

Mental Health
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 Pendleton..... 541-278-6334
 Hermiston..... 541-564-2367
 Milton-Freewater..... 541-938-3988

Alcohol/Drug Abuse
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 Hermiston..... 541-564-9390
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 Eastern Oregon Alcohol Foundation..... 541-276-3518
 Umatilla Indian Reservation Confederated Tribes
 A&D Treatment..... 541-276-7990

Law Enforcement
 City Police
 Pendleton..... 541-276-4411
 Hermiston..... 541-567-5519
 Milton-Freewater..... 541-938-5511
 Umatilla..... 541-922-3789
 Tribal..... 541-278-0550
 Sheriff's Department
 Pendleton..... 541-966-3650
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 Oregon State Police
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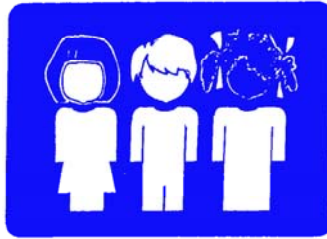
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Umatilla Morrow Head Start

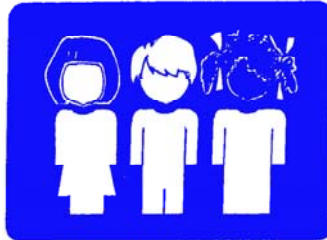


"The Nations Pride"

HEAD START

110 NE 4th St.
 Hermiston, OR 97838
 800-559-5878
 541-564-6878
 Fax: 541-564-6879

Umatilla Morrow Head Start

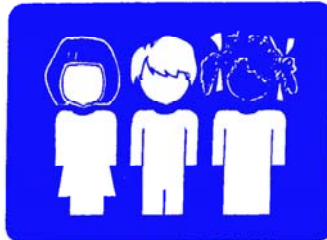


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Umatilla County
RESOURCE CARD

Crisis Numbers

Emergency-Police-Fire-Ambulance..... 911
 Mental Health..... 800 452-5413
 Domestic Violence..... 800 833-1161
 Child Abuse (after hrs. 911)..... 800 547-3897
 Poison Center..... 800 452-7165
 Eastern Oregon Detox Center..... 541-278-2558

Emergency Social Services

Agape House (Hermiston)..... 541-567-8774
 Salvation Army
 Pendleton..... 541-276-3369
 Walla Walla..... 509-529-9470
 St. Mary's Outreach (Pendleton)..... 541-276-2878
 Milton-Freewater Bread Basket..... 541-938-0702
 Helping Hand (Pendleton)..... 541-276-3418
 CAPECO..... 800 752-1139
 DHS Self Sufficiency
 Pendleton..... 541-276-9000
 Hermiston..... 541-567-2253
 Milton-Freewater..... 541-938-6627
 Umatilla Indian Reservation Confederated Tribes
 Social Services..... 541-276-7011
 Athena Community Food Bank..... 541-566-3422
 Stanfield Food Bank..... No Phone

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Health	
Umatilla County Health Department	
Pendleton.....	541 278-5432
Hermiston.....	541-567-3113
Milton-Freewater.....	541-938-6627
WIC (Women, Infants and Children)	
Milton-Freewater.....	541-938-5595
Pendleton.....	541-966-3354
Hermiston.....	541-667-2545
St. Anthony Hospital.....	541-276-6121
Good Shepherd Hospital.....	541-567-6483
St. Mary Medical Center.....	509-525-3320
Walla Walla General Hospital.....	509-525-0480
Yellow Hawk Tribal Health Center.....	541-966-9830
St. Anthony Hospital Hospice.....	541-276-6571
Vange John Memorial Hospice.....	541-667-3543
Walla Walla Community Hospice.....	509-525-5561
AIDS Hotline Oregon.....	800 777-2437
AIDS Hotline.....	800 342-2437
Spanish.....	800-342-7432
Hearing Impaired.....	800-243-7889
Teen Health Line.....	800-998-9825
Suicide	
National Hopeline Network.....	800 784-2433
Head Start	
Umatilla Morrow Head Start.....	800-559-5878
Hermiston.....	541-564-6878

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Emotional Support/Support Groups	
Alcoholic Anonymous	
Hermiston.....	541-567-2522
Pendleton.....	541-276-4046
Alcohol and Drug Helpline.....	800-923-4357
Spanish.....	877-515-7848
Alcohol & Drug 24 Hr. Helpline.....	800 562-1240
Al-Anon/Alateen.....	800 344-2666
Anorexia/Bulimia Hotline.....	800 452-5413
Narcotics Anonymous.....	800 766-3724
Problem Gambling Hotline.....	877 278-6766
Oregon Tobacco Quit Line.....	877 270-7867
Good Samaritan Ministries	
Pendleton.....	541-276-6671
Hermiston.....	541-564-1041
Athena.....	541-566-0916
Walla Walla.....	509-529-2322
Oregon Family Support Network (Families with children with Serious Mental Health Concerns)	
Family Line.....	800 323-8521
Others.....	503-656-5440
National Alliance for the Mentally Ill	
Oregon.....	800-343-6264
Pendleton.....	541-276-4511 ext. 470
Pendleton.....	541-966-8979
Community Safety Net	
Community Safety Net.....	800-559-5878
Hermiston.....	541-564-6878

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Child Care	
Child Care Resource & Referral.....	800 559-6878
Hermiston.....	541-564-6878
Respite	
Lifespan Respite Network.....	866 600-7615
Legal	
Legal Aid Oregon.....	541-276-6685
Legal Problem Solver.....	800 452-7636
Child Support Division.....	541-276-5486
Consumer	
Consumer Credit Counseling.....	541-276-3856
Youth/Children's Services	
Alcohol & Drug Youth Line.....	877-553-8336
Runaway & Suicide Hotline.....	800-621-4000
Suicide & Rape Emergency Service.....	800-333-4444
Boys & Girls Town National Hotline.....	800-448-3000
National Runaway Hotline.....	800 231-6946
National Child Abuse Hotline.....	800-422-4453
Teen to Teen Hotline.....	888 747-8336
Homestead Youth & Family Services.....	541-276-5433
Marigold Program.....	541-276-5433
Tonya's House.....	541-279-2900
Lost and Found (A&D) (Pendleton).....	541-379-4250
C.A.R.E.....	541-278-5486
Youth Investment.....	541-278-5486

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