

Ostomomy Supplies	Friends of Ostomates Worldwide	Home - FOW-USA (fowusa.org)	
Dysphasia	Dysphasia Outreach Project	Dysphagia Food Bank — Dysphagia Outreach Project	
Enteral and IV Nutrition	Oley Foundation	Oley Foundation	
Equipment for Children with Disabilites	The Parker Lee Project	The Parker Lee Project	
Gaming	Xbox adaptive controller	Xbox Adaptive Controller Xbox	
Gaming	How to use Xbox adaptive on Switch	How to Use an Xbox Adaptive Controller with a Nintendo Switch – GameAccess	
Adaptive Gender Affirming Clothing	Rebirth Garments	Rebirth Garments	
Adaptive Non Gender Conforming Undies	TomBoy X	TomboyX We Fit You	
Adaptive Period Undies	ModiBodi	Adaptive Womens Period & Incontinence Panties Modibodi US	
Adaptive Keyboard	Orbi Touch	orbiTouch orbiTouch Keyless Keyboard Blue Orb, Inc.	

Crisis Line: Lifeline: Suicide Intervention	1-800-273 - 8255	Crisis Line		
Crisis Line: Lifeline: Direct/Non-800	503-972-3456	Crisis Line		
CAT Renters Rights Hotline	503 288-0130	Renters Rights Hotline		
La Red Nacional de Prevención del Suicidio (en español)	1-888-628-9454	Crisis Line by for Trans ppl		
Trans Lifeline	1-877-565-8860			
Trevor Project crisis hotline for LGBTQ+	1-866-488-7386	Crisis Line		
Alcohol and Drug Helpline	1-800-923-HELP (4375)	Crisis Line		
Call to Safety	1-888-235-5333	Crisis Line Domestic Violence		
Call to Safety Direct	503-235-5333	Crisis Line Domestic Violence		
SARC Sexual Assault Resource Center 24 hour help line		(503) 640-5311		
SARC Sexual Assault Resource Center 24 hour help line		(888) 640-5311		
PDX Free Fridge	PDX FREE FRIDGE	Food		
Milk Crate Kitchen	Milk Crate Kitchen Portland Community Kitchen	Food		
Crisis Kitchen	Crisis Kitchen	Food		
Southwest Washington Mutal Aid Group	https://www.facebook.com/groups/214535229807145/	Mutual Aid		
Licensed Counslor LGBTQIA+	Deirdre Rundle, LPC	Mental Health, OHP		
Counselors	Counseling in Portland, Oregon (bridgecitycounseling.com)	Mental Health, OHP		
Landlord Tenant Law	landlord-tenant-law-2016-final.pdf (oregonlawhelp.org)	Housing, Law		
Domestic Violence Housing Rights	dv-housing-protections-w-subsidized-housing-info-2017.pdf (oregonlawhelp.org)	Housing, Law, Domestic Violence		
Clear Clinic	PCC CLEAR Clinic at PCC	Free Legal Services, gender, immigration		
Reasonable Accomodation Request	Microsoft Word - Reasonable Accommodation Requests.doc (squarespace.com)	Housing Disability		
Know Your Rights	Know Your Rights — Community Alliance of Tenants (squarespace.com)			
ASSIST	Home (programassist.org)	Disability ssdi		
IRCO	Immigrant & Refugee Community Organization - Immigrant & Refugee Community Organizat	Immigrant Refugee		
Fair Housing	Fair Housing Council of Oregon Protecting and Promoting Civil Rights in Housing Since 199	Housing, Discrimination		
Housless in Oregon Know Your Rights	Homeless KYR ACLU of Oregon for Streetroots	Housing, Houseless		
Rose Haven Day Shelter	Homeless Resources for Women and children in Portland Oregon (rosehaven.org)	Day Shelter Housing		
BEST Program Central City Concern ssi help		SSI Application Help		
Withdrawal Treatment: Hooper Detox	Hooper Detoxification Stabilization Center - Recovery Location - Central City Concern	inpatient outpatient self and not referral		
Suboxone medicated supported recovery	Hooper Detoxification Stabilization Center - Recovery Location - Central City Concern			
Suboxone medicated supported recovery	Blackburn Center: Recovery Services - Recovery Location - Central City Concern			
Suboxone Pregnancy	Letty Owings Center - Recovery Location - Central City Concern			
Suboxone and Recovery Services	Old Town Clinic: Recovery Services - Recovery Location - Central City Concern			
Outpatient Recovery and Suboxone	CCC Recovery Center - Recovery Location - Central City Concern			
Puentes: Latinix	Puentes - Recovery Location - Central City Concern			
Addiction Mental Health Services Black Community	Imani Center - Recovery Location - Central City Concern			
Native American Youth and Family Resource	Services Native American Youth and Family Center (nayapdx.org)			
Native American Rehabilitation Association	NARA – Mission Driven, Spirit Led (naranorthwest.org)			
Psychological First Aid Handouts Survivors	Handouts from the Psychological First Aid Manual (va.gov)	Mental Health, Connection, PTSD		
Transcription Braille Resources	Independent Living Resources Transcription Services (ilr.org)	Access		
Map of area pharmacy with Narcan	Oregon Health Authority : Naloxone Rescue for Opioid Overdose : Opioid Overdose and Misuse : State of Oregon			

211 website	Call 211 for Essential Community Services United Way 211			
children's assistive technology funding	AT Funding CV AT Lab (cv-atlab.org)		speech generating, wheelchairs, IPADS with SGDs	
assistive technology loan closet	Open Hours & Loan Closet CV AT Lab Portland OR (cv-atlab.org)			
City of Portland Extreme heat	Stay safe during the heat Portland.gov			

Texas Harm Reduction	Texas Harm Reduction Alliance Drug user health policy (harmreductiontx.org)
Ontario Harm Reduction	Ontario Harm Reduction Network (OHRN) Home
Tennessee Harm Reduction	Tennessee Harm Reduction West Tennessee's Syringe Exchange
Harm Reduction Circle (West Coast)	Home Harm Reduction Circle
Portland People's Outreach	Get Involved – Portland People's Outreach Project (portlandpeoplesoutreach.org)

Sister Outsider	Lorde, Audre	Sister Outsider Multnomah County Library BiblioCommons	
Care Work	Piepzna-Samarasinha, Leah	Care Work Multnomah County Library BiblioCommons	
Intersection Allies: we make room for all	Johnson, Chelsea, Council, LaToya, Choi, Carolyn		Kids
Awesomely Emma	Webb, Amy		Kids
My Three Best Friends and Me, Zulay	Best, Cari		Kids
Just Ask!	Sotomayor, Sonia		Kids
Talking to Kids about Disabilities	Blog	Talking with kids about disabilities Multnomah County Library (multcolib.org)	Kids
Native Story Hour		Native Story Hour Multnomah County Library (multcolib.org)	

Preparing for Hospitalization During COVID-19 Pandemic: A Checklist for People with Disabilities	Microsoft Word - HospitalifUhave2go.docx (jlk.com)	Prepardness	
COVID19 Community-Wide Resources: The Partnership for Inclusive Disaster Strategies	COVID19 Community-Wide Resources - Google Docs	Prepardness	
Ablisims and Language Guide	Autistic Hoya — A blog by Lydia X. Z. Brown: Ableism/Language	Language	
Disability Language Style Guide	Disability Language Style Guide National Center on Disability and Jo	Language	
Indigenous Disability Artist Vanessa Dion Fletcher	Vanessa Dion Fletcher Visual Artist	Art Indigenous Disability	
Text of American with Disabilities Rights Law	Americans with Disabilities Act of 1990.AS AMENDED with ADA Amer	Law	
Basic Disability Rights	Basic Legal Rights - Disability Justice	Law	
Making and Recieving a TTY call: Youtube	RelaySD: Making and receiving a TTY call - YouTube	Access	
Talking to Kids about People with Disabilities	Talking with kids about disabilities Multnomah County Library (multco	Kids	
Special Education Terms and Acronyms	Special Education Terms Understood - For learning and thinking diffe	Kids	
IFSPs, IEPs and 504 plans	IFSPs, IEPs and 504 plans Multnomah County Library (multcolib.org	Kids	
Your Rights in a Disaster as Disabled Person	Your Rights in a Disaster – The Partnership for Inclusive Disaster Stra	Disability Disaster Preparedness	
Natives Reconnecting Mental Health Community Kakichihewin Project	https://seedingsovereignty.org/initiatives/tp/	Native Mental Health Community	
A small guide to YT guilt (by Natives)	White guilt guide to so-called black friday (squarespace.com)		
Boarding School and their decedents survivors resources	Resources for Self-Care and Trauma - The National Native American Boarding School Healing Coalition		
Rheumatoid Patient Foundation	Our Programs - Rheumatoid Patient Foundation (rheum4us.org)		
Native Helpline	StrongHearts Native Helpline Home (strongheartshelpline.org)	Native Mental Health	
Indigenouse Story Studio	Home - Indigenous Story Studio (istorystudio.com)	Youth Native	
Job Accomidation Network	https://askjan.org/index.cfm		
Prepring Home for Wildfire Smoke	Preparing your home for wildfire smoke (oregonsmoke.org)		

Don't Institutionalize People with Disabilities (asaging.org)
