

# BEAVERTON & PORTLAND / METRO AREA HOMELESS SHELTERS:

Community Connect

[www.co.washington.or.us/Housing/EndHomelessness/community-connect.cfm](http://www.co.washington.or.us/Housing/EndHomelessness/community-connect.cfm)

Domestic Violence Resource Center

[www.dvrc-or.org/](http://www.dvrc-or.org/)

Boys and Girls Aid

[www.boysandgirlsaid.org/shelterandhousing](http://www.boysandgirlsaid.org/shelterandhousing)

Second Home

[emoregon.org/second-home/](http://emoregon.org/second-home/)

Youth Transition-Breaking Cycles

[www.transitionalyouth.org/](http://www.transitionalyouth.org/)

Bradley House Domestic Violence Shelter

<https://bradleyangle.org/>

Family Promise Washington County

[familypromisewashingtoncountyoregon.org/](http://familypromisewashingtoncountyoregon.org/)

Lilac Meadows - A Home For Everyone

<http://ahomeforeveryone.net/familyshester>

Salvation Army Veterans and Family Center

<https://cascade.salvationarmy.org/>

Saving Grace Maternity Home

<http://savinggracematernityhome.org/>

Metro Home Share (not a shelter, but a good resource)

<https://emoregon.org/mhs/>

Catholic Charities Housing and Homeless Services

[www.catholiccharitiesoregon.org/services/housing-services/](http://www.catholiccharitiesoregon.org/services/housing-services/)

Portland Porch Light Shelter& Street Light Shelter for Youth

[www.janusyouth.org/programs/homeless-youth](http://www.janusyouth.org/programs/homeless-youth)

New Avenues for Youth

<https://newavenues.org/>

Beaverton Safe Car Parking

<http://justcompassionewc.com/safe-parking-pilot-program>

Family Promise Beaverton

[www.familypromiseofbeaverton.org/](http://www.familypromiseofbeaverton.org/)

Family Promise of Tualatin Valley

[www.familypromiseoftv.org/](http://www.familypromiseoftv.org/)

Women's LifeChange Center (TLP)

<https://ugmpportland.org/help-for-women>

Goose Hollow Family Shelter-Pdx Human Solutions

[www.pdxhfs.org/shelter](http://www.pdxhfs.org/shelter)

St. Child Residential Maternity Care

[www.saintchild.org/about/](http://www.saintchild.org/about/)

If you are experiencing a mental health crisis, you may contact the following resources:

1. Washington County 24hr Crisis Line 503 291-9111

2. National Suicide Prevention Lifeline 1-800-273-TALK (8255)

The Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress. An online chat option is available at <http://www.suicidepreventionlifeline.org/chat>

# BEAVERTON SCHOOL DISTRICT CURBSIDE MEAL PICK-UP SITES:

The Nutrition Services Department will be providing free breakfast & lunch for all students and children ages one (1) and up through April 28 from 11:00 a.m. - 12:00 p.m. at designated school sites (listed below).

- Meals will be available for all students.
- We will be handing meals out, grab & go style. Cafeterias will not be open for dining. Curbside pick-up will be available.
- Sites:

- **Aloha Huber Park K-8:** 5000 SW 173<sup>rd</sup> Avenue, Beaverton, OR 97078
- **Barnes Elementary School:** 13730 SW Walker Road, Beaverton, OR 97005
- **Beaver Acres Elementary School:** 2125 SW 170<sup>th</sup> Avenue, Beaverton, OR 97003
- **Chehalem Elementary School:** 1555 SW Davis Road, Beaverton, OR 97007
- **Elmonica Elementary School:** 16950 SW Lisa Street, Beaverton, OR 97006
- **Fir Grove Elementary School:** 6300 SW Wilson Avenue, Beaverton, OR 97008
- **Greenway Elementary School:** 9150 SW Downing Drive, Beaverton, OR 97008
- **Hazeldale Elementary School:** 20080 SW Farmington Road, Beaverton, OR 97007
- **Kinnaman Elementary School:** 4205 SW 193<sup>rd</sup> Avenue, Beaverton, OR 97078
- **McKinley Elementary School:** 1500 NW 185<sup>th</sup> Avenue, Beaverton, OR 97006
- **Raleigh Hills K-8:** 5225 SW Scholls Ferry Road, Portland, OR 97225
- **Vose Elementary School:** 11350 SW Denny Road, Beaverton, OR 97008
- **William Walker Elementary School:** 2350 SW Cedar Hills Blvd., Beaverton, OR 97005
- **Whitford Middle School:** 7935 SW Scholls Ferry Road, Beaverton, OR 97008
- **Beaverton High School:** 13000 SW 2<sup>nd</sup> Street, Beaverton, OR 97005
- **Southridge High School:** 9625 SW 125<sup>th</sup> Avenue, Beaverton, OR 97008
- **Sunset High School:** 13840 NW Cornell Road, Portland, OR 97229



# BSD Meal Distribution Bus



## Stops near:

### Aloha-Huber Park K-8

9:30 a.m. ISB Parking Lot  
10:15 a.m. Blanton & SW Spratt Way (near the walk path)

### Barnes ES

9:30 a.m. SW Tropicana at Westside United Methodist  
10:15 a.m. Meadow Park MS Parking Lot

### Beaver Acres ES

9:30 a.m. Bethlehem Lutheran Church Parking Lot (SW Johnson)  
10:15 a.m. Living Hope Church (SW 182nd)  
9:30 a.m. 18280 SW Jay St. (empty lot)

### Chehalem ES

9:30 a.m. SW 160th between Village Ln. and Autumn Dr.

### Elmonica ES

9:30 a.m. Schendel Ave. (Hunters Run apts)  
10:15 a.m. SW Hurrel Ln. and SW 174th Pl.

### Fir Grove ES

9:30 a.m. SW Berthold at entrance to Schiffler Park  
10:15 a.m. SW Ericson at Beaverton HS Parking Lot

### Hazeldale ES

9:30 a.m. SW 195th just S of Farmington  
10:15 a.m. SW Skiver Dr. at Park

### Kinnaman ES

9:30 a.m. Hazeldale Park (SW 196th N of SW Sumac Ct. )  
10:15 a.m. Aloha HS Parking Lot

### McKay ES

9:30 a.m. SW Springwood Drive at Englewood Park  
10:15 a.m. SW North Dakota N of SW Anton Dr.

### McKinley ES

9:30 a.m. Meadows at Herron Creek  
(on Edgeway past Wyndhaven Apts.)  
10:15 a.m. NE Amberglen (behind Macy's)  
9:30 a.m. Willow Creek Park (194th & Willow Creek)  
10:15 a.m. Magnolia Park (NW Gallatin St.)

### Merlo Station Community School

9:30 a.m. SW 172nd Terrace (just N of green space)  
10:15 a.m. Merlo Station HS Parking Lot

### Mountain View MS

9:30 a.m. Mountain View MS Parking Lot  
10:15 a.m. Errol Hassell ES Parking Lot

### Raleigh Hills K-8

9:30 a.m. 5th Street Park  
10:15 a.m. Garden Home Park

### Raleigh Park ES

9:30 a.m. 4000 SW 117th (in front of Assistance League)  
10:15 a.m. A.M. Kennedy Park

### Vose ES

9:30 a.m. SW Berthold at entrance to Schiffler Park  
10:15 a.m. SW Ericson at Beaverton HS Parking Lot

### Westview HS

9:30 a.m. Autumn Ridge Park  
(NW 176th Pl. and NW Fieldstone Dr. )  
10:15 a.m. NW 128th N of NW Westlawn Terrace

### Whitford MS

9:30 a.m. SW 105th Ave. (N of SW Denney Rd.)  
10:15 a.m. Beaverton Garden Ct. Apts. (SW Hocken)

### William Walker ES

9:30 a.m. Commonwealth Lake Park  
(SW Foothill and SW Dellwood)  
10:15 a.m. SW 116th between SW Denfield & SW Fairfield

## Meal Information:

- Available March 31 - April 28
- Breakfast & Lunch
- Available to children & students

## BEAVERTON AREA FOOD PANTRIES:



To search for a Food Bank, go to:  
<https://www.oregonfoodbank.org/find-help/find->

**Aloha Church of God Food Cupboard.** 18380 SW Kinnaman Rd., Aloha, OR 97078. (503) 649-5678, [www.alohacog.org/Food%20Pantry/FoodPantry.htm](http://www.alohacog.org/Food%20Pantry/FoodPantry.htm)

**Beaverton Seventh Day Adventist.** 14645 SW Davis Road, Beaverton, OR 97007, (503)646-9828, [www.beavertonsda.com/ministries/community-services](http://www.beavertonsda.com/ministries/community-services)

**Bethel Food Cupboard.** 5150 SW Watson, Beaverton, OR 97005, (503) 591-9025, <https://www.bethelbeaverton.org>

**Holy Trinity Food Closet.** 13715 SW Walker Road, Beaverton, OR 97005, 503-591-9025, [www.h-t.org/food-closet-overview](http://www.h-t.org/food-closet-overview)

**Murray Hills Christian Church Casey's Corner.** 15050 SW Weir Road, Beaverton, OR 97007, (503) 591-9025, [www.murrayhills.org/caseys-corner](http://www.murrayhills.org/caseys-corner)

**Saint Elizabeth Ann Seton.** 3145 SW 192nd Ave, Beaverton, OR 97006, (503) 649-9044, <https://seas-aloha.org>

**St Cecilia Catholic Church.** 12250 SW 5th Street, Beaverton, OR 97005, 503-906-4702, [www.stceciliachurch.org/st-vincent-de-paul-society](http://www.stceciliachurch.org/st-vincent-de-paul-society)

**St. Matthew Lutheran Church SCAT Pantry.** 10390 SW Canyon Road, Beaverton, OR 97005, 503-644-9148, [www.smlcfamily.org/SCAT-food-pantry](http://www.smlcfamily.org/SCAT-food-pantry)

**Sunshine Pantry.** 13600 S.W. Allen Blvd., Beaverton, OR 97008, (503) 841-9418, [www.sunshinepantry.org](http://www.sunshinepantry.org)

**Unity of Beaverton.** 12650 SW 5th Street, Beaverton, OR 97005, 503-646-3364, [www.unityofbeaverton.org/food-pantry](http://www.unityofbeaverton.org/food-pantry)

**Sunset Presbyterian Church Pantry.** 14986 NW Cornell Rd., Portland, OR 97229, 503-292-9293, [www.sunsetpres.org](http://www.sunsetpres.org)

## PORTLAND & METRO AREA FOOD PANTRIES:

**St Pius X Catholic Church.** 1280 NW Saltzman Road, Portland, OR 97229, 503-644-5264, [www.stpius.org/s/svdp](http://www.stpius.org/s/svdp)

**Prince of Peace Lutheran.** 14175 NW Cornell Road, Portland, OR 97229, (503) 645-1211, [www.princeofpeaceclc.org/local-missions](http://www.princeofpeaceclc.org/local-missions)

**Neighborhood House Inc.** 7688 SW Capitol Highway, 503-244-2292, [www.nhweb.org](http://www.nhweb.org)

**Northwest Christian Church.** 13405 SW Hall Blvd. Tigard, OR 97223, 503-639-5713, N/A Email: [Tigardinfo@mynw.cc](mailto:Tigardinfo@mynw.cc)

**Tigard Community Friends Church.** 15800 SW Hall Blvd. Tigard, OR 97224, 503-620-7836, [www.tigardfriends.com](http://www.tigardfriends.com)

**Evergreen Christian Center Food Bank.** 4400 NW Glencoe Rd., Hillsboro, OR 97124, (503) 648-7168, [www.ecc4.org](http://www.ecc4.org)

**Evergreen Christian Center Food Bank.** 351 SE Oak Street, Hillsboro, OR 97123, (503) 640-1074, [www.hillsboro.salvationarmy.org](http://www.hillsboro.salvationarmy.org)

**Seventh Day Adventist Church.** 367 NE Grant Street, Hillsboro, OR 97124, 503-648-3922, [www.hillsborosda.com/](http://www.hillsborosda.com/)

**MORE PORTLAND/METRO  
AREA FOOD PANTRIES:**



To search for a Food Bank, go to:  
<https://www.oregonfoodbank.org/find-help/find->

**C3 Food Pantry.** 6120 NE 57th Avenue, Portland, OR 97218, 971-770-2720,  
[www.c3nepdx.com/get-involved/c3-food-pantry](http://www.c3nepdx.com/get-involved/c3-food-pantry)

**North East Emergency Food.** 4800 NE 72nd Avenue, Portland, OR 97218, 503-284-5470,  
[www.emoregon.org](http://www.emoregon.org)

**Salvation Army Moore St. Center.** 5325 N. Williams Avenue, Portland, OR 97217, (971) 340-4010,  
[www.moorestreet.salvationarmy.org](http://www.moorestreet.salvationarmy.org)

**Sharon Community Services.** 5209 NE 22nd Avenue, Portland, OR 97211, (503) 880-3065, *N/A*

**St. Andrew St. Vincent De Paul.** 806 NE Alberta Ave, Portland, OR 97211, (503) 281-4429,  
[www.standrewchurch.com](http://www.standrewchurch.com)

**Sunshine Division.** 687 N. Thompson Street, Portland, OR 97227, 503-823-2102, [www.sunshinedivision.org](http://www.sunshinedivision.org)

**Trinity Lutheran Church Pantry.** 5520 NE Killingsworth Street, Portland, OR 97218, 503-288-1055, *N/A*

**Tualatin Valley Gleaners.** 9100 SW Willshire Street, Portland, OR 97229, (503) 719-9890,  
[www.tualatinvalleygleaners.org](http://www.tualatinvalleygleaners.org)

**Good Neighbor Family Pantry.** 21555 SW Hells Canyon Road, Sherwood, OR 97140, 503-554-0630,  
[www.goodneighborfamilypantry.org](http://www.goodneighborfamilypantry.org)

**Sherwood Helping Hands.** 22280 SW Washington Street, Sherwood, OR 97140, 503-625-7975,  
[www.sherwoodumc.com](http://www.sherwoodumc.com)

**St. Francis Food Pantry.** 15659 SW Oregon Street, Sherwood, OR 97140, 503-625-7067,  
[www.stfrancissherwood.org/social-action-ministries](http://www.stfrancissherwood.org/social-action-ministries)

**Bethlehem House of Bread.** 9055 SW Locust St., Tigard, OR 97223, (503) 639-3181, *N/A email:*  
bethlehemhouseofbread@gmail.com.

**Portland Vineyard Church-King's Kindness.** 11305 SW Bull Mountain Road, Tigard, OR 97224,  
(503) 684-8225, <http://www.portlandvineyard.org/>

**St Anthony Catholic Church.** 9905 SW McKenzie Street, Tigard, OR 97223, (503) 639-4179,  
[www.stanthonytigard.org](http://www.stanthonytigard.org)

**Tigard Covenant Church Food Ministry.** 11321 SW Naeve Street, Tigard, OR 97224, 503-639-3084, *N/A*

**Tualatin School House Pantry.** 3550 SW Borland Road, Tualatin, OR 97062, (503) 783-0721,  
[www.schoolhousepantry.org](http://www.schoolhousepantry.org)

**Hunger Fighters Oregon Food Pantry.** 4700 Jean Road, Lake Oswego, OR 97035, (503) 534-2343,  
[www.hungerfightersoregon.org](http://www.hungerfightersoregon.org)

**Our Savior's Lutheran Church.** 15751 Quarry Road, Lake Oswego, OR 97035, (503) 635-4563,  
[www.oursaviorslo.org](http://www.oursaviorslo.org)

**Good Roots Community Church.** 1908 SE Courtney Road, Milwaukie, OR 97222, 503-654-0507,  
[www.goodrootscommunity.com](http://www.goodrootscommunity.com)

**North Plains Community Food Pantry.** 31311 NW Commercial Street, North Plains, OR 97133,  
(503) 439-6510, *N/A*

**St. Anthony's St. Vincent de Paul Food Pantry.** 1660 Elm Street, Forest Grove, OR 97116, (503) 357-9647,  
[www.svdp.stanthonyforestgrove.org](http://www.svdp.stanthonyforestgrove.org)



With what is going on with the Coronavirus and staff layoffs we know that people need to have access to health insurance and enrolling and navigating the system can be daunting.

**Project Access NOW can help. We have a team of Certified Application Counselors who know the healthcare system in Oregon.** Health insurance enrollment services are always free.

→ Go to <https://www.projectaccessnow.org/about-us/> to learn about **Project Access NOW.**



We are a Portland based nonprofit serving Clackamas, Multnomah and Washington counties and are dedicated to creating access to care, services, and resources for those most in need.



Our team can help people sign up for Oregon Health Plan (OHP) or plans on the Health Insurance Marketplace ([healthcare.gov](http://healthcare.gov)) over the phone during this crisis. All assistance is free. **If your staff are losing their health insurance plans\* they need to know that they have options. Project Access NOW can take people through the enrollment process and help people get the access they need.**

**We are here to help!**



Please feel free to share our contact information or reach out with questions. [Click here](#) for more information about our Outreach, Enrollment & Access team or go to:

[www.projectaccessnow.org/outreach-enrollment-and-access](http://www.projectaccessnow.org/outreach-enrollment-and-access)



**Not sure which health insurance you need help with? Call either number.**

**Help with Oregon Health Plan (OHP):**



Call or fax: 503-345-7031  

Email: [oea@projectaccessnow.org](mailto:oea@projectaccessnow.org) 

→ Assistance available in English, Russian and Spanish.



**Help with the Health Insurance Marketplace ([healthcare.gov](http://healthcare.gov)):**

Call or fax: 503-345-6576  

Email: [pa@projectaccessnow.org](mailto:pa@projectaccessnow.org) 

Schedule a Marketplace enrollment appointment at [projectaccessnow.simplybook.me/v2/](http://projectaccessnow.simplybook.me/v2/)

→ Assistance available in English and Spanish.



There are also other local organizations and insurance agents that can help with health insurance enrolments and navigation. It is always free. **Find all local help at [Healthcare.Oregon.gov](http://Healthcare.Oregon.gov)**



We hope to hear from you and/or your staff and be able to provide our assistance.



*\*losing an employer based health insurance plan is a qualifying life event that allows people to sign up for a plan on the Health Insurance Marketplace ([healthcare.gov](http://healthcare.gov)) 60 days before or after the last date of coverage.*





# NEED HEALTH INSURANCE?

- Have you lost medical coverage through your job?
- Has your income changed and now you can't pay your monthly premiums?
- Currently uninsured and seeking health care?



**WE ARE HELPING CLIENTS OVER THE  
PHONE (503) 345-7031  
OEA@PROJECTACCESSNOW.ORG**



# ¿NECESITA SEGÚRO MEDICO?

- ¿Ha perdido la cobertura médica que tenía a través de su trabajo?
- ¿Ha cambiado su ingreso y ahora no puede pagar sus primas mensuales?
- ¿Actualmente sin seguro médico y buscando cuidado de salud?





**ESTAMOS AYUDANDO A LOS CLIENTES  
POR TELEFONO (503) 345-7031  
OEA@PROJECTACCESSNOW.ORG**





# Technology Information:

**STUDENT**  
**HELP DESK**

 **Phone**  
(503) 356-4656

 **Email**  
shd@beaverton.k12.or.us

 **Hours**  
M-F 8:30 a.m. - 3:30 p.m.

 **BEAVERTON**  
SCHOOL DISTRICT

## Who do I contact if my password is not working?

Please call the Student Help Desk at (503) 356-4656.

## What if the Chromebook has a black screen but the blue power light is on?

- Plug the Chromebook into a power supply.
- Confirm the device is receiving power.
- Leave it alone for 5-10 minutes, then try powering it on.
- If it still will not turn on try holding the "refresh" button and press the power button.

## How can I download a PDF from Canvas?

- Right click on the link to the PDF, select *Save to* and choose the Downloads folder.
- Confirm the file is in the Downloads folder.

# Beaverton Community Resources

## Covid-19 Current

Categories	Places that Help	Phone Number	Comments
<b>Multi-Service Centers</b>  <i>Centros de Multiservicio</i>	Dept. of Human Services Self-Sufficiency Offices <b>Beaverton</b> <b>Hillsboro</b> <b>Tigard</b>	(503) 646-9952 (503) 693-4555 (503) 670-9711	Food stamps, Cash Aid, Temporary Cash Assistance (TANF), Oregon Health Plan.  Estampillas de Comida
	Washington County Community Action	(503) 648-6646	Information, energy asst., emergency rent asst, food. <i>Se Habla Español</i>
	Family Resource Centers <b>Tigard</b>	(503) 603-1585	Referrals, information, food, housing, parenting classes, clothing, diapers, energy assistance. <i>Múltiples Recursos</i>
<b>Employment</b>	Oregon Employment Department	(877) 345-3484	<a href="https://www.oregon.gov/employ/unemployment/pages/default.aspx">https://www.oregon.gov/employ/unemployment/pages/default.aspx</a>
<b>Food Resources</b>  <i>Comida</i>	Care to Share (9-12pm & 12:30-3pm)	(503) 591-9025	Information about local food banks and resources. Includes delivery options in some areas
	Beaverton School District Emergency Meal Distribution		<a href="https://www.beaverton.k12.or.us/departments/public-safety/emergency-preparedness/coronavirus/covid-19-emergency-meal-plan">https://www.beaverton.k12.or.us/departments/public-safety/emergency-preparedness/coronavirus/covid-19-emergency-meal-plan</a>
<b>General Information Lines</b>	<u>211</u>	<b>Dial 211</b> Or (866) 698-6155  <b>TEXT</b> your zip code to 898211	Info & referrals for health care services, emergency social needs, mental health & dental help, WIC, housing. <i>Se Habla Español</i>
<b>Children &amp; Families</b>	WIC Washington County Women, Infants and Children	(503) 846-3555  <i>Se Habla Español</i>	Food vouchers, breastfeeding classes, breast pumps, parenting classes.  <a href="http://www.co.washington.or.us/HHS/WIC/">www.co.washington.or.us/HHS/WIC/</a>
	Emergency Child Care	Call 211, select "Child Care"  Text "children" or "niños" to 898211	Essential Workers are prioritized to receive Emergency Child Care (ex. first responders, emergency workers, health care professionals, etc) HOURS: Monday – Friday: 7 a.m. to 11 p.m.; Saturday – Sunday: 8 a.m. to 8 p.m.
<b>Housing</b>  <i>Recursos de Vivienda</i>	Dept. of Housing Services Washington County	(503) 846-4794	Information on housing options.
	Community Action	(503) 615-0770	Housing assistance, case mgmt, shelter information/waitlist. Emergency rent assistance.

	Community Connect	(503) 640-3263	A countywide coordinated entry system for housing and homeless services.
<b>Utilities</b> <i>Recursos para Servicios Publicos</i>	Care to Share	(503) 726-0407	Utility assistance.
	Community Action	(503) 615-0771	Energy assistance.
	Salvation Army	(503) 640-4311	Energy and water assistance.
	Internet Essentials	English: (855) 846-8376 Spanish: (855) 765-6995	Free internet
<b>Transportation</b>	Ride to Care (Healthshare)	(855) 321-4899	Free transportation to and from your medical appointments.  <a href="http://www.ridetocare.com">www.ridetocare.com</a>
	Tri-County MedLink (Open card, Cawem plus)	(866) 336-2906	<a href="http://www.internetessentials.com">www.internetessentials.com</a>
	Ride Connection (Non-medical appts)	(503) 226-0700	
<b>Legal Assistance</b>  <i>Servicios Legales</i>	Legal Aid	(503) 640-4115	Free legal assistance.
	Tenant Advice Hotline (M,W 9-12)	(503) 648-7723	<i>Se Habla Español</i>
	Child Support Hotline (M 1-4)	(800) 383-1222	<i>Se Habla Español</i>
	Renters Rights Hotline	(503) 288-0130	M, W, F, Sat 1-5pm, Tues 6-8pm
	St. Andrew Legal Clinic	(503) 648-1600	Low cost legal consultation.
	Immigration Counseling Services	(503) 221-1689	Low cost assistance for immigration issues.
<b>Medical Insurance</b> <i>Seguro Medico</i>	Oregon Health Plan	(800) 699-9075  <i>Se Habla Español</i>	State medical insurance applications and eligibility information. <a href="http://healthcare.oregon.gov/Pages/index.aspx">healthcare.oregon.gov/Pages/index.aspx</a>
	Project Access Now	(503) 345-7031	Health Insurance Enrollment <a href="http://www.projectaccessnow.org">www.projectaccessnow.org</a>
<b>Counseling Services</b>  <i>Servicios de Consejeria</i>	Morrison Child & Family Services: Telehealth Only	(503) 258-4381	Counseling and support services. OHP accepted.
	Sequoia Mental Health Services: Telehealth Only	(503) 591-9280	Counseling and support services. OHP accepted.
	Lifeworks NW Intake: Telehealth Only	(503) 645-9010	Multiple locations. <i>Se Habla Español</i>
	NW Counseling and Assoc: Telehealth Only	(503) 444-8230	Accepts OHP and Private insurance
	AA Online Meetings		<a href="http://aa-intergroup.org/directory.php">http://aa-intergroup.org/directory.php</a>

<b>Crisis Services</b>	Washington County Crisis Line	(503) 291-9111	Provides assessment, crisis intervention, referrals to local resources and treatment. Works closely with other community crisis services like the Crisis Team, 911 and local ERs.
	Hawthorn Walk-In Center <i>**Due to Covid-19 services are NOT provided on site or in person</i>	(503) 291-9111	Contact WA County Crisis line to connect to phone or video services
	National Suicide Prevention Lifeline	(800) 273-TALK (8255)	
	Oregon Youth line	(877) 968-8491 or text: teen2teen to 839863	
	Oregon Warmline	(800) 698-2392	"Our caring team of trained peers offers nonjudgmental and confidential peer support every day."
<b>Domestic Violence</b>  <i>Línea de Crisis</i>	DVRC: Domestic Violence Resource Center	(503) 469-8620 (503) 469-8600	24-hour DV crisis line. If are co-quarantined with an abuser, please reach out. <a href="http://www.dvrc-or.org">www.dvrc-or.org</a>
	Call to Safety	(503) 235-5333 (888) 235-5333	24 hour crisis line; supports callers of all genders; <a href="https://calltosafety.org/">https://calltosafety.org/</a>
	Family Justice Center WaCo	(503) 430-8300	DV support.
	National Domestic Violence Hotline	1-800-799-7233  Text LOVEIS to 22522	
	SARC: Sexual Assault Resource Center	(503) 640-5311	24/7 confidential, anonymous support for survivors of sexual assault <a href="http://www.sarcoregon.org/resources/24-hour-support-line/">http://www.sarcoregon.org/resources/24-hour-support-line/</a>
<b>Health Clinics</b>  <i>Clinica de Salud</i>	Neighborhood Health-Beaverton	(503) 848-5861	<a href="http://www.nhcoregon.org/">http://www.nhcoregon.org/</a>
	Neighborhood Health- Hillsboro	(503) 941-3016	
	Virginia Garcia Clinic Beaverton Hillsboro	(503) 352-6000 (503) 601-7400	Medical care for OHP patients and the uninsured. <i>Se Habla Español</i>
<b>Disability, Aging, and Veterans</b>	Military Help Line	888-457-4838 Text MIL1 to 839863	Call 24/7 Text 8am-11pm PST daily
	Senior Loneliness Line	(503) 200-1633	

# COPING WITH THE STRESS OF AN INFECTIOUS DISEASE OUTBREAK

## What You Should Know

When you hear, read or watch news about an outbreak of an infectious disease, you may feel anxious and show signs of stress. These signs of stress are normal and may be more likely or pronounced for people who live in or have loved ones living in parts of the world affected by the outbreak. In the wake of an infectious disease outbreak, monitor your own physical and mental health. Know the signs of stress in yourself and your loved ones. Know how to relieve stress, and know when to get help.

## SIGNS OF STRESS

The following are behavioral, physical, emotional and cognitive responses that are all common signs of anxiety and stress. You may notice some of them during this time.

### Your Behavior: You may experience:

- An increase or decrease in your energy and activity levels
- An increase in your use of alcohol, tobacco or illegal drugs
- An increase in irritability, with outbursts of anger and frequent arguing
- Trouble relaxing or sleeping
- Frequent crying
- Excessive worrying
- Wanting to be alone most of the time
- Blaming other people for everything
- Difficulty communicating or listening
- Difficulty giving or accepting help
- An inability to feel pleasure or have fun

### Your Body: Your body shows stress by:

- Having stomach aches or diarrhea
- Having headaches and other pains
- Losing your appetite or eating too much
- Sweating or having chills
- Getting tremors or muscle twitches
- Being easily startled

### Your Emotions: You might be:

- Anxious or fearful
- Feeling depressed
- Feeling guilty
- Feeling angry
- Feeling heroic, euphoric or invulnerable
- Not caring about anything
- Feeling overwhelmed by sadness

### Your Thinking: You might be:

- Having trouble remembering things
- Feeling confused
- Having trouble thinking clearly and concentrating

## HOW TO RELIEVE STRESS

You can manage and alleviate your stress by taking time to take care of yourself. The following strategies can help.

### Keep things in perspective

Set limits on how much time you spend reading or watching news about the outbreak. You will want to stay up to date on news of the outbreak, particularly if you have loved ones in places where many people have gotten ill, but make sure to take time away from the news to focus on things in your life that are going well and that you can control.

### Stay Informed - Get the facts

You may turn to your family doctor, a local health department, government agencies or an international organization. These two organizations are credible sources of information.

- World Health Organization (WHO), <https://www.who.int>
- Centers for Disease Control and Prevention (CDC), <https://www.cdc.gov>

### Keep yourself healthy - take care of yourself and your family

Protecting yourself from COVID-19 involves the same precautions known to protect against the common cold or seasonal flu. Help prevent yourself and loved ones from getting sick by following these tips:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth.
- Disinfect frequently touched objects and surfaces, using a cleaning spray or wipe.

### Use practical ways to relax

- Relax your body often by doing things that work for you -
- Take deep breaths, stretch, meditate, wash your face and hands, or engage in pleasurable hobbies. Pace yourself between stressful activities, and do a fun thing after a hard task.
- Use time off to relax - eat a good meal, read, listen to music, take a bath or talk to family.
- Talk about your feelings to loved ones and friends often.
- Take care of your physical health to help lower your stress.
- Take a break to focus on positive parts of your life, like connections with loved ones.
- Eat healthy foods, and drink water
- Avoid excessive amounts of caffeine and alcohol
- Get physical exercise

### Pay attention to your body, feelings and spirit

- Recognize and heed early warning signs of stress.
- Recognize how your own past experiences affect your way of thinking and feeling about this event, and think of how you handled your thoughts, emotions and behavior around past events.
- Know that feeling stressed, depressed, guilty or angry is common after an event like an infectious disease outbreak, even when it does not directly threaten you.
- Connect with others who may be experiencing stress about the outbreak.
- Talk about your feelings about the outbreak, share reliable health information and enjoy conversation unrelated to the outbreak to remind yourself of the many important and positive things in your lives.
- Take time to renew your spirit through meditation or helping others in need.

[WWW.BIT.LY/CASCADIAEAP](http://WWW.BIT.LY/CASCADIAEAP)



If you are experiencing a mental health crisis, you may contact the following resources:

1. *Washington County 24hr Crisis Line 503 291-9111*
2. *National Suicide Prevention Lifeline 1-800-273-TALK (8255)*  
*The Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress. An online chat option is available at <http://www.suicidepreventionlifeline.org/chat>*