



STATE/NATIONAL RESOURCES AND PROGRAMS				
Resource	Description	Organization	URL	Contact
Veterans Crisis Line	Online Mental Health and Suicide Prevention Resource. Toolkit available for veterans, their families, and caregivers of veterans. 24/7 veterans Crisis Line that provides 24/7 confidential support at 988 and Press 1, or text 838255.	U.S. Department of Veteran Affairs	<a href="https://veteranscrisisline.net">veteranscrisisline.net</a>	Call 988 and press 1, or text 838255 to receive 24/7 confidential support
Suicide Prevention Lifeline	Helps connect veterans to support groups local to their area. Provides online safety plan to help veterans be prepared when crisis arises. Offers confidential services to veterans who are experiencing or are at risk for experiencing homelessness. Resources provided for people caring for a veteran who is in crisis.	Substance Abuse and Mental Health Services Administration (SAMHSA)	<a href="https://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a>	1-800-273-8255
VHA Mental Health Care	Through VA Portland's Mental Health Division, the staff aims to treat all Veterans completely. The Mental Health services includes consultation, evaluation and treatment for a variety of issues that can impact emotional well-being. We conduct research and training to ensure state-of-the-art treatment	U.S. Department of Veteran Affairs	<a href="https://portland.services.va.gov/portland-health-care/health-services/mental-health-care/">Portland services: va.gov/portland-health-care/health-services/mental-health-care/</a>	(503) 945-5772
Vet Centers	Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling to eligible Veterans, active duty service members, including National Guard and Reserve components, and their families.	U.S. Department of Veteran Affairs	<a href="https://vetcenter.va.gov">vetcenter.va.gov</a>	1-877-927-8387
Senior Loneliness Line	Free statewide call service is for Oregonians 55 and older. Provide ongoing support, resources or just listen.	Lines for Life and Oregon Health Authority	<a href="https://seniorlonelinessline.org">seniorlonelinessline.org</a>	(503) 200-1603 or 1-800-282-7035
Aging and Disability Resource Connection (ADRC)	Educates people about services for aging or disability. Available to any Oregonian regardless of income. Provides resources available based on needs.	Oregon Department of Human Services	<a href="https://adrcforegon.org">adrcforegon.org</a>	1-855-673-2372 or <a href="mailto:ADRC.WebMessages@state.or.us">ADRC.WebMessages@state.or.us</a>
Military Helpline	Regional non-profit dedicated to preventing substance abuse and suicide. Offers a 24-hour crisis line for those in need of confidential help. Provides prevention services of prescription drug abuse.	Lines for life	<a href="https://www.linesforlife.org">www.linesforlife.org</a>	1-800-273-8255 or 1-888-457-4838
Oregon Care Partners	Free education resource that helps family and caregivers build knowledge for elderly care in Oregon. Classes offered provide information that is evidence based for caregivers and families to use.	Oregon Care Partners	<a href="https://oregoncarepartners.com">oregoncarepartners.com</a>	1-800-930-6851 or <a href="mailto:info@oregoncarepartners.com">info@oregoncarepartners.com</a>
National Alliance of Mental Illness of Oregon (NAMI)	Independent grassroots organization that improves quality of life for those living with mental illness. Offers free programs through 15 local chapters in Oregon, both in person and online.	National Alliance of Mental Illness (NAMI)	<a href="https://namior.org">namior.org</a>	(503) 230-8009 or 1-800-343-6264 or <a href="mailto:namioregon@namior.org">namioregon@namior.org</a>
Substance Abuse and Mental Health Administration (SAMHSA)	Agency that advances efforts of behavioral health. Works to reduce impact of mental and substance use disorders on communities. Helps improve live of individuals living with/or in recovery from mental illness and substance use disorder.	U.S. Department of Health and Human Services	<a href="https://samhsa.gov">samhsa.gov</a>	1-800-662-4357 or 1-800-487-4889
Oregon Health Authority Behavioral Services	Provides multiple resources related to trauma, substance abuse, mental illness, and more. Available resources for individuals, families, and professional caregivers. Resources categorized for adults, children, veterans, and families.	Oregon Health Authority	<a href="https://oregon.gov/oha/HSD/AMH/Pages/index.aspx">oregon.gov/oha/HSD/AMH/Pages/index.aspx</a>	(503) 945-5772
988	Nationwide, 3-digit dialing code for Americans in crisis to connect with suicide prevention and mental health crisis counselors. Number will be available in Oregon effective July 16, 2022.	Federal Communications Commission	<a href="https://oregon.gov/oha/HSD/AMH/Pages/988.aspx">oregon.gov/oha/HSD/AMH/Pages/988.aspx</a>	Dial 988 then Press 1



ODVA RESOURCES AND PROGRAMS				
Resource	Description	Org.	URL	Contact
Veteran Service Offices	Filing a claim is a free service provided by local County and Tribal Veteran Service Offices (CVSO's), and national veteran service organizations who are accredited by the federal VA and certified by the State of Oregon. In addition to filing claims, Veteran Service Officers are available to assist with learning about other veteran benefits and resources. To schedule an appointment, please contact the office nearest you.	County and Tribal Veteran Service Offices in partnership with ODVA	<a href="#">Locate a Veteran Service Office Oregon: oregon.gov/odva/Services/Pages/default.aspx</a>	
LGBTQ+ Veterans	ODVA's LGBTQ+ Veterans Service Office provides a wide range of confidential benefit counseling and support services, including assisting veterans with discharge upgrades and claim development that includes addressing the impacts of Don't Ask, Don't Tell (DADT). As a proud ally of the LGBTQ+ veteran community, ODVA is also working to build a network of advocates and other allies to serve and support Oregon's LGBTQ+ veterans and their families.	Ian Michael, ODVA	<a href="#">oregon.gov/odva/Resources/Pages/LGBTQ-Veterans.aspx</a>	(503) 373-2327 (office) or (971) 720-9016 (cell) or <a href="mailto:ODVA_LGBTQvets@odva.oregon.gov">ODVA_LGBTQvets@odva.oregon.gov</a>
Aging Veterans	ODVA is committed to honoring the legacy of service through advocacy and services for both veterans and their families. That advocacy begins with ensuring that veterans and their families know about the state and federal benefits and services they may be entitled to. Veteran benefits can positively impact both the veteran and their family's life — emotionally, financially and physically.	Lacey Carter, ODVA	<a href="#">oregon.gov/odva/Resources/Pages/Aging-Veterans.aspx</a>	(503) 5 80-7143 or <a href="mailto:ODVA_AVS@odva.oregon.gov">ODVA_AVS@odva.oregon.gov</a>
Women Veterans	ODVA's Women Veterans' Coordinator is a special advocacy position that serves to provide outreach and raise awareness on issues and barriers that many women veterans face while accessing their earned benefits or resources. This includes assisting women veterans with accessing services and programs through local, state, and federal VA partnerships and interagency collaboration.	Jessica Bradley, ODVA	<a href="#">oregon.gov/odva/Resources/Pages/Women-Veterans.aspx</a>	(503) 931-5780 or <a href="mailto:ODVA_ORWOM-ENVETS@odva.oregon.gov">ODVA_ORWOM-ENVETS@odva.oregon.gov</a>
Houseless Veterans	The Houseless Veteran Coordinator advocates for the needs of veterans experiencing or at risk of houseless. Provides direct service to veterans and their families seeking Veteran's benefits or documentation of service and access to local VA and community homeless service providers & low-income assistance programs.	James Connolly, ODVA	<a href="#">oregon.gov/odva/Resources/Pages/Homeless-Veterans.aspx</a>	(971) 388-8219 OR <a href="mailto:ODVA_SVSSA-lem@odva.oregon.gov">ODVA_SVSSA-lem@odva.oregon.gov</a>
Incarcerated Veterans	Incarcerated Veteran Coordinators provide services for veterans to lessen the impact of their incarceration in Oregon DOC facilities, including assistance on VA claims and appeals, benefit reductions to avoid overpayments during incarceration, apportionments to assist families and dependents while the veteran is incarcerated, and assistance with transition back to the community after incarceration.	Patrick McGuffin, ODVA or Kim McKandes, ODVA	<a href="#">oregon.gov/odva/Resources/Pages/Justice-Involved-Veterans.aspx</a>	(503) 931-7285 (Patrick) or (503) 689-3362 (Shane) or <a href="mailto:Incarcerated.VETS@odva.oregon.gov">Incarcerated.VETS@odva.oregon.gov</a>
Veteran Volunteer Program	A soon to be statewide network of volunteers trained to assist veterans and their families in recognizing potential earned benefits and services, and connect them to individuals and organizations for additional assistance.	Mark Newell, ODVA	<a href="#">oregon.gov/odva/Benefits/Pages/Volunteer-Program.aspx</a>	(503) 373-2057 or <a href="mailto:ODVA_VeteranVolunteer@odva.oregon.gov">ODVA_VeteranVolunteer@odva.oregon.gov</a>
Oregon Veterans' Emergency Financial Assistance Program	The Oregon Veterans' Emergency Financial Assistance Program (OVEFAP) is for veterans and their immediate family (spouse, unremarried surviving spouse, child, or stepchild) who are in need of emergency financial assistance. Assistance is granted one time only and average award amounts vary.	ODVA	<a href="#">Application: oregon.gov/odva/Documents/VS1024%20Oregon%20Veterans'%20Emergency%20Financial%20Assistance%20Program%20Application_02-2022.pdf</a>	503-373-2085