

HOOD RIVER COUNTY

Emergency Resource Directory
Una Guía de Recursos Emergencias

For all EMERGENCIAS please call 9-1-1. The additional resources in this guide may provide longer-term and continuing services.

Para todas EMERGENCIAS por favor llamar a 9-1-1. Los recursos adicionales de esta guía están cometidos de seguir ofreciendo apoyo a nuestra comunidad para el futuro largo.



*What do you do when you don't know what to do? Don't panic. There are people who care about you, have the information you need and are able to help you with your crisis. Don't be afraid to call for help.
Call 2-1-1 to find local services.*

*¿Qué haces cuando no sabes qué hacer? ¡ No te asustes! Hay personas que se preocupan por ti que tienen la información que necesitas y que pueden ayudarte con tu crisis. No tengas miedo de llamar para pedir ayuda
Hable 2-1-1 para servicios.*

Emergencias / Emergencias

ALL EMERGENCIAS: (Police, Medical, Abuse, Violence, Rape, etc. **24 hours/ horas**).....**9-1-1**
Hood River City Police.....**541-386-2121**
Hood River County Sheriff.....**541-386-2711**
Poison Control.....**1-800-222-1222**

Medical / Instituciones Médicas

Child Abuse Hotline.....**1-800-422-4453**
Providence Hood River Memorial Hospital
(24hours / horas).....**541-386-3911**
Hood River Health Department
(Mon-Fri / Lun-Vier, 8:00am-5:00pm)
Odell Health Clinic
(Thurs / Juev, 10-3pm).....**541-386-1115**
One Community Health
(Mon-Fri / Lun-Vier, 8am-6pm, Sat / Sab 8am-3pm)
.....**541-386-6380**

Domestic Violence / Violencia Doméstica

Helping Hands Against Violence
(24 hours / horas).....**541-386-6603**
Nat'l Domestic Violence Hotline
(24 hours / horas).....**1-800-799-7233**

Family Planning / Para Planificar Una Familia

Hood River Health Department
(Mon-Fri / Lun-Vier, 8:00am-5:00pm, Plan-B, contraception, HIV/AIDS & STD testing)
.....**541-386-1115**
One Community Health
(Mon-Fri / Lun-Vier, 8am-6pm, Sat / Sab 8am-3pm)
.....**541-386-6380**
Columbia Gorge Pregnancy Resource Ctr.
(Mon-Wed / Lun-Mier, 11am-5pm, adoption referral, referencia para adopción).....**541-386-1050**
Planned Parenthood
(Mon-Sat / Lun-Sab, 8:30am-5pm)
.....**1-877-829-1291**

Food / Comida



FISH Food Bank in Hood River
(Mon & Fri / Lun y Vier, 4pm-5pm;
Wed / Mier, 4pm-5:30pm; Sat / Sab 10am-12pm)
.....**541-386-3474**

FISH at Parkdale Community Church
(Mon / Lun, 4pm-6pm)
.....**541-352-3500**

FISH in Odell
(Thurs / Juev, 4pm-6pm).....**541-354-1900**

FISH at Cascade Locks City Hall
(1st Wed of the month / Primer Miér del mes, 2pm-4pm)
.....**541-386-3474**

Seventh Day Adventist Community Service Ctr.
(Tue / Mart, 10am-12pm, 1090 22nd St.)
.....**541-386-4232**

Hood River Valley Adult Center
(Mon-Fri / Lun-Vier, 9am-3pm, Meals on Wheels)
.....**541-386-2060**

Department of Human Services
(Mon-Fri / Lun-Vier, 8am-5pm Food stamps & cash assistance – Must Qualify / Estampillas de Comida y asistencia de dinero — se necesita calificar)
.....**541-386-3199**

WIC – Women, Infants & Children
(Mon-Fri / Lun-Vier, 8:30am-5:30pm, Food / Comida – Must Qualify / Se necesita calificar)
.....**541-387-6882**

Shelter & Housing / Casa y Viviendas

Mid-Columbia Housing Authority
(Wed / Mier, 1:00pm-4:00pm, HUD, Section 8)
.....**888-356-8919**

Mid Columbia Community Action Council
(Mon-Fri / Lun-Vier, 8am-5pm, Eviction Prevention, Utilities assistance / Prevención de Desahucio, Ayuda con utilidades).....**541-386-4027**

Hood River Warming Shelter
Providing a safe, warm place to sleep during the winter months/ Brindando un lugar seguro, caliente para dormir durante los meses de invierno
(Nov-Mar / Nov-Mar, Mon-Sun / Lun-Dom, 6pm-8am).....**541-399-2057**



Clothing / Ropa

Valley Christian Church
(Wed / Mier, 9am-3pm, Sat / Sab, 9am-1pm)
.....**541-386-2608**

Seventh Day Adventist Church
(Tues / Mart, 9:30am-11:30am,
.....**541-386-3220**

Columbia Gorge Pregnancy Resource Center
(Mon-Wed / Lun-Mier, 11am-5pm, Maternity & baby clothes, education / Ropa de bebe y embarazo, educación)
.....**541-386-1050**

New Parent Services, Next Door, Inc
(Mon-Fri / Lun-Vier, 8am-5pm)
.....**541-386-6665**

Hood River Valley Adult Center
(Wed & Sat / Mier y Sab, 9am-2pm)
.....**541-386-2060**



Transportation / Transportación

Columbia Area Transit (CAT)
(Mon-Fri / Lun-Vier, 8:00am-5:00pm)
.....**541-386-4202**

Gorge Yellow Cab
(24 hours / horas).....**1-800-981-7543**
.....**541-308-3383**

St. Mark's Episcopal Church
(Mon-Fri / Lun-Vier, 12pm-2pm Gas Vouchers / Vale de gas).....**541-386-2077**



Mental Health / Salud Mental Drug and Alcohol/ Drogas y Alcohol

Mid-Columbia Center for Living
(Mon-Fri / Lun-Vier, 8:30am-5pm)
.....**541-386-2620**

After hours crisis.....**541-386-7534**

Providence Gorge Counseling & Treatment
(Mon-Thu / Lun-Juev, 8am-6pm, Fri / Vier, 8am-4pm).....**541-387-6138**

Lines for Life Military Helpline
(24 hours / horas).....**1-888-457-4838**

Suicide Prevention Lifeline
(24 hours / horas).....**1-800-273-8255**

Gambling Prevention Hotline
(24 hours / horas).....**1-877-695-4648**

Alcoholics Anonymous
(24 hours / horas).....**1-800-999-9210**

Drug & Alcohol Helpline
(24 hours / horas).....**1-800-923-4357**

Tobacco Quitline
(24 hours / horas).....**1-800-784-8669**

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 County
 Oregon
 Emergency
 Resource
 Directory
 Una Guía de
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 Emergencias

All Emergencies /
 Todos Emergencias

9-1-1

Food, Clothing, Shelter /
 Comida, Ropa, Viviendas:
 Providence Hood River
 Memorial Hospital : 386-3911

Poison Control: 1-800-222-1222
 Suicide Lifeline: 1-800-273-8255
 Domestic Violence: 1-800-799-7233

Personal Numbers /
 Numeros Personales:

Developed and printed by the Hood River County
 Prevention Department 386-2500

City of Hood River, Oregon
 Map of Emergency Services

The numbered locations on the map indicate places where free emergency resources may be accessed, including food, clothing, shelter, healthcare, and mental health services.

Los sitios en el mapa indican los lugares donde se puede obtener acceso a recursos sin ningún costo durante una emergencia. Incluyen: comida, ropa, viviendas, cuidado medico y salud mental.

1. **Hood River City Police** ★
 211 Second St.....386-2121
2. **Hood River County Court-
 house & Sheriff's Office**
 309 State St.....386-2711
3. **FISH Food Bank**
 1107 Pine St.....386-3474
4. **Health Department**
 1109 June St.....386-1115
5. **Providence Hood River
 Memorial Hospital** ★
 811 13th St.....386-3911
6. **One Community Health**
 849 Pacific Ave.....386-6380
7. **Department of Human
 Services**
 910 Pacific Ave.....386-3199
8. **Mid-Columbia Center for
 Living (Mental Health & Addictions)**
 1610 Woods Ct.....386-2620
9. **Valley Christian Church
 (Clothing)**
 475 Indian Creek Rd.....386-2608
10. **Next Door, Inc**
 965 Tucker Rd.....386-6665

