

PARENT RESOURCES

EMERGENCY (POLICE, FIRE, AMBULANCE) 911

POISON CONTROL CENTER (Toll Free) 1-800-222-1222

ALCOHOL / DRUG ADDICTION

Al-Anon /Alateen.....1-800-344-2666
 Alcohol & Drug Helpline.....1-800-621-1646
 Alcoholics Anonymous.....1-877-770-1670
 Alcohol-Drug Treatment Referrals: National
 24 Hour Help & Referral Network
1-800-996-DRUG (3784)
 CTUIR A&D Treatment541-276-7990
 E. OR. Alcoholism Foundation ...541-276-3518
 E.O.A.F. Detox Center...278-2558 / 969-7764
 Linea de Ayuda.....1-877-515-7848
 Marigold: FFT.....541-276-5433
 Narcotics Anonymous.....1-800-766-3724
 New Horizons.....541-289-0190
 OR. Partnership A&D Helpline 800-923-HELP
 Parent Aid (Drug Testing through Pendleton
 Police Dept)541-276-4411
 TM Counseling & Consulting.....541-276-1022
 Umatilla County Human Services (Alcohol,
 Drug & Gambling Treatment & Prevention)
 Pendleton.....541-278-6330
 Hermiston.....541-564-9390
 Milton-Freewater.....541-938-3988
 Youthline / Youthlink 1-877-YOUTH-911

CAR SEAT SAFETY

Car Seat Safety Resource Center
 Gladstone, OR 1-800-772-1315
 Safe Kids Umatilla County541-278-6291
 Licensed techs are available by appointment to
 provide free car seat safety inspections at
 Oregon State Police..... 541-278-4090
 Hermiston Fire Dept.....541-567-8822
 Good Shepherd Hospital...541-667-3502
 UMCHS, Inc. 541-564-6878 or 1-800-559-
 5878

CHILD CARE INFO

CCR&R (Child Care Resource & Referral) and
 Early Head Start..... 1-800-559-5878
 Oregon Child Care Division.... 1-800-556-6616

EMERGENCY FOOD / SHELTER / MEDICAL

Agape House.....541-567-8774
 American Red Cross.....541-276-1211
 Athena Community Food Bank ..541-566-3422
 CAPECO (Community Action Program of East
 Central Oregon).....1-800-752-1139
 Confederated Tribes of the Umatilla Indian
 Reservation Soc. Services Div.....541-276-7011
 Echo Food Pantry..... 541-376-8411
 Helping Hand541-276-3418
 Housing Authority.....541-567-3241
 Milton-Freewater Bread Basket 541-938-3158
 Oregon DHS Self Sufficiency
 (SNAP/Food Stamps, OHP, TANF & Child
 Care Assistance) 1-866-395-4151
 (Herm: 541-567-2253, Pend: 541-276-9000)
 OHP only: 1-800-699-9075
 Ore. Human Dev. Corp.541-564-5662
 St. Mary's Outreach Pantry541-276-2878
 Salvation Army541-276-3369
 Tonya's House.....541-276-2900

FAMILY CRISIS

24-hr. Mental Health Crisis 1-866-343-4473
 To Report Child Abuse or Neglect to the DHS
 Child Welfare Services.....1-800-547-3897
 CW office Pend: 276-9220 Herm: 567-2253
 Domestic Violence/Sexual Assault 24 Hour
 Hotline.....1-800-833-1161
 Pend: 541-276-3322 Herm: 541-567-0424
 Consumer Credit Counseling... 1-800-782-8851
 Emergency Contraception 1-888-NOT-2-LATE
 Gambling Addiction Hotline...1-800-233-8479
 Guardian Care Center541-276-6774
 National Suicide Prevention Hotline
 1-800-273-TALK or 1-800-SUICIDE
 Oregon SafeNet.....1-800-723-3638
 Pioneer Relief Nursery.....541-215-1017
 Runaway Counseling Hotline....1-800-621-4000
 Umatilla County Youth Svcs.....541-278-5447
 Youth Services Talkline/Boys and Girls Aid
 Society.....1-800-342-6688

FAMILY COUNSELING / EMOTIONAL

SUPPORT / SUPPORT GROUPS

Anorexia/Bulimia Hotline.....1-800-452-5413
 Good Samaritan Ministries.....541-276-6671
 Homestead Youth & Family Services: Marigold
 Program/Eating Disorders/Body Image
 Concerns/A&D Counseling...541-276-5433
 Lifeways Umatilla, Inc:
 McNary.....541-922-6226
 Pendleton.....541-276-6207
 Toll Free 1-866-343-4473 (24 hr access)
 Lost & Found Youth Outreach...541-276-3987
 Military Helpline.....
 1-888-HLP-4-VET (1-888-457-4838)
 National Council on Child Abuse and
 Family Violence.....1-800-222-2000
 PFLAG Pendleton (Parents and Friends of
 Lesbians and Gays)541-966-8414
 Pendleton Professional Svcs.....541-278-2222
 Pioneer Relief Nursery.....541-215-1017
 SIDS: Sudden Infant Death Syndrome
 Oregon Chapter.....1-800-303-7437
HEALTH SERVICES & INFORMATION
 AIDS Hotline.....1-800-342-2437
 E.S.D. Early Intervention 1-800-927-5847
 G.S. Lactation Consultation.....541-667-3508
 *Healthy Kids Plan Outreach Partners
 *Healthy Start Umatilla County 541-564-6878
 *Mirasol Family Health Ctr.....541-567-1717
 *OCDC Hermiston541-567-5567
 *OCDC Milton-Freewater541-938-0280
 Oregon Health Plan.....1-800-359-9517
 Oregon Safenet 1-800-723-3638 (SAFENET)
 Oregon Tobacco Quit Line..800-QUIT- NOW,
 Spanish...1-877-2NO-FUME
 School Based Health Centers.....
 • Pendleton High School.....541-966-3857
 • Sunridge Middle School...541-966-3432
 Veteran's Services.....541-278-5482
 WIC (Women, Infant, & Children): food plus
 nutritional information for eligible pregnant and
 breastfeeding women and their children
 Pendleton office541-966-3354
 West End541-667-2545
 Milton-Freewater.....541-938-5595

HEALTH SERVICES (cont.)

Umatilla County Health Department offering:
 • Immunizations/Communicable Disease
 testing
 • Family Planning/Prenatal/Referral
 • Home Visit Programs: Babies First, CaCoon
 • Adolescent Health Education: My Future
 My Choice
 • AIDS/HIV/STD screening
 Hermiston.....541-567-3113
 Pendleton541-278-5432
 Yellowhawk Health Center..... 541-966-9830
HOSPITAL CARE
 Good Shepherd Hospital.....541-667-3400
 Kadlec Medical Center.....509-946-4611
 St. Anthony Hospital..... 541-276-5121
 St. Mary Medical Center..... .509-525-3320
 Walla Walla V.A. Med. Ctr.....1-888-687-8863
INFORMATION & REFERRAL
 BMCC GED/Diploma Info..... 541-278-5803
 Court Appointed Special Advocates
541-289-8850 ext 104
 Legal Problem Solvers1-800-452-7636
 Legal Aid Regional office.....541-276-6685
 State Div. of Child Support.....541-276-6932
 County Support Enforcement ...541-278-6281
 State Courts Family Law 541-278-0341(X240)
 Umatilla Cnty Mediation Svcs...541-278-6290
 Umatilla Cnty Veteran's Svcs...541-278-5482
 Youth Investment Program.....541-278-6291
PREGNANCY COUNSELING
 Boys & Girls Aid Society / Pregnancy
 Talkline.....1-800-342-6688
 Planned Parenthood.....1-800-230-PLAN
 Emergency Contraception.1-888-NOT-2-LATE
 Pregnancy Care Serv. Hermiston...541-567-2393
 Pregnancy Care Serv. Pendleton ...541-276-5757
SENIORS & PEOPLE W/ DISABILITIES
 ARC of Umatilla County..... 541-567-7615 or
 1-866-600-7615
 CAPECO Sr. Services include: Meals-on-Wheels,
 Senior Meal Sites, Family Caregiver Support
 program, in-home care, Information & Referral,
 Legal assistance, Respite Care, Case Management
 and RSVP.....1-800-752-1139
 Community Developmental Disabilities for
 Umatilla County541-276-0452
 Eastern Oregon Center for Independent
 Living..541-235-2225 or 1-866-248-8369
 E.S.D. Early Intervention/Early Childhood
 Special Education 1-800-927-5847
 Foster Grandparents and
 Senior Companions Program 541-276-4474
 Horizon Project: Hermiston...541-567-8374,
 Milton-Freewater 541-938-5658,
 Pendleton...541-278-2777
 Oregon Dept of Community Human Services
 Senior & People w/Disabilities
 Hermiston: 541-567-2253, Pendleton: 541-278-
 4161; Milton-Freewater: 541-938-6627
 Social Security Admin.....1-800-772-1213