

Helpful Resources for Families

Local resources

Services and supports for adults and children with intellectual and developmental disabilities: Contact your local County Developmental Disability Program.

County Developmental Disability Program offices help with services for adults and children with Intellectual and Developmental Disabilities.

Aging and People with Disabilities offices and Area Agency on Aging offices help find resources including long-term and community-based care services and more.

Vocational Rehabilitation offices help individuals with physical, intellectual/developmental disabilities or both find and keep jobs that match their skills, interests and abilities.

Self-Sufficiency offices help with food benefits, cash for families, child care assistance, refugee services and domestic violence.

Child Welfare offices help with child safety assessments, family preservation, foster care, resource parents and relative caregivers, adoption and independent living.

Oregon.gov/DHS/Offices



Use 211info to connect with health and social services

211info connects people with health and social service organizations. Call 211 or 1-866-698-6155 24 hours a day/7 days a week, or text your zip code to 898211 (TXT211), Monday-Friday 9 a.m.-5 p.m.



Call the Parent Warmline to talk with parents who understand

Reach Out Oregon provides a warmline for parents who may need support or someone to talk to who understands. Reach Out Oregon is at 1-833-REACH-OR / 1-833-732-2467.



Call the ODHS SafeLine to report suspected abuse

Call 1-855-503-SAFE (7233) if you suspect an adult or child is being abused. This is a statewide 24/7 hotline to report abuse of any adult or child to the Oregon Department of Human Services (ODHS).



988 Suicide & Crisis Lifeline

If you or someone you know is struggling or in crisis, help is available 24/7. Call or text 988 or chat 988lifeline.org. The 988 Suicide and Crisis Lifeline offers compassionate care and support for anyone experiencing thoughts of suicide or self-harm, substance use, or any other kind of behavioral health crisis. You can also dial 988 if you are worried about a loved one who may need crisis support.



911

If you think someone is in danger or being hurt, call 911 immediately.