

**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 Hotline.....1-800-621-1646  
 Alcoholics Anonymous..... 541-276-4046  
 Alcohol-Drug Treatment Referrals: National  
 24 Hour Help & Referral Network  
 .....1-800-996-DRUG (3784)  
 CTUIR A&D Treatment ..... 541-276-7990  
 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 County ..... 541-278-6291  
 Licensed techs are available by appointment  
 to provide free car seat safety inspections:  
 Oregon State Police..... 541-278-4090  
 Hermiston Fire Dept.....541-567-8822  
 Umatilla Morrow Head Start 1-800-559-  
 5878 or 541-564-6878

**CHILD CARE INFO**

CCR&R (Child Care Resource & Referral)  
 ..... 1-800-559-5878 or 564-6878  
 Oregon Child Care Division... 1-800-556-6616  
 Pioneer Relief Nursery.....541-215-1017

**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 Hand ..... 541-276-3418  
 Housing Authority..... 541-567-3241  
 Milton-Freewater Bread Basket541-938-3158  
 Milton-Freewater Transient Aid541-938-5511  
 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 Pantry .....541-276-2878  
 Salvation Army .....541-276-3369  
 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 Center ..... 541-276-6774  
 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  
 Healthy Start Umatilla County 541-564-6878  
 Mirasol Family Health Ctr.....541-567-1717  
 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 office .....541-966-3354  
 West End .....541-667-2545  
 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  
 Pendleton ..... 541-278-5432  
 Yellowhawk Health Center..... 541-966-9830

**HOSPITAL CARE**

Good Shepherd Hospital..... 541-567-6483  
 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 564-6878  
 Legal Problem Solvers .....1-800-452-7636  
 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 Veterans' 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  
 Pendleton Pregnancy Care Srvc.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 County ..... 541-276-0452  
 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