

**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 Helpline.....1-800-621-1646  
 Alcoholics Anonymous.....1-877-770-1670  
 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  
 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 at  
 Oregon State Police..... 541-278-4090  
 Hermiston Fire Dept.....541-567-8822  
 Good Shepherd Hospital...541-667-3502  
 UMCHS, Inc./WIC..... 541-564-6878 or  
 1-800-559-5878 or 541-966-3354

**CHILD CARE INFO**

CCR&R (Child Care Resource & Referral) and  
 Early Head Start..... 1-800-559-5878  
 Oregon Child Care Division... 1-800-556-6616  
 Parenting Education Classes ... 541-289-8850  
[parenteducation@umchs.org](mailto:parenteducation@umchs.org)

**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 Basket 541-938-3158  
 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  
 G.S. Lactation Consultation.....541-667-3508  
 \*Healthy Kids Plan Outreach Partners  
 \*Healthy Start Umatilla County 541-564-6878  
 \*Mirasol Family Health Ctr.....541-567-1717  
 \*OCDC Hermiston .....541-567-5567  
 \*OCDC Milton-Freewater .....541-938-0280  
 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,  
 Nurse Family Partnership, Maternity Case  
 Management  
 • 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.....541-667-3400  
 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 6Ed/Diploma Info..... 541-278-5803  
 Court Appointed Special Advocates  
 .....541-289-8850 ext 104  
 Legal Problem Solvers .....1-800-452-7636  
 Legal Aid Regional office.....541-276-6685  
 Public Benefits Hotline..... 1-800-520-5292  
 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 Veteran's 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  
 Pregnancy Care Serv. Hermiston...541-567-2393  
 Pregnancy Care Serv. Pendleton ...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 Development 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