covid-19](https://www.psychiatry.org/psychiatrists/covid-19-coronavirus?utm_source=Internal-Link&utm_medium=Side-Hero&utm_campaign=Covid-19)
6. Free Tax Help
  - a. AARP- <https://www.aarp.org/money/taxes/info-2018/aarp-tax-help-fd.html>
  - b. CASH Oregon- <https://cashoregon.org/file-taxes-online/>
7. Support Groups-
  - a. Oregon Recovery Network- <https://oregonrecoverynetwork.org/>

- b. DDA Oregon- <https://ddainc.org/>
  - c. MHA AO- <https://www.mhaoforegon.org/evolve>
8. Home Education-
- a. ODE guidance: <https://www.oregon.gov/ode/educator-resources/standards/Documents/A%20Guide%20%20for%20At-Home%20Learning.pdf>
  - b. ODE Distance Learning for all- <https://www.oregon.gov/ode/educator-resources/standards/Pages/Distance-Learning-for-All.aspx>
9. Child Care-
- a. <https://oregonearlylearning.com/parents-families/find-child-care-programs/>
  - b. [WWW.211INFO.ORG](http://WWW.211INFO.ORG) can also help
10. Leisure Activities-
- a. Yahoo List: <https://finance.yahoo.com/news/stay-busy-home-during-coronavirus-181714188.html>
  - b. Self-Care: [https://mhanational.org/stress-coping-everyday-problems?fbclid=IwAR0\\_U4iGtRIRtgoCdJPJsO-VHbveo\\_BNbvIC4zyDePn-QurHIYDXohCXVQg](https://mhanational.org/stress-coping-everyday-problems?fbclid=IwAR0_U4iGtRIRtgoCdJPJsO-VHbveo_BNbvIC4zyDePn-QurHIYDXohCXVQg)
  - c. Kids Wellness Packet- can email
11. Financial Resources-
- a. Business- <https://greaterportlandinc.com/covid-business-resources>
  - b. Individual Stimulus Checks - <https://www.irs.gov/coronavirus/economic-impact-payments>
  - c. [211info.org](http://211info.org) is helping get stimulus checks to those with no mailing address.
12. Employment
- a. Oregon Employment Dept .  
<https://www.oregon.gov/EMPLOY/Pages/default.aspx>
  - b. Multnomah County has shelter worker positions open-  
<https://portland.craigslist.org/mlt/bus/d/portland-temporary-shelter-staff/7097429448.html>
13. Housing-
- a. Home Forward: <http://www.homeforward.org/home-forward/overview-of-programs>
  - b. Tiny Houses:  
<https://www.facebook.com/303363463532653/posts/739524353249893/>
  - c. [www.2112info.org](http://www.2112info.org)

