



## Domestic Violence / Crisis Intervention

Are you safe at home?

- National Domestic Violence Hotline: [www.thehotline.org](http://www.thehotline.org)

Do you need help with substance use?

- For individuals and family members seeking crisis intervention, treatment referral, and chemical-dependency information. Call 800-923-4357 (24/7/365), Text RecoveryNow to 839863 (8am-11pm PST daily)

## COVID 19 Emergency Relief Resources for PDX (and Beyond)

- [List of Crisis Lines](#)
- [Disaster Distress Helpline](#)

*Have an update or suggestion for our resource list? Email [itsmyunion@ofnhp.org](mailto:itsmyunion@ofnhp.org).*