



Resources For Oregon Women

This list of agencies and phone numbers features State of Oregon resources for women. If you are looking for general assistance, including nonprofit, government, and other programs, please go to the 211info.org web page, or call 211.

Nutrition

Food Stamps (SNAP)

[Apply online here](#)

For questions regarding SNAP call: [503-945-5600](tel:503-945-5600)

WIC (Women Infants and Children)

Call your local county WIC department about applications.

For general questions, call [971-673-0040](tel:971-673-0040)

Food Banks

Oregon food banks can be found [here](#) or by calling [503-282-0555](tel:503-282-0555).

Employment

Unemployment

Visit the [Oregon Unemployment](#) website or visit [this site](#) to find local unemployment insurance centers.

Jobs

Oregon's [Employment Department](#) has links to job fairs, and other resources. They can also be contacted at [1-800-237-3710](tel:1-800-237-3710).

[Work Source Oregon](#) is a great resource for job opportunities and other employment related questions.

Housing

Housing

[Oregon Housing and Community Services](#) can be found online or by phone at [503-986-2000](tel:503-986-2000). Their office is located in Salem at 725 Summer Street NE, Suite B, Salem, OR 97301.

Other state housing resources can be found [here](#).

Utilities

For state energy assistance [apply here](#).

General State Resources

Program Eligibility

Oregonhelps.org is a prescreening tool to estimate eligibility for state assistance programs.

General Assistance

[Temporary Assistance to Needy Families](#) provides temporary benefits for needy families.

Safety

Domestic Violence

The [Oregon Coalition Against Domestic and Sexual Violence](#) provides information and services on shelter and resources for victims of violence. For immediate assistance call [1-888-235-5333](tel:1-888-235-5333).

In Oregon, domestic violence help can be found by [county](#) including resources and legal aid. A list of organizations by county is [here](#). You can always contact DHS (the Department of Human Services) at [503-945-5944](tel:503-945-5944).

The [Domestic Violence Resource Center](#) has resources for individuals and families affected by domestic violence. Their number is [503-640-5352](tel:503-640-5352). For crisis help, contact [1-866-469-8600](tel:1-866-469-8600) (toll free).

Human Trafficking

[National Human Trafficking Resource Center](#) can be contacted at [1-888-3737-888](tel:1-888-3737-888). OATH-Oregonians Against Trafficking Humans has resources for those that are victims of human trafficking and can be found [online](#) or by contacting [503-793-9221](tel:503-793-9221). In [Central Oregon](#). To reach the Oregon Human Trafficking Task Force call [503-251-2479](tel:503-251-2479).

Sexual Assault

The [Oregon Sexual Assault Task Force](#) provides information on preventing sexual assault and can be contacted at [503-990-6541](tel:503-990-6541).

Legal Aid

[Legal Aid Services of Oregon](#) provides legal representation for low-income clients throughout Oregon. You can contact find contact numbers [here](#).

Healthcare

Physical Health

[Planned Parenthood](#) clinics in Oregon by town offer healthcare resources for women. To contact by phone, call [1-800-230-PLAN](#).

Mental Health

[Mental Health Services](#) from the state (or here) can be contacted at [503-945-5763](#).

Veterans

Women Veterans can look [here](#) for healthcare information or call [1-800-828-8801](#).

Insurance

Oregon Health Plan (Medicaid)

[Apply here online](#) or [here to request paper copy in your county](#)

Oregon Health Plan Standard

[Click here to add your name to the reservation list](#)

For questions regarding the Oregon Health Plan call, [503-945-5772](#).

Children's Insurance

For children, check out [Oregon Healthy Kids](#) online or contact them at [1-877-314-5678](#).

Education

General Education and Degrees

Oregon [GED information](#) or contact by phone at [503-378-8648](#).

Here's a [list of adult education schools](#) in Oregon.

Job Training

Adult basic skills programs can be found [here](#) or contacted by phone at [503-378-8648](#).

Children

Child Care

For help with subsidized child care fill out the application for [Employment Related Day Care](#) or call [1-800-342-6712](tel:1-800-342-6712) to be connected to your local Child Care Resource and Referral Center.

School Information

Oregon school districts can be found [here](#) along with a list of schools.

You can call [503-588-2800](tel:503-588-2800) with questions.

Applications for free or reduced cost school lunches can be found either on paper or [online](#). Call [503-947-5600](tel:503-947-5600) with questions.

[Summer Meals](#) for kids are available. Call [1-800-SAFENET](tel:1-800-SAFENET) with questions.

Child Support

Information can be found on the [Child Support Services](#) website and contact offices can be contacted at [1-800-850-0228](tel:1-800-850-0228).

Business

Small Business

Certification and Opportunities

[Minority Women and Emerging Small Business](#) is geared towards helping women and minority businesses succeed through certification and contracting opportunities. Their contact number is [503-986-6524](tel:503-986-6524).

Government

Citizen Representation

The Governor's Citizen Representative Office can be contacted at [503-378-4582](tel:503-378-4582).

The [Governor's Affirmative Action Office](#) works to support the rights of all persons in Oregon. They can be contacted at [503-986-6524](tel:503-986-6524).

General Information

[Oregon Blue Book](#) provides information about government. This guide is published biannually by the Oregon State Archives.

Note: Keep in mind numbers may change. All numbers are linked to contact pages to provide other forms of contact and updated numbers if necessary.

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