

# OREGON COVID-19 RESOURCES

## HEALTH

**Multnomah County Aging and Disability Services (Seniors):** (503) 988-5460

**Community Counseling Solutions Warmline:** (800) 698-2392

**Oregon Health Plan/Medicaid:** (877) 647-0027

**Catholic Charities- Counseling Center:** (503) 238-5196

## FOOD

**Oregon Food Bank:** (503) 282-0555

**Oregon Public Benefits:** (800) 520-5292

**St. Vincent De Paul:** (503) 235-8431

**Sunshine Division:** (503) 823-2102

## EMPLOYMENT & FINANCIAL

**Catholic Charities-Save First Financial Wellness:** (503) 688-2659

**Legal Aid Services of Oregon:** (800) 228-6958 (Portland) or (888) 245-4091 (Hillsboro)

**Worksource Oregon:**  
[www.worksourceoregon.org](http://www.worksourceoregon.org)

## INTERNET & UTILITIES

**Community Action (Washington County):** (503) 648-6646

**Pacific Power:** (888) 221-7070

**Care to Share:** (503) 726-0407

**Comcast Internet Essentials Program:** (855) 846-8376

## REASSURANCE & SUPPORT

**Local Resources and Information:**  
Call (211) or [www.211info.org](http://www.211info.org)

**Covia Well Connected (Senior resource line):** (855) 845-7415 or <https://covia.org/services/well-connected/>

# OREGON COVID-19 资源

## 健康

**Multnomah County Aging and Disability Services (老年群体):** (503) 988-5460

**Community Counseling Solutions Warmline:** (800) 698-2392

**Oregon Health Plan/Medicaid:** (877) 647-0027

**Catholic Charities- 辅导服务:** (503) 238-5196

## 食物

**Oregon Food Bank:** (503) 282-0555

**Oregon Public Benefits:** (800) 520-5292

**St. Vincent De Paul:** (503) 235-8431

**Sunshine Division:** (503) 823-2102

## 就业和资金

**Catholic Charities-Save First Financial Wellness:** (503) 688-2659

**Legal Aid Services of Oregon:** (800) 228-6958 (Portland) 或 (888) 245-4091 (Hillsboro)

**Worksource Oregon:**  
[www.worksourceoregon.org](http://www.worksourceoregon.org)

## 互联网和公用事业

**Community Action (Washington County):** (503) 648-6646

**Pacific Power:** (888) 221-7070

**Care to Share:** (503) 726-0407

**Comcast Internet Essentials Program:** (855) 846-8376

## 放心和支持

**Local Resources and Information:**  
请拨打 (211) 或访问 [www.211info.org](http://www.211info.org)

**Covia Well Connected (老年群体):** (855) 845-7415 或访问 <https://covia.org/services/well-connected/>

# OREGON COVID-19 RECURSOS

## SALUD

**Multnomah County Aging and Disability Services (personas mayores):** (503) 988-5460

**Community Counseling Solutions Warmline:** (800) 698-2392

**Oregon Health Plan/Medicaid:** (877) 647-0027

**Catholic Charities- Centro de consejería:** (503) 238-5196

## ALIMENTACION

**Oregon Food Bank:** (503) 282-0555

**Oregon Public Benefits:** (800) 520-5292

**St. Vincent De Paul:** (503) 235-8431

**Sunshine Division:** (503) 823-2102

## EMPLEO Y RECURSOS FINANCIEROS

**Catholic Charities-Save First Financial Wellness:** (503) 688-2659

**Legal Aid Services of Oregon:** (800) 228-6958 (Portland) o (888) 245-4091 (Hillsboro)

**Worksource Oregon:**  
[www.worksourceoregon.org](http://www.worksourceoregon.org)

## INTERNET Y COBERTURA DE SERVICIOS PÚBLICOS:

**Community Action (Washington County):** (503) 648-6646

**Pacific Power:** (888) 221-7070

**Care to Share:** (503) 726-0407

**Comcast Internet Essentials Program:** (855) 846-8376

## APOYO Y CONSEJERÍA

**Recursos e información local:** Llame al (211) o visite el sitio [www.211info.org](http://www.211info.org)

**Covia Well Connected (línea de recursos para personas mayores):** (855) 845-7415 o <https://covia.org/services/well-connected/>

# OREGON COVID-19 Ресурсы

## Здравоохранение

**Multnomah County Aging and Disability Services (Для людей пожилого возраста):** (503) 988-5460

**Community Counseling Solutions Warmline:** (800) 698-2392

**Oregon Health Plan/Medicaid:** (877) 647-0027

**Catholic Charities- Психологический терапевтический центр:** (503) 238-5196

## Продовольствие

**Oregon Food Bank:** (503) 282-0555

**Oregon Public Benefits:** (800) 520-5292

**St. Vincent De Paul:** (503) 235-8431

**Sunshine Division:** (503) 823-2102

## Поиск работы и финансовая помощь

**Catholic Charities-Save First Financial Wellness:** (503) 688-2659

**Legal Aid Services of Oregon:** (800) 228-6958 (Portland) или (888) 245-4091 (Hillsboro)

**Worksource Oregon:**  
[www.worksourceoregon.org](http://www.worksourceoregon.org)

## Интернет

**Community Action (Washington County):** (503) 648-6646

**Pacific Power:** (888) 221-7070

**Care to Share:** (503) 726-0407

**Comcast Internet Essentials Program:** (855) 846-8376

## Дополнительная информация и телефон доверия

**Local Resources and Information:** Звоните (211) или [www.211info.org](http://www.211info.org)

**Covia Well Connected (Конкретно для пожилых):** (855) 845-7415 или <https://covia.org/services/well-connected/>

# OREGON COVID-19 RESOURCES

## الصحة

**Multnomah County Aging and Disability Services** (كبار السن):

(503) 988-5460

**Community Counseling Solutions Warmline:**

(800) 698-2392

**Oregon Health Plan/Medicaid:** (877) 647-0027

**Catholic Charities- مركز النصح:** (503) 238-5196

## الأكل

**Oregon Food Bank:** (503) 282-0555

**Oregon Public Benefits:** (800) 520-5292

**St. Vincent De Paul:** (503) 235-8431

**Sunshine Division:** (503) 823-2102

## الشغل والامور المالية

**Catholic Charities-Save First Financial Wellness:** (503) 688-2659

**Legal Aid Services of Oregon:** (800) 228-6958 (Portland) أو (888) 245-4091 (Hillsboro)

**Worksource Oregon:**  
[www.worksourceoregon.org](http://www.worksourceoregon.org)

## الانترنت ومراقب عامية

**Community Action (Washington County):**  
(503) 648-6646

**Pacific Power:** (888) 221-7070

**Care to Share:** (503) 726-0407

**Comcast Internet Essentials Program:**  
(855) 846-8376

## الدعم والاطمأنينة

مصادر محلية ومعلومات: اتصل ب 211 أو  
[www.211info.org](http://www.211info.org)

**Covia Well Connected**  
هاتف مع مصادر لأشخاص كبار السن (855) 845-7415 أو  
<https://covia.org/services/well-connected/>

# OREGON COVID-19 RESOURCES

## Առողջություն

**Multnomah County Aging and Disability Services**

(մեծահասակներ/տարիքով մեծեր): (503) 988-5460

**Community Counseling Solutions Warmline:** (800) 698-2392

**Oregon Health Plan/Medicaid:** (877) 647-0027

**Catholic Charities- Counseling Center:** (503) 238-5196

## Մուտք/կերակուր

**Oregon Food Bank:** (503) 282-0555

**Oregon Public Benefits:** (800) 520-5292

**St. Vincent De Paul:** (503) 235-8431

**Sunshine Division:** (503) 823-2102

## Աշխատանքային եւ ֆինանսական միջոցներ

**Catholic Charities-Save First Financial Wellness:** (503) 688-2659

**Legal Aid Services of Oregon:** (800) 228-6958 (Portland) կամ (888) 245-4091 (Hillsboro)

**Worksource Oregon:**  
[www.worksourceoregon.org](http://www.worksourceoregon.org)

## Ինտերնետի եւ այլ տնային միջոցների աջակցություն

**Community Action (Washington County):** (503) 648-6646

**Pacific Power:** (888) 221-7070

**Care to Share:** (503) 726-0407

**Comcast Internet Essentials Program:**  
(855) 846-8376

## Աջակցություն

**Local Resources and Information:**  
Call (211) կամ [www.211info.org](http://www.211info.org)

**Covia Well Connected**  
(մեծահասակների աջակցության գիծ): (855) 845-7415 կամ  
<https://covia.org/services/well-connected/>

# OREGON COVID-19 RESOURCES

## Sức khỏe

**Multnomah County Aging and Disability Services (người cao niên)** : (503) 988-5460

**Community Counseling Solutions Warmline:** (800) 698-2392

**Oregon Health Plan/Medicaid:** (877) 647-0027

**Catholic Charities- Trung tâm tham khảo:** (503) 238-5196

## Thực phẩm

**Oregon Food Bank:** (503) 282-0555

**Oregon Public Benefits:** (800) 520-5292

**St. Vincent De Paul:** (503) 235-8431

**Sunshine Division:** (503) 823-2102

## Nguồn tài chính và việc làm

**Catholic Charities-Save First Financial Wellness:** (503) 688-2659

**Legal Aid Services of Oregon:** (800) 228-6958 (Portland) hoặc (888) 245-4091 (Hillsboro)

**Worksource Oregon:**  
[www.worksourceoregon.org](http://www.worksourceoregon.org)

## Trợ giúp về mạng và điện, nước, gas

**Community Action (Washington County):** (503) 648-6646

**Pacific Power:** (888) 221-7070

**Care to Share:** (503) 726-0407

**Comcast Internet Essentials Program:**  
(855) 846-8376

## Nếu cần sự an tâm và hỗ trợ

**Local Resources and Information:** gọi (211) hoặc [www.211info.org](http://www.211info.org)

**Covia Well Connected (Đường giây và mạng cho người cao niên):** (855) 845-7415 hoặc  
<https://covia.org/services/well-connected/>