



WASHINGTON RESOURCES

- **Oregon Department of Human Services**
 - [Washington Supplemental Nutrition Assistance Program \(SNAP\)](#) Apply online, or call (877) 501-2233. The federal Supplemental Nutrition Assistance Program (SNAP) provides a monthly benefit for you to buy food. Your benefit amount is based on the size of your household, your income, and your allowed expenses.
 - [Washington Temporary Assistance to Needy Families \(TANF\)](#) – Apply online, call (877) 501-2233. Temporary Assistance to Needy Families (TANF) provides financial assistance to families who meet the criteria. This is a temporary program and recipients are provided with job seeking supports/resources to help stabilize the family. Disaster Cash Assistance, a financial assistance program in response to the effects of Covid-19. Apply for either service online or by phone.
 - [Oregon Health Plan](#) (OHP) – apply online, call 1-800-699-9075 or 711 (TTY) to request an application or with questions. OHP is a health coverage program jointly funded by the federal and state government. This program is tiered to provide different levels of health insurance depending on needs. OHP pay for medical costs for qualified families and individuals.

- **Food/Food Pantries**
 - [Feeding America-Washington](#) – or call (800) 771-2303. A resource website providing information on Washington Food Pantries, and other food focused services available.
 - [Washington State Farm to Food Pantry \(F2FP\) Program](#) - F2FP is a program allowing hunger relief organizations to pay farmers for their harvests allowing participants to receive fruits and vegetables as part of their food pantry.
 - [Washington Student Meal Program](#) – Free grab-n-go meals for Washington Students through the United Way and partnering organizations. Website has Student Meal Program sites listed in all communities.
 - [Washington Food Pantries by City](#) – A listing of Food Pantries and Subsidized Groceries by Cities in Washington.

- **Unemployment**
 - [Oregon Unemployment Insurance](https://www.benefits.gov/benefit/1775)<https://www.benefits.gov/benefit/1775> or call. Unemployment Insurance is a joint state-federal program that provides cash benefits to eligible workers who are unemployed through no fault of their own. Each state administers a separate unemployment insurance program, but all states follow the same guidelines established by federal law. Pandemic Unemployment Assistance is available and is a temporary federal program for individuals not eligible for traditional unemployment benefits. Some individuals



who may be eligible include those who are self-employed or gig economy workers. Services include job search, referral and placement assistance, reemployment services to unemployment insurance claimants, special programs offered by Oregon.gov.

- **Health**

- [SAMHSA Disaster Distress](#) - or call (800) 985-5990. A 24/7 365-day national hotline dedicated to providing immediate crisis counseling to people who are experiencing emotional distress related to a natural or human causes disaster. Stress, anxiety, and other depression symptoms are common reactions after a disaster. SAMHSA Disaster Distress National Hotline is here to help.
- [OHSU Oregon's Family to Family Supportive Services](#) – OHSU's Supportive Services Branch provides family and individual's support through emotional supportive services, Crisis, Trauma, Emergencies, & Safety Support, Financial helps, Workshops and Seminars to strengthen individuals and families.
- [U.S. Gov. health](#) – Help with Medical and/or Prescription fees, Dental Clinics, and Charitable Medical Care for Deductibles

- **Utilities**

- [Oregon and So. Washington 211 Utility Assistance](#) – or call 211. 211 provides lists of utility assistance programs available to residents of Oregon such as discounted or payment assistance for electric, gas, heating fuel, sewer, trash, and water.
- [Oregon Energy Assistance](#) – or call (971) 386-2124. A non-profit organization that works with a statewide network of community agencies and local utility companies to provide utility payment assistance to those who are in need of help.
- [Government Resources for Financial Help](#)– Help with bills: Federal Student Loans, Federal Mortgage Home Loan Relief, Temporary Mortgage and/or Rental Home Relief, Telephone and/or Home Energy Bill Payment Assistance, Low Income Home Energy Assistance Program (LIHEAP), and Operation Round-up.

- **Educational/Activities**

- [Oregon Distance Learning Program](#) – or call (503) 785-8000. Oregon Department of Education (ODE) is providing a statewide distance learning program for all students through Google classroom. Distance learning began on 04/13/20.
- [Educational Activities for Children](#) – Resources for children during this time quarantining and no school. Kids Yoga, Helping Your Children with Their Vocabulary from Home, and Online Learning are some of the resources available on this website.



- [Free TV](#) – 80+ TV channels you can access for free.
- [Scholastic](#) – Learn at home-free website pre-k through 12th grade.
- <https://www.gov/specials/nasaathome/index.html> – NASA created a website packed full of E-books, Virtual Tours, Videos, Podcasts, Be a Scientist, For Kids and Families!
- [Free Tutoring](#) – College students from top-tier universities tutor students between the age of 5-18 for 1-on-1 tutoring lessons.
- [Free Online College](#) – Participate in free online courses with top Ivy League schools.
- [50 Different Activities](#) – Access New York Library, visit museums, national parks, concerts, tour famous cities and landmarks, yoga classes, free movie channels, etc.
- **Miscellaneous**
 - [Washington Covid-19 211 Resources](#) – or call 211. Various services available throughout Oregon to address the stressors of Covid-19. Services to include: Covid-19 Updates, Emergency Housing Funds, Unemployment Assistance, Rental/Eviction Help, Mental Health & Crisis Lines and Supports, and other services to assist families.
 - [Washington Connection Resources](#) – “Your link to services,” links to the following services and more: Food/Cash, Housing, Utilities, Children/Family & Youth Services, Health & Long-Term Services, Veterans, Mental Health/Substance Abuse Services, Education, Employment, DV, Tribal Info, and Legal and Transportation.
 - [Washington State Department of Social and Health Services \(DSHS\)](#) – DSHS Emergency Services available to residents of Washington State. Services to include: Eviction, No Food, Utility Shut Off, Domestic Violence, Medical Emergencies, Need for Daycare, and Homicidal/Suicidal Ideation.
 - [United States Government](#) - In depth resource directory with many links to services.
 - [U-Haul College Student Storage Program](#) - U-Haul is extending assistance to college students who need a moving van to return home from college due to COVID-19.
 - [Sustaining Services for Survivors](#) - Services for families who have lost a family member due to COVID-19.