**Safety and Mental Health**

**Emergency**: Dial 911

**Non-Emergency:**

Clatsop County Dispatch: 503-325-2061 (option 1)

Pacific County Dispatch: 360-875-3937

[Clatsop Behavioral Healthcare](http://www.clatsopbh.org/)
Psychiatric, substance abuse and crisis services
Walk-in, Mon-Fri, 9am-3pm, 115 W Bond Street, Astoria

24 hour crisis line: (503) 325-5724

Make an appointment: (503) 325-5722

[Mental Health & Crisis Support | CCC](https://www.clatsopcc.edu/mental-health-crisis-support/)

Free counseling services for CCC students.

Available drop-in and by appointment Mon-Fri, 1pm-5pm. Lexington Campus, Services Building 107

mpayton@clatsopcc.edu 503-338-2409

[National Suicide and Crisis Lifeline](https://988lifeline.org/)

“Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.”

Dial 988 or navigate to the website for text chat

[The Harbor Advocacy Center](https://www.harbornw.org/)

Advocacy, prevention and support for survivors of domestic violence, sexual assault and stalking

**24/7 Support**: (503) 325-5735

[Warmline - Community Counseling Solutions](https://ccswebsite.org/warmline/)

A welcoming place for anyone to connect with a person for confidential, nonjudgmental peer support. No appointment needed. Talk to someone over the phone.

Available 24/7: 1-800-698-2392

[Willapa Behavioral Health & Wellness](https://willapabh.org/)

Treatment and support to include mental health, addiction, & domestic violence.

Schedule an appointment in Long Beach, open till 7pm Mon-Thur, (360) 642-3787

24 hour crisis line: (800)-803-8833

**Transportation**

[Sunset Empire Transit District](http://www.ridethebus.org/)

Bus and paratransit Services900 Marine Drive, Astoria OR 97103
1-866-811-1001 RidePal: (503) 861-RIDE (7433)

**Housing, Employment, Basic Needs Resource Referrals**

[211 Info –](https://www.211info.org/)

Find the resources you need. Search in web browser, email, text or speak to a person for 24/7 Resource Referrals: Dial 211 or 1-866-698-6155.

[Basic Needs | Clatsop Community College](https://www.clatsopcc.edu/basic-needs/)

Benefits Navigator, Kathy Bode

Free bus passes, gas cards and resource referrals for students

kbode@clatsopcc.edu (503)338-2531

[Clatsop Community Action](http://www.ccaservices.org/)Housing & energy assistance, food pantry and meal sites, information and referrals (503) 325-1400[CCA-Resource-Directory-2024.pdf](https://ccaservices.org/docs/content/CCA-Resource-Directory-2024.pdf)

[Veteran Services Office | Clatsop Community Action](https://ccaservices.org/vso/)

Provides a wide range of free services to veterans, authorized dependents, and survivors who reside in Clatsop County.

Lexington Campus, Services Building, 971-308-1045

[WorkSource Oregon](https://worksourceoregon.org/contact)

Clatsop County Residents on SNAP (Food Stamps), who are over 18, and apply for the [STEP](file:///C%3A%5CUsers%5Cfforster%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5C6GKZD8PQ%5CStep%20Flyer%201.pdf) program may qualify for assistance with: Tuition, books and supplies, phone/internet, laptops, gas cards & transportation, housing, paying for Identification (driver’s license, ID, birth certificate, work permit), and clothing.

Norma Lamb, Business and Employment Specialist

Norma.j.lamb@enploy.oregon.gov 503-378-8079

Students near completion of short-term certificates may qualify for help with: Tuition, books, gas cards & transportation, housing and career assessments.

Jodi Anderson, Talent Development Specialist-EQUUS

Jodi.anderson@equusworks.com 503-741-5350

[Cooperative Work Experience | CCC](https://www.clatsopcc.edu/cooperative-work-experience/)

Paid work experience or earn college credit for internships through the college. Contact Misty Bateman mbateman@clatsopcc.edu 503-338-2507

[Career Pathways | Clatsop Community College](https://www.clatsopcc.edu/degrees-certificates/career-pathways/)

Students in the Career Pathways Program may qualify for assistance with: Books and supplies, phone/internet, laptops, gas cards & transportation, career assessments, and clothing.

Tammy Heintz, Career Pathway Grant Coordinator, CCC

theintz@clastopcc.edu 503-338-7604

[Oregon Department of Human Services](https://www.oregon.gov/odhs/food/pages/snap.aspx?utm_source=ODHS&utm_medium=egov_redirect&utm_campaign=https%3A%2F%2Fwww.oregon.gov%2Fdhs%2Fassistance%2Ffood-benefits%2Fpages%2Feligibility-apply.aspx)

SNAP (Food Stamps) and more

Office in Astoria open Mon-Fri, 8am-5pm, 503-325-2021, or apply online: [ODHS : Benefits](https://www.oregon.gov/odhs/benefits/Pages/default.aspx)

[[Washington Department of Social and Health Services](https://www.dshs.wa.gov/)](https://www.dshs.wa.gov/location/dshs-cso-071)

SNAP (Food Stamps), and more

Office in Long Beach open Tue/Thur, 10am-2pm,(877) 501-2233**,** or apply online**:** [Washington Connection](https://www.washingtonconnection.org/home/)

**Free or discounted phone/internet for people on SNAP or Pell Grant:**

* [Oregon Lifeline : State of Oregon](https://www.oregon.gov/puc/Pages/Oregon-Lifeline.aspx)
* [Lifeline phone services | Washington State](https://www.hca.wa.gov/about-hca/programs-and-initiatives/apple-health-medicaid/lifeline-phone-services)

**Free Food Pantries:**

[Bandit Food Pantry | Clatsop Community College](https://www.clatsopcc.edu/bandit-food-pantry/)

Free food and clothing closet for CCC Students.

Tue, Wed, Thur from 11am-2pm

Lexington Campus, Services Building

foodpantry@clatsopcc.edu 503-338-2355

[CCA Regional Food Bank Mobile Produce Pantry](https://ccaservices.org/food/mobile-produce-pantry/)

Free food at various locations, seasonally.

Phone: 503-861-FOOD (3663)

[Cannon Beach Community Food Pantry](https://cannonbeachcommunityfoodpantry.com/)

Weds, 3-5pm

368 Beaver St, Cannon Beach 971-326-0479

Clatsop Emergency Food Pantry– First Presbyterian

Astoria residents. Mon-Fri from 3-4pm.

1103 Grand, Astoria 503-325-1702

[Grace Food Pantry Grace Episcopal Church](https://www.foodpantries.org/li/or_97103_grace-food-pantry-grace-episcopal-church)

Tues & Thurs, 9-11:30am.

1545 Franklin St, Astoria 503-325-4691

KNAPPA FOOD PANTRY

Monthly emergency food boxes. Tues & Thurs, 2-3pm.

42889 Old Hwy 30, Knappa 503-458-6540

[Manna House Food Pantry at Lighthouse Christian Church](https://www.foodpantries.org/li/or_97146_manna-house-pantry-warrenton)

3rd Saturday of each month 9:00am to 11:00am or by appointment for other days.

88786 Dellmoor Loop Rd, Warrenton 503-738-5182

[Ocean Park Food Bank](https://www.oceanparkfoodbank.org/)

Tues, Thurs, Fri: 10:00am - 2:45pm

Wed: 10:00am - 6:00pm

1601 Bay Avenue, Ocean Park, WA 360-665-6567

[St. Vincent de Paul Food Pantry in Gearhart](https://www.northcoastcommunityfoodproject.org/food-pantires-served)

M & F, 1-3pm & last Sat, 11am-1pm.

3575 Hwy 101 N, Gearhart 503-717-0444

[St. Vincent de Paul Food Pantry in Astoria](https://www.foodpantries.org/li/or_97103_st-vincent-de-paul-food-pantry-astoria)

Tues, 1-3pm & Fri& Sat, 10am-noon.

1465 Grand Ave, Astoria 503-325-2007

[South County Community Food Pantry](https://www.seasidefoodbank.com/)

South county residents. Open Tue, Thu, 1pm-3:45 pm

2041 N Roosevelt, Seaside 503-738-9800

[Warrenton Food Pantry - Calvary Assembly of God](https://www.warrentoncaog.org/food-pantry)

Warrenton, Hammond, & Sunset Beach

residents. Mondays from 1-2pm

1365 SW Main St, Warrenton 503-861-1712

**Food for Kids Backpack Programs**

Food sent home from school with children on Fridays. Available in Astoria, Knappa and Seaside School Districts. \*Ask the school counselor for information.

[CCA Personal Care Pantry](https://www.northcoastcommunityfoodproject.org/food-pantires-served)

Personal care products (toiletries, etc)

Mon-Thur 9am-12pm & 1-4pm. Fri: 9am 12pm

364 9th St., Astoria 503-325-1400