



Real Recovery Podcast Inc.

Support and Resources

Dial 211 or visit 211info.org if you need help finding local resources like health and family services, food assistance or housing.

Emergency Numbers

Medical or Fire Emergency	911
Suicide Prevention	988
Alcohol and Drug Helpline	1-800-923-4357
Military Helpline	1-888-457-4838
YouthLine	1-877-968-8491
Poison Emergency	1-800-222-1222
Domestic Violence Hotline	1-800-799-SAFE 1-800-799-7233
Sexual Assault Hotline	1-800-656-HOPE 1-800-656-4673
Report Abuse of a Child or Vulnerable Adult in Oregon	1-855-503-SAFE 1-855-503-7233