



Veteran Quick Resource List

For additional resources please visit namimultnomah.org/resources.

Crisis Resources

- Multnomah County Crisis Line 503-988-4888
Ask for Project Respond's Mobile Crisis Team
- Veterans Crisis Line 1-800-273-8255 and press 1
Or text 838255
- Lines for Life Military Helpline..... 888-457-4838 (24/7)
Or text MIL1 to 839863 (8AM-11PM PST)
- Lines for Life Alcohol and Drug Helpline 800-923-4357 (24/7)
Or text RecoveryNow to 839863 (8AM-11PM PST)
- Emergencies Requiring **ECIT** Police Assistance..... 9-1-1
*Ask for emergency responders that have received **Enhanced Crisis Intervention Training** because they have additional training and experience with mental health emergencies.*

Hospitals with Psychiatric Units

- VA Portland Health Care System 503-220-8262
3710 SW U.S. Veterans Hospital Road, Portland, OR 97239
- Cedar Hills (does NOT accept the Oregon Health Plan) 503-944-5000
- Providence NE 503-574-9235
- Providence St. Vincent..... 503-216-1234
- Unity Center..... 503-944-8000

NAMI Affiliate & State Organizations

- NAMI Clackamas County..... 503-344-5050
- NAMI Multnomah 503-228-5692
- NAMI SW Washington..... 360-695-2823
- NAMI Washington County 503-356-6835
- NAMI Oregon 503-230-8009

Health and Treatment Options

- VA Portland Health Care System 503-220-8262
- VA Portland Mental Access and Triage Line 503-220-8262, ext. 56409
- Vet Center Call Center..... 877-WAR-VETS (927-8387)
Vet Center new appointments and locator assistance



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Additional Treatment Options

Portland Vet Center	503-688-5361
Salem Vet Center	503-362-9911
Vancouver Campus of VA Portland Health Care System	360-696-4061
<i>1601 E 4th Plain Blvd, Vancouver, WA 98661</i>	
Returning Veterans Project.....	503-954-2259
Portland Veterans Acupuncture Project.....	503-538-4524
PTSD Veteran Line	877-717-PTSD (7873)
<i>Providing support 24/7 for Active Duty, Reserves, National Guard, Veterans and their families battling the unseen wounds of war. Groups in Hillsboro and Happy Valley.</i>	

Military Sexual Trauma Resources

Portland VA Medical Center MST Line	503-220-3476
<i>Coordinators Cody Graham, LCSW and Aysha Crane, LCSW may be reached at 503-220-8262 ext. 52551/Cody.Graham@va.gov and Aysha.Crain2@va.gov, respectively.</i>	
Roseburg VA Medical Center MST Coordinator	541-440-1000 ext. 40241
White City VA Medical Center MST Coordinator	541-826-2111 ext. 3907
Oregon VA MST Coordinator – Female Primary.....	pctc.vba@va.gov
Oregon VA MST Coordinator – Male Primary.....	adam.crouse@va.gov
Oregon VA MST Coordinator – Male Alternate.....	shawn.kreilkamp@va.gov
DoD Safe Helpline.....	877-995-5247
<i>DSN users can call Safe Helpline by dialing 877-995-5247. For those unable to call toll-free or DSN, call 202-540-5962. There is an online chat option and an app as well.</i>	

[VA Military Sexual Trauma Webpage](#)

[VA Mental Health Military Sexual Trauma Webpage](#)

[Disabled American Veterans \(DAV\) MST Resources](#)

[Protect Our Defenders](#)

[Make the Connection Effects of Military Sexual Trauma Webpage](#)

[National Sexual Violence Resource Center Military Sexual Trauma Resource List](#)

[Beyond MST app](#)



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Compensation and Pension Benefit Support

- Multnomah County Veteran Services (VSO) 503-988-VETS(8387)
The goal of the Veterans Services Office is to provide benefits information, assistance and advocacy to all who have served and their families. Many Veterans are unsure of their entitlement to benefits so we ask that anyone who identifies as having served to contact our office to be directed to an appropriate resource.
- Clackamas County Veteran Services (VSO)..... 503-650-5631
- Cascadia Disability Law 503-891-8376 or 800-891-0867
- Paralyzed Veterans of America..... 800-424-8200 Benefits Hotline 866-734-0857
www.pva.org

Shelters and Employment Services

- Do Good Multnomah (*veterans' overnight shelter*) 503-490-0285
- National Call Center for Homeless Veterans 877-424-3838
National hotline; Veterans who are homeless can get help finding mental health care at a Veterans drop-in center by contacting the Call Center or by visiting www.va.gov/homeless
- Community Resource and Referral Center (CRRC) 503-808-1256 or 800-949-1004
Services for Veterans and their families who are homeless or at risk of being homeless.
- Transition Projects Inc..... 855-425-5544 or 503-280-4700
- Veterans and Family Center (Salvation Army) 503-239-1259
- Supportive Services for Veteran Families (SSVF) 503-397-3511
- Homeless Veterans' Reintegration Program..... 971-317-9660 or 971-304-7140
- Easter Seals of Oregon Homeless Veterans Reintegration Program 503-280-6067
- Women's SAFES (*women's overnight shelter*) 503-227-8681
- Cascadia 503-238-0769
Offers group homes, apartments with staff, and regular apartments for mental health peers only.
- Central City Concern (*apartments*) 503-525-8483
- Habitat for Humanity (*builds houses for those with low income*) 503-287-9529
- Human Solutions (*apartments and utility assistance*) 503-548-0200
- Innovative Housing (*apartments*) 503-226-4368
- Luke Dorf..... 503-726-3764
Offers group homes, apartments with staff, and regular apartments for mental health peers.



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Legal Resources

- Disability Rights Oregon..... 503-243-2081
Assists when someone's being discriminated against based on a disability.
- Legal Aid 503-224-4086
- Multnomah County Public Guardians 503-988-4567
Provides information about third-party guardians and about guardianships in general.

Miscellaneous Services

- Semper Fi and America's Fund (All Branches) semperfund.org
- Crossroads Cupboard (food boxes) 503-257-9345
- David Romprey Warm Line (non-emergency peer listening line) 800-698-2392
- Folk Time (day center for mental health peers) 503-238-6428
- Gateway Center (resources for those experiencing domestic violence) 503-988-6400
- Hollywood Senior Center (age 60+ day center) 503-288-8303
- Independent Living Resources (ILR) 503-232-7411
Offers case management, classes, and groups for those with disabilities.
- Lupine Case Management (case management) 503-284-1039
- Mental Health Association of Oregon 503-922-2377
Offers peer support specialist matching service and peer advocacy.
- Northstar 971-271-7273
Offers a Clubhouse for mental health peers, job skills, community, etc.
- Oregon Health Plan (OHP) 503-945-5772
- Project Access Now (OHP sign up help) 503-345-6553
- St. Francis Dining Hall (meals, homeless day services, case workers) 503-234-2028
- Tri-Met Lift..... 503-962-8000
- Q Center (resources for the local LGBTQ+ community) 503-234-7837