

RESOURCES DURING COVID-19

CURRENT AS OF MAY 1, 2020

UTILITIES

NW Natural: 800-422-4012

Will not disconnect or charge late fees for customers who can't make a payment due to impacts caused by COVID-19.

PGE: 877-660-6789

Suspended non-payment disconnections and late fees.

Comcast

No disconnects, free hotspots, and eligible households could receive 60 days of free service

CELLULAR

The cellular carriers below are offering no disconnects for 60 days, waiving late payment fees for a limited time, in addition to other relief measures.

AT&T: <https://www.att.com/support/>

Sprint: 888-211-4727

T Mobile: 800-937-8997

Verizon: 800-922-0204

HOTLINES

Suicide Lifeline: 800-273-8255

Alcohol and Drug Helpline: 800-923-4357

Military Helpline: 888-457-4838

Youthline: 877-968-8491

Senior Loneliness Line: 800-282-7035

Provided 24/7 by Lines for Life:
<https://www.linesforlife.org/>

SUPPORT

Alcoholics Anonymous:
<https://www.aa-oregon.org/>

Al-Anon (for family and friends):
<https://al-anonportlandoregon.org/>

Smart Recovery:
<https://www.smartrecovery.org/>

Narcotics Anonymous:
<https://virtual-na.org/>

BASIC NEEDS

Homeless Shelter Directory (Shelter locations throughout Oregon):
<https://www.homelessshelterdirectory.org/oregon.html>

Oregon Food Bank Locator (Food bank locations throughout Oregon):
<https://www.oregonfoodbank.org/find-help/find-food/>

Disaster Distress Helpline:
<https://www.samhsa.gov/find-help/disaster-distress-helpline>

The Disaster Distress Helpline provides 24 hour a day, 7 days a week crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

