



Department of Human Services District 5 2019 Resource Sheet*



**This list includes some of the most common resources in Lane County but does not include everything. For a complete list of community resources contact [211info](http://211info.org).*

- 1) **Dial 211** for free, personal help M-F, 8 a.m. to 6 p.m. or
- 2) **Text** your zip code to 898211 M-F 9 a.m.- 5 p.m. (standard rates apply) or
- 3) **On-line** <http://211info.org/> and click on Lane County & "search" &/or
- 4) **Download the free app** on your smartphone

ALCOHOL, TOBACCO, DRUG & GAMBLING TREATMENT

- **Chrysalis (White Bird):** (541) 683-1641 ▪ 350 E. 11th Ave., Eugene
- **Emergence:** Drug Court: (541) 342-6987; Gambling Helpline: 1 (877) 695-4648 (MYLIMIT); Juntos (en español): (541) 741-7107; Eugene: (541) 393-0777; Springfield: (541) 746-4041; Cottage Grove: (541) 767-3057; Florence: (541) 997-8509
- **Oregon Tobacco Quit Line:** 1-800-QUIT-NOW / 1-800-784-8669; En español: 1-855-DEJELO-YA (1-855-335356-92)
- **Willamette Family Treatment Services:** Call or visit the Rapid Access Center for an assessment. (541) 762-4300 ▪ 195 W. 12th Ave., Eugene. Actual service locations vary. Services include: detox; residential or outpatient treatment; primary medical care; mental health; early childhood mental health; recovery support.

BASIC NEEDS (rent, utilities, food)

- **Catholic Community Services (CCS):** (541) 345-3628 ▪ Eugene: 1464 W. 6th Ave.; Springfield: 1025 G St.
- **Centro Latino Americano:** (541) 687-2667 ▪ 944 W. 5th Ave., Eugene
- **Eugene Mission:** (541) 344-3251 ▪ 1542 W. 1st Ave., Eugene
- **EWEB Utility Customer Care:** (541) 685-7000 ▪ 500 E. 4th Ave., Eugene
- **Lane County Low-Income Home Energy Assistance Program (LIHEAP):** (541) 682-3378
- **Food for Lane County (FFLC):** Main Office: (541) 343-2822 ▪ call for food box sites. The Dining Room (hot meal site): 270 W. 8th, Eugene ▪ call the Main Office for other locations & schedule
- **Homes for Good Housing Agency (formerly HACSA):** Eugene (541) 682-3755 ▪ 177 Day Island Rd.; Springfield (541) 682-4090 ▪ 300 W. Fairview Dr.
- **Looking Glass:** Crisis Line 24/7: (888) 989-9990; Counseling (541) 484-4428; New Roads Program (541) 686-4310 ▪ 941 W. 7th Ave., Eugene; Station 7: (541) 689-3111 ▪ 931 W. 7th, Eugene; Rural Program: (541) 767-3823 ▪ 508 E. Whiteaker Ave., Cottage Grove
- **St. Vincent de Paul Society Social Services:** Admin Office: (541) 687-5820 ▪ 2890 Chad Dr., Eugene; Social Service Office: (541) 689-6747 ▪ 456 Hwy. 99N, Eugene; Eugene Service Station: (541) 461-8688 ▪ 450 Hwy. 99N, Eugene; First Place Family Center: (541) 342-7728 ▪ 1995 Amazon Pkwy., Eugene
- **Shelter Care:** Housing: referrals go through the Coordinated Entry System Support Services and Day Center: (541) 686-1262 ▪ 499 West 4th Ave., Eugene
- **SUB Utility Project Share:** Administered through Catholic Community Services; available between November – April (541) 747-8349

DENTAL, MEDICAL & MENTAL HEALTH

- **Community Health Centers of Lane County:** (541) 682-3550 ▪ Various locations in Lane County.
- **Lane Community College Dental Clinic:** (541) 463-5206 ▪ 2460 Willamette St., Eugene
- **NAMI Lane County (National Alliance on Mental Illness):** (541) 343-7688 ▪ 2411 Martin Luther King Jr. Blvd., Eugene
- **Oregon Prescription Drug Assistance Program:** 1-800-913-4284
- **Planned Parenthood:** (800) 230-PLAN Eugene/Springfield: (541) 344-9411 ▪ 3579 Franklin Blvd., Eugene; West Eugene Health Center: (541) 463-9731 ▪ 793 N. Danebo Ave., Eugene; Cottage Grove: (541) 767-0566 ▪ 1450 Birch St.
- **Ride Source:** (541) 682-5566 or 7-1-1 (TTY) or (877) 800-9899 ▪ 240 Garfield St., Eugene
- **Suicide Prevention:** 1-800-273-8255 www.suicidepreventionlifeline.org
- **Veterans Medical Resources:** VA Clinic: 541-607-0897 ▪ 3355 Chad Dr., Eugene; Veterans Administration Behavioral Health: (541) 242-0440 ▪ 211 E. 7th Ave. Ste. 116, Eugene; Veterans Crisis Line: (800) 273-8255 #1
- **Volunteers in Medicine (VIM Clinic):** (541) 685-1800 ▪ 2260 Marcola Rd., Springfield
- **White Bird Clinic:** Medical: (541) 484-4800 ▪ 1400 Mill St., Eugene; Counseling: (541) 342-8255 ▪ 341 E. 12th Ave., Eugene; Dental: (541) 344-8302 ▪ 1400 Mill St.; Crisis Intervention Services: 541-687-4000 *crisis line 24/7 ▪ 341 E 12th Ave., Eugene; CAHOOTS: Call Non-Emergency Police Springfield (541) 726-3714 or Eugene (541) 682-5111

DOMESTIC VIOLENCE & SEXUAL ASSAULT RESOURCES

- **Lane Co. Legal Aid & Advocacy Center:** (541) 485-1017 ▪ 376 E. 11th Ave., Eugene
- **Lane Co. Victim Services Division:** (541) 682-4523 ▪ 125 E. 8th Ave., Rm 400, Eugene
- **Sexual Assault Support Services (SASS):** (541) 484-9791; 24-hour Crisis Line: (541) 343-7277, 1-844-404-7700 ▪ 591 W 19th Ave. Eugene
- **Womenspace:** 24-hour Crisis Line: (800) 281-2800; Office: (541) 485-6513 ▪ 1577 Pearl St., Eugene

PARENTING

- **211 is now doing Child Care Referrals:** Dial 211; Text the keyword *children* to 898211; Email: children@211info.org, or Visit: <http://211info.org/family>
- **Family Resource Centers:** for locations and hours call United Way (541) 741-6000 or visit <https://www.lanekids.org/family-resource-centers/>; locations are housed within school districts
- **Family Support and Connections (CCS):** (541) 345-3628 ▪ 1025 G St., Springfield
- **Head Start/Early Head Start:** various sites in Lane County. Admin Office: (541) 747-2425 ▪ 221 B. St., Springfield
- **LaneKids:** Website resource includes activity calendar, articles, blogs & more! www.lanekids.org
- **Parent Helpline:** visit <http://211info.org/family> or call 211 and listen for the parenting option
- **Parenting Now!:** (541) 484-5316 ▪ 86 Centennial Lp., Eugene
- **Relief Nursery:** (541) 343-9706 ▪ 1720 W. 25th Ave., Eugene and (541) 485-0007 ▪ 850 S. 42nd St., Springfield

Visit [Oregon Helps](http://211info.org/oregonhelps/) at <http://211info.org/oregonhelps/> to check if you could be eligible for several programs all at once.



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Please contact Department of Human Services Administration Office at (541) 687-7373 to report any updates (Last updated 1/2019).