

Other important telephone numbers

Health

Alcohol and drug help line:

1-800-923-HELP (4357)
www.orpartnership.org/helpline.asp

Antibiotic resistance:

AWARE
971-673-1111
<http://public.health.oregon.gov/PreventionWellness/SafeLiving/AntibioticResistance/Pages/index.aspx>

Depression and anxiety:

Postpartum Support International
1-800-944-4PPD
www.postpartum.net

Baby Blues Connection
1-866-616-3752
www.babybluesconnection.org

Family planning:

www.healthoregon.org/fp

Hearing screening for newborns:

Early Hearing Detection and Intervention (EHDI) Program
971-673-0268
TDD 971-673-0372
www.oregon.gov/dhs/ph/ch/hearing

Immunizations:

971-673-0300
www.healthoregon.org/imm

National domestic violence hotline:

1-800-799-SAFE (7233)
www.thehotline.org

Child Help USA
1-800-442-4453

Newborn blood spot screening:

503-693-4173
www.oregon.gov/DHS/ph/nbs/index.shtml

Oregon Health Plan (health insurance):

Dial 211 or call 1-800-723-3638
www.211info.org for your local branch office

Healthy Kids (health insurance):

1-877-314-5678
www.oregonhealthykids.gov

Poison Center:

1-800-222-1222

Pregnancy loss and grief:

Perinatal Loss Grief Watch
503-284-7426
www.griefwatch.com

Brief Encounters

503-699-8006
www.briefencounters.org

The Compassionate Friends

503-248-0102
www.tcfportland.org

Smoking Cessation Quit Line:

English 1-877-270-7867
Spanish 1-877-266-3868
TDD for hearing impaired: 1-877-777-6534
www.oregonquitline.org

Safety

Child Safety Seat Resource Center:

1-877-793-2608
www.actsoregon.org

Crib Safety Hotline:

1-800-638-2772
www.cpsc.gov

Mercury in fish:

Oregon Public Health Division
971-673-0482 or 1-877-290-6767
www.healthoregon.org/fishadv

Latex allergies:

www.latexallergyresources.org

Lead poisoning prevention:

1-800-368-5060
Portland metro area: 503-988-4000
www.healthoregon.org/lead

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Other important telephone numbers (continued)

Radon information and testing:

971-673-0440

www.healthoregon.org/radon

Safe drinking water:

Oregon Public Health Division Drinking
Water Program

971-673-0405

www.oregon.gov/DHS/ph/dwp

OSU Well Water Program

<http://wellwater.orst.edu>

Safe environments:

971-673-1001 (Oregon)

www.safekids.org

Safe homes:

971-673-1001 (Oregon)

www.safekids.org

Safe sleep:

Safe Sleep for Babies

971-673-0252

[http://public.health.oregon.gov/](http://public.health.oregon.gov/healthypeoplefamilies/babies/pages/sids.aspx)

[healthypeoplefamilies/babies/pages/sids.aspx](http://public.health.oregon.gov/healthypeoplefamilies/babies/pages/sids.aspx)

Back to Sleep campaign

1-800-505-CRIB (2742)

www.nichd.nih.gov/sids/

Relationships

The Black Parent Initiative

503-287-4126

www.thebpi.org

Child abuse:

Parent's Anonymous

Portland metro area only

503-258-4557

Child Help USA

1-800-4-A-CHILD

Child Care Resource and Referral Network:

1-800-342-6712

www.oregonchildcare.org

Child Care Aware:

www.childcareaware.org/en

Domestic violence hotline:

1-800-799-SAFE (7233)

Food and nutrition

Breastfeeding:

www.oregon.gov/dhs/ph/bf

www.la lecheleague.org

www.womenshealth.gov/breastfeeding

www.nursingmotherscounsel.org

Healthy fish guide:

Oregon Public Health Division

971-673-0482

www.healthoregon.org/fishadv

WIC (Women, Infants, Children supplemental nutrition program):

Call 211 or 1-800-723-3638

www.211info.org

www.healthoregon.org/wic

Other

Birth certificates:

To order a birth certificate

971-673-1190

Heirloom certificates

971-673-1170

To make corrections

971-673-1169

To add father's name

971-673-1155

www.healthoregon.org/chs

Early hearing detection and intervention:

[http://public.health.oregon.gov/](http://public.health.oregon.gov/healthypeoplefamilies/babies/healthscreening/hearingscreening/pages/parents.aspx)

[healthypeoplefamilies/babies/healthscreening/
hearingscreening/pages/parents.aspx](http://public.health.oregon.gov/healthypeoplefamilies/babies/healthscreening/hearingscreening/pages/parents.aspx)