

## **STATE-WIDE GENERAL RESOURCE SHEET**

### **COVID-19 INFORMATION AND RESOURCES:**

- Oregon Health Authority COVID-19 Updates: <https://govstatus.egov.com/OR-OHA-COVID-19>
- Oregon Department of Human Services COVID-19 Information and Resources: <https://govstatus.egov.com/or-dhs-covid-19>
- Oregon Child Welfare COVID-19 Resources: <https://www.oregon.gov/DHS/CHILDREN/Pages/COVID-19.aspx>
- ABA Covid-19 Resources and Updates: <https://www.americanbar.org/groups/litigation/covid-19/>
- Family Justice Initiative Covid-19 Legal Tools: <https://familyjusticeinitiative.org/covid-19-legal-tools-2/>
- Reach Out Oregon Covid-19 Resources by county: <https://www.reachoutoregon.org/resources/>
- InterCommunity Health Network CCO Covid-19 Community Support Program: <https://www.ihntogether.org/in-your-community/covid-19-community-support-program>
- 211 Resource Guide for Covid-19 and other Resources by county: <https://www.211.org/>

### **MENTAL HEALTH:**

- Oregon Health Authority Suicide Prevention Resources: <https://www.oregon.gov/oha/ph/PreventionWellness/SafeLiving/SuicidePrevention/Pages/crisislines.aspx>

### **PARENTING:**

- Parenting Inside Out Link: <https://www.nwfs.org/community-engagement/parenting-inside-out.html>
- Parenting Resources: <https://www.zerotothree.org/resources?type=parenting-resources>
- Parenting Article: <https://imprintnews.org/child-welfare-2/family-visits-are-an-essential-service-for-youth-in-foster-care/41525>
- Dougy Center, Grief Assistance Info: [https://www.dougy.org/docs/Grief\\_during\\_COVID-19\\_LYGHT.pdf](https://www.dougy.org/docs/Grief_during_COVID-19_LYGHT.pdf)

**RECOVERY:**

- NA Meetings: <https://virtual-na.org/meetings/>
- Recovery Support, In the Rooms (ITR): <https://www.intherooms.com/home/category/community-and-meetings/>
- Recovery Tools: [https://recovertgether.withgoogle.com/?fbclid=IwAR0apKDPV0czHJXoe\\_k3kgM4sW-R\\_fvk8NgIhIsoWq03BKwOErkGivCx\\_Bo](https://recovertgether.withgoogle.com/?fbclid=IwAR0apKDPV0czHJXoe_k3kgM4sW-R_fvk8NgIhIsoWq03BKwOErkGivCx_Bo)

**FOOD NEEDS:**

- Where to find school meals in Oregon: [https://docs.google.com/spreadsheets/d/e/2PACX-1vQdNuwGk2d3GnFHMqWP5EOM4C9sTKriEoTXNlbCFjJuxHIOz8wKv89L-dtDAOf4IWcjI8QM82L-mOW3/pubhtml?gid=1537028636&single=true&widget=true&headers=false&urp=gmail\\_link](https://docs.google.com/spreadsheets/d/e/2PACX-1vQdNuwGk2d3GnFHMqWP5EOM4C9sTKriEoTXNlbCFjJuxHIOz8wKv89L-dtDAOf4IWcjI8QM82L-mOW3/pubhtml?gid=1537028636&single=true&widget=true&headers=false&urp=gmail_link)
- Oregon Food Bank Food Finder: <https://foodfinder.oregonfoodbank.org/>
- Food Finding Tools: <https://govstatus.egov.com/or-dhs-food>

**EDUCATION:**

- Community resources: <https://www.amazingeducationalresources.com/>
- Kids with disabilities: <https://factoregon.org/>