Other important telephone numbers

Health

**Alcohol and drug help line:**
1-800-923-HELP (4357)
www.orpartnership.org/helpline.asp

**Antibiotic resistance:**
AWARE
971-673-1111
http://public.health.oregon.gov/PreventionWellness/SafeLiving/AntibioticResistance/Pages/index.aspx

**Depression and anxiety:**
Postpartum Support International
1-800-944-4PPD
www.postpartum.net

Baby Blues Connection
1-866-616-3752
www.babybluesconnection.org

**Family planning:**
www.healthoregon.org/fp

**Hearing screening for newborns:**
Early Hearing Detection and Intervention (EHDI) Program
971-673-0268
TDD 971-673-0372
www.oregon.gov/dhs/ph/ch/hearing

**Immunizations:**
971-673-0300
www.healthoregon.org/imm

**National domestic violence hotline:**
1-800-799-SAFE (7233)
www.theline.org

Child Help USA
1-800-442-4453

**Newborn blood spot screening:**
503-693-4173

**Oregon Health Plan (health insurance):**
Dial 211 or call 1-800-723-3638
www.211info.org for your local branch office

**Healthy Kids (health insurance):**
1-877-314-5678
www.oregonhealthykids.gov

**Poison Center:**
1-800-222-1222

**Pregnancy loss and grief:**
Perinatal Loss Grief Watch
503-284-7426
www.griefwatch.com

Brief Encounters
503-699-8006
www.briefencounters.org

The Compassionate Friends
503-248-0102
www.tcfportland.org

Smoking Cessation Quit Line:
English 1-877-270-7867
Spanish 1-877-266-3868
TDD for hearing impaired: 1-877-777-6534
www.oregonquitline.org

Safety

**Child Safety Seat Resource Center:**
1-877-793-2608
www.actsoregon.org

**Crib Safety Hotline:**
1-800-638-2772
www.cpsc.gov

**Mercury in fish:**
Oregon Public Health Division
971-673-0482 or 1-877-290-6767
www.healthoregon.org/fishadv

**Latex allergies:**
www.latexallergyresources.org

**Lead poisoning prevention:**
1-800-368-5060
Portland metro area: 503-988-4000
www.healthoregon.org/lead

continued on next page
Other important telephone numbers (continued)

**Radon information and testing:**
971-673-0440
www.healthoregon.org/radon

**Safe drinking water:**
Oregon Public Health Division Drinking Water Program
971-673-0405
www.oregon.gov/DHS/ph/dwp
OSU Well Water Program
http://wellwater.orst.edu

**Safe environments:**
971-673-1001 (Oregon)
www.safekids.org

**Safe homes:**
971-673-1001 (Oregon)
www.safekids.org

**Safe sleep:**
Safe Sleep for Babies
971-673-0252

Back to Sleep campaign
1-800-505-CRIB (2742)
www.nichd.nih.gov/sids/

**Relationships**
The Black Parent Initiative
503-287-4126
www.thebpi.org

**Child abuse:**
Parent’s Anonymous
Portland metro area only
503-258-4557
Child Help USA
1-800-4-A-CHILD

**Child Care Resource and Referral Network:**
1-800-342-6712
www.oregonchildcare.org
Child Care Aware:
www.childcareaware.org/en

**Domestic violence hotline:**
1-800-799-SAFE (7233)

**Food and nutrition**

**Breastfeeding:**
www.oregon.gov/dhs/ph/bf
www.lalecheleague.org
www.womenshealth.gov/breastfeeding
www.nursingmotherscounsel.org

**Healthy fish guide:**
Oregon Public Health Division
971-673-0482
www.healthoregon.org/fishadv

**WIC (Women, Infants, Children supplemental nutrition program):**
Call 211 or 1-800-723-3638
www.211info.org
www.healthoregon.org/wic

**Other**

**Birth certificates:**
To order a birth certificate
971-673-1190
Heirloom certificates
971-673-1170

To make corrections
971-673-1169
To add father’s name
971-673-1155
www.healthoregon.org/chs

**Early hearing detection and intervention:**
http://public.health.oregon.gov/
healthypeoplefamilies/babies/healthscreening/
hearingsscreening/pages/parents.aspx