



NEED SOME HELP?

Economic resources for Oregonians

Times are getting tough for everyone. Job losses, dropping home values and a slumping economy are straining many Oregon families, but there are several economic resources available to help you through the rough times. The following information will explain the services available and how to access them.

Temporary cash assistance for families

If you need help paying the bills, you may be able to receive monthly cash assistance through the Temporary Assistance for Needy Families (TANF) Program. TANF provides money to families who have children under the age of 18. The benefit amount for a family of three with no other income is \$528 a month. The benefit amount decreases as your income increases.

To learn whether you qualify for TANF assistance, visit www.oregon.gov/DHS/assistance/cash/tanf.shtml or call one of the DHS offices listed on the back of this flier.

Food assistance for individuals and families

Oregon Trail cards offer the convenience of using debit cards to purchase food without the hassle of counting food stamps. The cards are automatically refilled each month for the amount allotted to you and your family. The benefit amount for a family of three with no other income is \$426 a month. The benefit amount decreases as your income increases.

To learn whether you qualify for an Oregon Trail card, visit www.oregon.gov/DHS/assistance/foodstamps/foodstamps.shtml or call one of the or DHS offices listed on the back of this flier.

Nutrition assistance for Women, Infants and Children

It is particularly important for women who are pregnant, infants and children to receive the nutrition and support they need. This assistance is available through the Women, Infants and Children (WIC) Nutrition Program, which provides lower-income pregnant women, new mothers and children under age 5 with food assistance, information about nutrition and breastfeeding, and referrals to health care services to help them improve their lifelong health.

To learn whether you qualify for WIC assistance, visit www.oregon.gov/DHS/ph/wic/, call 800-SafeNet, or call one of the DHS offices listed on the back of this flier.

Health care for children

The Oregon Health Plan (OHP) offers no- or low-cost health care insurance to individuals with restricted incomes. Children through age 18 may qualify for the State Children's Health Insurance Program if their family's income is less than 185 percent of the federal poverty level. The federal poverty level is \$2,714 per month for a family of three.

To learn whether your children qualify for OHP benefits, visit www.oregon.gov/DHS/healthplan/app_benefits/ohp4u.shtml or call one of the DHS offices listed on the back of this flier.

Prescription drug coverage

You also may be able to get help paying for the prescription medications you need by calling the Partnership for Prescription Assistance at 888-477-2669.



OTHER SUPPORTS

Domestic violence prevention and response

If you or someone you know is in a violent relationship, you can get help by calling 800-SafeNet or one of the DHS offices listed on the back of this flier.



Mental health counseling and support

The stress of being out of work or short of money can add a lot of pressure to your life. If you or someone in your family is feeling increasingly depressed, angry or anxious, and would like mental health counseling or support, please call 800-SafeNet or one of the DHS offices listed on the back of this flier for more information.

Alcohol and drug treatment

If you would like help with an alcohol or drug problem, call the Oregon Partnership at 800-923-4357.

Gambling treatment

You can receive help for a gambling problem by calling the Gambling Treatment Hotline at 877-278-6766.



HOW TO APPLY FOR ASSISTANCE

These tough economic times have increased the number of people requesting services from DHS and other agencies. As a result, office waiting times are longer than usual, and it is taking longer to process requests. Please be patient during your visit to DHS and afterward as your application materials are processed.

You can help streamline your request for services by bringing the following items with you:

- A driver license or other photo I.D. such as a passport
- Your Social Security number
- Your address
- Pay stubs or other proof of income for the past 30 days
- Copies of any notices that are creating an emergency for you such as an eviction notice or a utility shutoff notice

These items will help you begin the application process. You may be asked to provide additional information depending on the services you are requesting.



SERVICES BY COUNTY

You can learn more about the services available to you by calling the DHS office in your area or by calling the statewide Oregon SafeNet hotline:

800-SafeNet (723-3638)

You also can learn more online at:

www.oregonhelps.org

or

www.oregon.gov/dhs



DHS office contact numbers by county

Baker	541-523-3648	Lincoln	541-791-5725
Benton	541-791-5725	Linn	541-791-5725
Clackamas	971-673-7276	Malheur	541-889-9141
Clatsop	503-325-2021	Marion	503-373-1758
Columbia	503 325-2021	Marion	503-373-1421
Coos	541-888-7033	Morrow	541-938-6627
Crook	541-504-1320	Multnomah	971-673-2639
Curry	541-888-7033	Multnomah	503-872-5573
Deschutes	541-504-1320	Polk	503-373-1758
Douglas	541-464-2042	Polk	503-373-1421
Gilliam	541-506-5201	Sherman	541-506-5201
Grant	541-889-9141	Tillamook	503-325-2021
Harney	541-889-9141	Umatilla	541-938-6627
Hood River	541-506-5201	Union	541-523-3648
Jackson	541-776-6186	Wallowa	541-523-3648
Jefferson	541-504-1320	Wasco	541-506-5201
Josephine	541-776-6186	Washington	503-598-6138
Klamath	541-850-5511	Wheeler	541-506-5201
Lake	541-850-5511	Yamhill	503-373-1758
Lane	541-687-7373	Yamhill	503-373-1421

Access

If you need this document in another language or alternative format, please e-mail DHS at DHS.Forms@state.or.us, call DHS at 503-378-3486 or contact DHS via TTY at 503-378-3523.

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