

Where Can I Go For Help?

...when someone is hurting me?

Adult Protective Services, 18 & older	524-4900
Central Oregon Battering & Rape Alliance	1-800-356-2369
College Place Police Department	525-7773
Columbia County Sheriff's Office	382-2518
WA Domestic Violence Hot Line	1-800-562-6025
Milton-Freewater Police Department	938-5511
Oregon Domestic Violence Crisis Line	1-800-833-1161
Oregon SafeNet	1-800-SafeNet
Umatilla County Sheriff's Office	1-541-966-3651
Walla Walla County Sheriff's Office	527-3268
Walla Walla Police Department	524-4434
YWCA 24-hr Crisis Line, Domestic Violence Victims	529-9922

...when I'm pregnant and don't know what to do?

Birthright	529-8678
Family Medical Center	525-6650
Oregon Pregnancy Care Services	1-541-276-5757
Oregon SafeNet	1-800-SafeNet
Planned Parenthood Center	529-3570
Oregon Pregnancy Hotline	1-800-234-4658
Walla Walla Health Department	524-2650
Women's Center	529-8444

...when alcohol or other drugs are a problem?

Alcoholics Anonymous	522-5059
Walla Walla Co. Dept of Human Services	527-3278
Eastern Oregon Alcohol Foundation	1-541-276-3518,ext 300
Heart Connections	529-7730
Narcotics Anonymous	522-7842
OR Alcohol & Drug 24-Hr Hot Line	1-800-621-1646
Serenity Point Counseling Services	529-6036
Umatilla County Detox Center	1-541-278-2558
WA Alcohol & Drug 24-Hr Hot Lin	1-800-562-1240
Wainwright Memorial VA Medical Center	525-5200

...when I'm not sure who to call about services?

Blue Mountain Action Council	529-4980
Walla Walla Co. Dept of Human Services	524-2920
DSHS - Community Service Office	522-4297
Helpline	529-3377
Oregon CAPECO	1-800-752-1139

...when I need parenting support?

Children's Home Society	529-2130
Children & Family Services	524-4900
Good Samaritan Ministries	529-2322
Office of Support Enforcement	1-800-345-9981
WWCC Parent Education Programs	527-4237

...when I need childcare so I can go to school or work?

Child Care Resource & Referral - local	529-5744
Toll-Free phone number	1-800-446-2229
WA DSHS - Family Services	524-4900
Lillie Rice Center, Inc., Birth to 3	525-3532
Oregon Child Development Coalition	938-3170
YWCA Adventure Club	525-2570

...when someone in my family is mentally ill?

Eastern Oregon Psychiatric Center	1-541-276-0810
Easter Oregon Children's Multi-Treatment Center	1-541-276-0057
Walla Walla Co. Dept of Human Services	524-2920
Walla Walla Alliance for the Mentally Ill	529-6160

...when I need help with my aging parents?

Adult Day Center	527-0771
Aging & Long Term Care	529-6470
M-F Senior/Disabled Taxi Tickets	938-5531
Milton-Freewater Senior Citizens Center	938-3311
OR Dept. of Human Services - Seniors	938-6627
Senior Round Table - provides meals	527-3775
WA DSHS-Home & Community Services	524-4960
Walla Walla Meals on Wheels	527-8263
Walla Walla Senior Citizens Center	527-3775
Walla Walla Wheels on Meals	527-8263

...when I need legal advice and can't afford it?

Blue Mountail Action Council	529-4980
Columbia Legal Services	1-800-572-8716
Northwest Justice Project	1-888-201-1014
NW Immigrants Rights Project	1-888-756-3641
Oregon Attorney Generals Office	1-877-877-9392
Oregon Legal Aid	1-800-843-1115
WA Attorney Generals Office	1-800-551-4636

...when I feel like I need someone to talk to?

Oregon SafeNet	1-800-SafeNet
Umatilla County Mental Health Program	938-3988
Walla Walla Co. Dept of Human Services	524-2920

...when I can't stop hurting those I love?

WA Child Protective Services	524-4902
Perpetrator Treatment - Spanish & English	509-248-7796
Parents Anonymous Help Line	1-800-932-HOPE
Umatilla County Crisis Center	1-800-452-5413

...when my child won't go to school?

Division of Children & Family Services	524-4900
WA Juvenile Court Services	524-2800
Umatilla County Youth Investment Program	1-541-278-5486

...when I can't handle my preschooler?

Children's Home Society of WA 529-2130
 Catholic Children & Family Services 525-0572
 Christian Counseling Center 527-2310
 Division of Children & Family Services 524-4900
 Oregon Head Start 938-6129
 Walla Walla Co. Dept. of Human Services 524-2920
 Walla Walla parent Co-op Pre-School 527-4237

...when I need confidential information, free testing, or support for AIDS/HIV?

Blue Mountain Heart to Heart 529-4744
 Family Medical Center 525-6650
 Planned Parenthood 529-3570
 Walla Walla City/Co. Health Dept. 527-3290

Oregon SafeNet 1-800-SafeNet
 OR Aids & STD Hotline 1-800-777-2437

...when my teenager is too much to handle?

WA Department of Human Services 527-3278
 WA Children & Family Services 524-4900
 Children's Home Society 529-2130
 Umatilla County Youth Investment Program 1-541-278-5486

...when I need a doctor, dental care or medicine and can't afford it?

DSHS - Community Service Office 522-4297
 Family Medical Center 525-6650
 Helpline 529-3377
 Oregon SafeNet 1-800-SafeNet
 SOS Clinic - Help Line 529-6889
 SOS Dental - call Helpline 529-3377

...when I need support in parenting my disabled child?

Birth to Three 527-3278
 Parent to Parent 527-3278
 DSHS-Div. of Developmental Disabilities 527-4374
 Lillie Rice Center 525-3532
 Valley Residential Services 522-0400
 Walla Walla Health Department 524-2650
 Learning Disabilities Assoc. of WA 1-800-536-2343
 Oregon Special Olympics 938-7821

...when I want to get my GED?

Blue Mountain Community College 938-4494
 Lincoln Alternative High School 527-3083
 Walla Walla Community College 527-4262

...when someone in my family is mentally ill?

Walla Walla Co. Dept of Human Services 524-2920
 Walla Walla Alliance for the Mentally Ill 529-6160
 Eastern Oregon Psychiatric Center 1-541-276-0810
 E Ore Children's Multi-Treatment Center 1-541-276-0057

...when I am homeless or in danger of eviction?

Blue Mountain Action Council 529-4980
 Christian Aid Center 525-7153
 Walla Walla Help Line 529-3377
 Walla Walla Salvation Army 529-9470
 Walla Walla Housing Authority 527-4542
 YWCA 24-hr Crisis Line 529-9922
 Oregon - CAPECO 1-800-752-1139

...when I need services because of disability?

DSHS - Div. of Development Disabilities 527-4374
 M-F Senior/Disabled Taxi Tickets 938-5531
 OR Dept. of Human Services - Disabilities 938-6627
 E Oregon Center for Independent Living 1-541-276-7541

...when I need transportation?

Dial-A-Ride 527-3779
 People for People Medicaid Transportation 1-800-233-1624
 Valley Transit 525-9140
 Milton-Freewater Transportation Services 938-5531
 Transportation Solutions Wheelchair Transport 509-386-4983

...when I need to get a job?

Blue Mountain Action Council 529-4980
 WA Vocational Rehabilitation 527-4502
 WA Div. of Developmental Disabilities 526-2580
 Goodwil Industries 525-5992
 Horizon Project, Inc. 938-5658
 IMPACT! Displaced Homemakers Program 524-5166
 Lillie Rice Center, Blue Mt. Industries 524-4533
 Work Source Dial-A-Job 527-1835
 WorkSource of Walla Walla 527-4393
 WorkSource of Milton-Freewater 938-3373
 Oregon - CAPECO 1-800-752-1139

...when I feel like suicide or think that someone else does?

Emergency 911
 Oregon Suicide Hotline 1-800-452-5413
 Oregon Crisis Center 1-800-452-5413
 Walla Walla Crisis Response Unit 522-4278

...when I suspect child abuse?

WA Child Protective Services 1-800-643-4159
 College Place Police Department 525-7773
 Columbia County Sheriff's Office 382-2518
 Milton-Freewater Police Department 938-5511
 National Child Abuse Hotline 1-800-422-4453
 Oregon Children's Services 1-800-547-3897
 Umatilla County Sheriff's Office 541-966-3651
 Walla Walla County Sheriff's Office 527-3268
 Walla Walla Police Department 527-4434