



P.O. Box 307 - 1204 1st Ave., Mosier, Oregon 97040
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"This institution is an equal opportunity provider."

Student and Family Support Resources

Counseling

- **Mid Columbia Center for Living:** Jessica Catellier, MED. Student Based Mental Health Counselor. 541-340-4315 Can help or assist in finding a therapist
- **The Next Door:** 541-436-0338 or email counseling@nextdoorinc.org. The Next Door's mental health services are specialized to the needs of young people ages 2-26 and mothers of all ages. Work on a sliding scale for fees.
- **One Community Health: Counseling services available on a sliding Scale**
- **Adventist Health: Counseling services available on a sliding scale**
- **Trevor Project:** Text START to 678678 or TrevorLifeLine: 1-866-488-7386. Provides support to LGBTQ students in crisis. <https://www.thetrevorproject.org/>
- **SafeSpace Children's Advocacy Center of the Gorge: Beatriz Lynch:** blynch@safespacecac.org. has an awesome new resource with their Mind Body Youth Mental Health Program, **which has mental health appointments open in-person and via telehealth.**

Crisis Services

- **Mid Columbia Center for Living Crisis Services:** 541-296-5452. 24/7 crisis support is provided for adults and children at risk to harm themselves and/or others, and/or an inability to care for oneself due to mental health problems. 24 Hour Crisis Hotline 1-888-877-9147. <https://www.mccfl.org/services/mental-health/crisi>
- **YouthLine:** A teen to teen crisis help line that can be accessed in many different ways. Teens are available to talk from 4pm to 10pm. Call 1-877-968-8941. Text 'teen2teen' to 839863. Chat www.oregonyouthline.org
- **National Suicide Prevention Hotline:** English: 1-800-273-8255 and Spanish: 1-300-628-9454. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. <https://suicidepreventionlifeline.org/>

Safety

- **HAVEN: 541-296-1662** Crisis support and safety planning for those experiencing domestic and sexual violence in The Dalles and surrounding communities.
- **Call to Safety:** 888-235-5333 If you are an adult and worried about your safety at home. <https://calltosafety.org/>
- **National Domestic Violence Hotline:** 1-800-799-7233 and TTY 1-800-787-3224. Confidential hotline for anyone experiencing domestic violence or abuse. <https://www.thehotline.org/>

Specialized Support

- **Military 24-hour HelpLine:** 888-457-4838 or text MIL1 to 839863. Support for service members, veterans, and their families that is independent of any branch of the military or government. <https://www.linesforlife.org/mhl/>
- **Dougy Center: 503-775-5683.** Phone lines open 9-5 Monday–Friday. Provides support for Grieving Children and Families. <https://www.dougy.org>

Community Resource

- **MCMC Immediate Care:** 541-506-5880. 9am-7pm . Walk-in clinic for urgently needed care. No appointment needed.
- **One Community Health Express Clinic:** 541-296-4610.
- **Adventist:** 24 hour emergency room. 541-296-1111
- **211:** A comprehensive list of all social, mental health and community resources in the state of Oregon. Information at 211 is current and up to date.
 - Call 211 by cellphone
 - Text zip code to 898211

Environmental

- **Smoke Ready Gorge:** Local smoke and air quality monitoring and information. www.smokereadygorge.org

Food Resources

- **Oregon Food Bank:** Food distribution sites, from various organizations in our community. <https://foodfinder.oregonfoodbank.org/>
- **Meals on Wheels:** 503-953-8111. If you are over the age of 60 or above or live with someone over the age of 60 or above, you may have meals delivered to you. www.mowp.org
- **SNAP Information:** SNAP will not be requiring six-month evaluations at this time. SNAP benefits will automatically be extended.
- **To apply for food benefits online:** <https://one.oregon.gov/>
To find out how to apply by phone: Call 211 by cell phone or text zip code to 898211.

Housing Assistance

- **Mid-Columbia Community Action Council:** 541-298-5131, info@mccac.com.

Mid Columbia Community Action Council offers a variety of services to low-income families and individuals in Hood River, Wasco, and Sherman Counties.

- Information and Referrals
- Household Utility Assistance
- Weatherization Services
- Utility Education Classes
- Shelter & Transitional Housing
- Houseless/Housing Assistance to Prevent Eviction
- Senior and Low-Income Discount Programs
- Supportive Services for Veteran Families Program

211: Provides a complete list of all the available shelters both for individuals and families in Oregon. Information at 211 is current and up to date.

- Call 211 by cellphone
- Text zip code to 898211

Youth Shelters

- **YES House:** 541-705-4777. YES House is a full-time, year-round shelter for youth ages 10-17.

Family Services

- Four Rivers Family: 541-386-2620, Parenting Education. <https://fourriversfamily.org/community-classes>
- The Next Door: 541-296-8118, Family Support offers in-home support to parents who are pregnant or caring for a newborn. <https://nextdoorinc.org/familysupport/>
- YouthThink: 541-506-2673, Community coalition centered on helping youth and families make the best choices for a healthy future generation. Parenting classes, substance abuse prevention, skill building, etc. <https://www.youththink.net/>

Health Insurance

- **One Community Health:** 541-386-6380, <https://www.onecommunityhealth.org/medicaid>
- **Student Accident Insurance:** Insurance coverage is required for students participating in interscholastic sports. For those that do not already have the required insurance, parents may obtain accident insurance and sports coverage from Myers-Stevens & Toohey. https://www.nwasco.k12.or.us/apps/pages/index.jsp?uREC_ID=2709252&type=d&pREC_ID=2290517

Utilities

211 Utility Assistance Programs: Provides updated list of utility assistance in Oregon.

- Call 211 by cellphone
- Text zip code to 898211

Wasco Electric WECare Program: 541-296-2740, WECare program provides emergency energy assistance to members who are struggling to pay their electric bill.

PUD: Emergency energy assistance. Verification of eligibility is determined by Income Qualifying verification by the local Mid-Columbia Community Action Council / Community Action Partnership (CAP) office at 312 E 4th St. in The Dalles.

NW Natural: 800-422-4012, Monday through Friday, 7am to 7pm.

Call to alert NW Natural of your situation and explore options for future bill payment.

Unemployment

- **WorkSource Oregon:** <https://worksourceoregon.org/>
- **Columbia Gorge Jobs employment opportunities:**
<https://www.facebook.com/groups/808081972577432>
- **Indeed “Who’s Hiring Now”:** Enter your zip code to find available jobs near you. <https://www.indeed.com/jobs?q=Hiring+Immediately&l=97024>