

**APPENDIX A**  
**LOCAL RESOURCES and OTHER LOCAL HELPLINES**

## Local Information

Many phonenumber calls are from non-addicts or potential members looking for services other than what N.A. provides. We don't give referrals to one specific treatment center or detoxification unit, which would cross the boundary of cooperation into endorsement. Instead, we can inform callers of generic treatment referral numbers. We don't recommend one program over another or offer our opinions about any of these programs; we simply provide contact information.

Remember, we do not endorse, discuss, or make recommendations about any other Twelve Step programs or agencies ever. If the caller insists on information about treatment facilities, suggest they look in the "Yellow Pages" under drug abuse, as these are not part of our referral numbers. Try to keep calls brief, because it is important to keep the phonenumber open to others in need. You may suggest they call back for further information. **DO NOT** give the caller your phone number.

Before providing local information always explain that Narcotics Anonymous is neither affiliated with nor recommends any other organizations, institutions, emergency services, agencies, or programs. We simply provide alternate telephone numbers for those callers who need services other than NA.

## Schedule

The Portland Area Narcotics Anonymous Meeting schedule lists every meeting in the Portland/Vancouver Metropolitan Area. Before your shift begins it's a good idea to take a few moments to be aware of the surrounding NA Areas meetings that are listed in our schedule. Phonenumber volunteers give meeting information for all the areas listed in our schedule. If they are calling for meetings that are not listed in our schedule you can give that city or towns NA Phonenumber number. A helpful tool to remember is that the names of NA Areas and the towns they service are on the back of the schedule. That information is also listed below in this Handbook.

**Support Groups and help lines:**

Al-Anon & ALATEEN: 503-292-1333

Alcoholics Anonymous Hotline: 503-223-8569

Cascade AIDS Project: 503-223-5907

Cocaine Anonymous Hotline: 503-256-1666

Co-Dependants Anonymous: 503-285-8891

Families Anonymous: 1-800-736-9805 [www.familiesanonymous.org](http://www.familiesanonymous.org) 12 step program for friends and relatives

Gamblers Anonymous: 503-233-5888 [www.gamblersanonymous.org](http://www.gamblersanonymous.org)

Marijuana Anonymous: 503-221-7007

Nar-Anon: 503-752-3461

Nar-Anon World Services Office: 800-477-6291 [www.nar-anon.org](http://www.nar-anon.org)

Nar-Anon meeting Thursday's 7:30pm Serenity Survivors Pioneer Community Center, 615 5<sup>th</sup> Street, Oregon City. (Wheelchair Accessible) Enter on Washington Street.

Parents Anonymous Support Line: 503-258-4557 (Support groups and resource referrals)

Sex Addicts Anonymous: 503-452-5961 [www.portlandsaa.org](http://www.portlandsaa.org)

Crystal Meth Anonymous 503-895-1311 24 hour phonenumber [www.oregoncma.org](http://www.oregoncma.org)

**Treatment Referral Numbers:**

Multnomah County information and Referral Specialists Information Line Dial: #211 (open from 9am to 5pm daily)

Shelters, legal help, and financial assistance programs

Recovery Info USA: 1-800-711-6375

Nationwide treatment referrals and numbers

Oregon Partnership; Help Line 1-800-923-4357 or 1-800-923-help

Alcohol & Drug Help Line: 503-244-1312 or 1-800-923-4357

**911 & Crisis Lines:**

Emergency 911

Multnomah County Mental Health Crisis Line: 503-988-4888

Oregon Partnership; Life Line: 1-800-273-talk (1-800-273-8255) or 1-800-suicide

Women's Crisis Line: 503-235-5333

Youth Help Line: 503-244-1611

Oregon Partnership; Youth Line: 1-877-YOUTH-911 or (1-877-96884-911)

Alcohol & Drug Help Line: 503-244-1312 or 1-800-923-4357

Tri Met: 503-238-7433 or 503-231-3199

**Recovery Oriented Club Houses:**

Miracles Club: 503-249-8559

URS Club: 503-253-9321

East County Alano Club: 503-661-4734

Alano Club: 503-222-5756

North Portland Alano Club: 503-283-4953

Live & Let Live Club: 503-238-6091

Forest Grove Recovery Club: 503-357-1063

## **Other Local Helpline Numbers**

Central Oregon High Desert Area (541) 416-2146  
Bend, Madras, and La Pine

Coos Bay Area (541) 267-0273  
Coos Bay, North Bend, and Reedsport

Greater Willamette Valley Area (877) 551-4662  
Canby, Gladstone, Milwaukie, Molalla, Oregon City, and West Linn

Klamath Basin Area (888) 518-8166  
Klamath Falls

Lane County Area (541) 729-0080  
Cottage Grove, Eugene, Florence, and Springfield

Linn-Benton-Lincoln Area (877) 233-4287  
Corvallis, Lincoln City, and Newport

Lower Columbia Area (360) 703-0120  
Kelso, Longview

Mid-Willamette Valley (503) 990-0861  
Keizer and Salem

North Coast Area (503)717-3702  
Astoria and Seaside

Rogue Redwood Area (503) 955-3823  
Brookings and Grants Pass

Siskiyou Area (California) (530) 842-7502  
Mt. Shasta, Weed, Dunsmuir, and Yreka

Southern Oregon Area (541) 858-0555  
Ashland and Medford

Southwest Washington Area (360)703-0990  
Vancouver, Goldendale, Washougal, Camas, and Woodland

Tualatin Valley Area (877) 551-4662  
Beaverton, Cornelius, Forest Grove, Hillsboro, Lake Oswego, Newberg,  
Sherwood, and Tigard

Umpqua Valley (541)957-1489  
Sutherlin and Roseburg