

## IN CASE OF AN EMERGENCY

Police, Fire, Ambulance.....911  
NonEmergency Police ..... 503-823-3333  
Poison Control.....1-800-222-1222  
Child Abuse Hotline.....503-731-3100

## CRISIS LINES/SUICIDE HOTLINES

Multnomah Cty Crisis Line.....503-988-4888  
Lines for Life.....1-800-273-8255  
Youthline-(A peer crisis line for youth)  
Text..... "teen2teen" to 839863  
Phone.....1-877-968-8491  
The Trevor Project (A crisis line for LGBTQ+ youth).....1-866-488-7386  
Nat'l Suicide Hotline.....1-800-273-8255  
PDX Women's Crisis Line.....503-235-5333  
Love is Respect (a relationship support line)  
Text ..... "loveis" to 22522  
Phone ..... 1-866-331-9474  
*\*If you or a friend is thinking about suicide, talk to a trusted adult and/or call one of the above numbers*

## GENERAL INFO & REFERRAL

Child Abuse Hotline.....503-731-3100  
All Purpose Question & Referral Line.....211  
Tri-Met Info.....503-238-7433  
Gresham Service to Children & Families.....  
.....503-674-3610  
SafeOregon Safety Threats .....844-472-3367  
Oregon Foster Youth Connection .....  
.....503- 236-9754

## IF YOU OR A FRIEND HAVE QUESTIONS OR NEED HELP REGARDING DRUGS/ALCOHOL

Youthline..... 1-877-968-8491  
Oregon Drug/Alcohol helpline .....503-244-1312  
Up in Smoke (Marijuana) .....503-491-9748  
Esperanza Juvenil Latino Youth Drug &  
Alcohol Resources ..... 503-546-9975

## IF YOU OR A FRIEND HAVE RUN AWAY OR ARE HOMELESS

Youth Hotline thru New Avenues for youth (24 hrs a day).....1-800-995-7936  
New Avenues for Youth..... 503-517-3904  
Harry's Mother Shelter (24/7).....503-233-8111  
Janus Access Center for homeless youth 18 + ..  
.....503-432-3986  
My Father's House ( families) .....503-492-3046  
p:ear Youth & Art Resources ..... 503-228-6677

## MENTAL + PHYSICAL HEALTH

Centennial School Based Health Center  
..... 503-988-5488  
Lifeworks Northwest.....503-645-9010  
Morrison Center .....503-258-4381  
Clackamas Cty MH.....503-655-8585  
Cascadia Walk In Center ..... 503-963-2575  
Trillium Family Services..... 888-333-6177  
Western Psychological Svcs .....503-666-8832  
Wallace Medical Concern Rockwood Clinic  
(incl dental) ..... 503-489-1760  
Multnomah Cty Dental Access...503-988-6942

## CULTURALLY SPECIFIC RESOURCES

EI Programa Hispano.....503-669-8350  
IRCO Main Number.....503-234-1541  
IRCO Asian Family Center.....503-235-9396  
IRCO Africa House..... 503-802-0082  
IRCO Language Bank (translation)  
.....503-234-0068  
Bradley Angle ..... 503-281-2442  
NARA Gresham..... 971-274-3757  
Native American Youth and Family Center  
..... 503-288-8177  
Self Enhancement Inc..... 503-972-3698  
Latino Network ..... 503-283-6881  
Central City Concern (Eastside)..503-253-5954  
Volunteers of America - Home Free .....  
.....503-771-5503  
Russian Oregon Social Services.. 503-777-3437

## LGBTQ+ RESOURCES

SMYRC (Sexual & Gender Minority Youth Resource Center) East ..... 503-872-9664  
Outside In ..... 503-535-3828  
Bradley Angle ..... 503-281-2442  
The Trevor Project .....1-866-488-7386

## PHYSICAL OR SEXUAL ABUSE DOMESTIC VIOLENCE RESOURCES

Nat'l Domestic Violence Line .. 1-800-799-7233  
Call to Safety .....503-235-5333  
Gateway Center.....503-988-6400  
UNICA (Spanish Crisis Line).....888-232-4448  
Raphael House ..... 503-222-6222

## SEX, PREGNANCY, ADOPTION, ABORTION, SEXUALLY TRANSMITTED DISEASES, BIRTH CONTROL

Planned Parenthood.....503-788-7273  
Centennial School Based Health Center .....  
..... 503-988-5488  
Cascade Aids Hotline.....503-223-5907  
Insight Teen Parent Program.....503-239-6996

## GRIEF AND LOSS RESOURCES

Dougy Center.....503-775-5683  
SHELL (Mt Hood Grief Support Group for youth) .....503-668-5545  
Compassionate Friends.....503-307-8450

## LEGAL ASSISTANCE

Immigration Legal Svcs.....503-542-2855  
Legal Aid of Oregon.....503-224-4086  
Lutheran Community Svcs.....971-888-7830  
St. Andrews Legal Clinic.....503-281-1500  
Disability Rights Oregon.....503-243-2081  
Youth Rights & Justice Attorneys  
.....503-232-2540  
Multnomah County Family Services  
(mediation/custody).....503-988-3189

## EMANCIPATION INFORMATION

Clackamas Cty. Juvenile Ct .....503-655-8342  
Multnomah Cty. Juvenile Ct .....  
503-988-3460

## WARNING SIGNS OF SUICIDE INCLUDE:

- Talking about committing suicide
- Giving away prized possessions
- Significant changes in behavior
- Preoccupation with death
- Having a "plan" to commit suicide
- If you or anyone you know has any of these signs, please get help.....right away

## Connect with the suicide crisis line, social worker or caring adult.

Text..... "teen2teen" to 839863  
Phone.....1-877-968-8491

## IF YOU ARE EXPERIENCING ANY OF THESE WARNING SIGNS, COUNSELING CAN BE HELPFUL

- Sudden change in mood or behavior
- Depression or feeling unhappy for a long time
- Anxiety, feelings of fear or nervousness
- Losing your temper over small things
- Dropping grades

## WHAT IS DOMESTIC VIOLENCE?

Domestic Violence is a pattern of behavior committed by one person against another with the goal of exerting and maintaining power and control. It can manifest itself in physical, psychological, emotional, economic, sexual or social abuse.

## SEXUAL ACTIVITY SAFE CHOICES

- You never have to do anything physically with another person you don't want to!
- Create basic limits and boundaries around safer sex in advance
- Talk with partners about their health and yours so you can make informed decisions about protection.
- If you choose to have sex, reduce your risk of pregnancy or HIV/AIDS/STIs. Use a condom every time you are involved in a sexual act.
- Abstinence is the only 100% sure method of protection against pregnancy and sexually transmitted infections including HIV/AIDS.

## WHAT IS SEXUAL ABUSE?

- If anyone is touching you and it makes you feel uncomfortable, unhappy, or confused, you may be a victim of sexual abuse.
- You matter and your story matters.
- If you are being pressured, forced, or manipulated into doing sexual activities or having sex with someone you know or someone you are romantically interested in, that is not okay and you don't have to put up with it. Talk with an adult you trust, school social worker, school counselor, teacher, or crisis line.

## HOW CAN I GET HELP WITH CLOTHING OR SCHOOL SUPPLIES?

- Sunshine Division - 12436 SE Stark.... 971-255-0834
- Salvation Army Gresham - 473 SE 194th Ave ... 503-661-8972

**Ask your counselor or school social worker to access the District clothing and school supply closet**

## FOOD

- BARLOW MONTHLY FOOD BOXES  
*connect with school Social Worker*
- Oregon Food Bank .... 503-282-0555
- SnowCap.....503-674-8785
- Sunshine Division - 12436 SE Stark.... 971-255-0834
- Salvation Army Gresham - 473 SE 194th Ave .. 503-661-8972
- Metro Church of Christ.....  
503-667-0773
- Zarephath Pantry.... 503-667-7932
- Food Stamps (SNAP) . 503-945-5600

## ENERGY/ RENT ASSISTANCE

- NAYA .... 503-972-2464
- El Programa Hispano.....503-489-6842
- Human Solutions.....503-548-0200
- St. Vincent DePaul.....503-235-8431

**If you have questions or need a service you don't see, please talk to your school social worker or counselor and/or dial 211 or TEXT your zip code to 898211**

# BARLOW STUDENT Pocket Directory

**Provided by Sam Barlow High School Counseling Department and Social Worker 503-258-4869**

## COUNSELORS

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