



Important Telephone Numbers



Helpful Groups For Information Telephone Numbers and Web Site Addresses Oregon SafeNet 1-800-SAFENET 1-800-723-3638 503-988-5858

Health

Alcohol and Drugs Help

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

Antibiotics: 1-888-246-2675 (English)

1-888-246-2857 (Spanish)
www.healthoregon.org/antibiotics

Depression and Anxiety:

Postpartum Support International
1-805-967-7636
www.postpartum.net

Baby Blues Connection

503-797-2843
www.Babybluesconnection.org

Family Planning:

www.healthoregon.org/fp

Hearing Screening for Newborns:

(Early Hearing Detection and Intervention Program) 971-673-0269
TDD 971-673-0372 www.healthoregon.org/pch/hearing

Immunizations:

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

National Domestic Violence Hotline:

1-800-799-7233 (SAFE)
Child Help USA 1-800-442-4453

Newborn Screening and Blood Testing:

www.healthoregon.org/nbs

Oregon Health Plan Insurance:

Please contact SafeNet for your local branch office

Poison Center:

1-800-222-1222

Pregnancy Loss and Grief:

Perinatal Loss: 503-284-7426
www.griefwatch.com

Brief Encounters: 503-699-8006

www.briefencounters.org

The Compassionate Friends:

503-248-0102
www.portlandtcf.org

Smoking 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:

Portland: 503-656-7207
Statewide: 1-800-772-1315

Crib Safety Hotline:

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

Fish and Mercury:

503-731-4025
www.healthoregon.org/fishadv

Latex Allergies:

503-731-4025
<http://latexallergylinks.tripod.com>
www.latexallergyresources.org
www.healthoregon.org/dermatitis

Lead Line:

1-800-368-5060
Portland Metro Area: 503-988-4000
www.healthoregon.org/leadpaint

Radon Information and testing:

503-731-4272

Safe Drinking Water:

503-731-4317
<http://wellwater.orst.edu>

Safe Environment:

www.safekids.org

Safe Homes:

www.safekids.org

Safe Sleep:

Back to Sleep Campaign
1-800-505-CRIB
www.nichd.nih.gov

Relationships

Child Abuse:

Parent's Anonymous:
Portland Metro Area only: 503-258-4557
Child Help USA 1-800-442-4453

Child Care Resource and Referral Network:

1-800-342-6712
www.oregonchildcare.org

Child Care Aware:

www.childcareaware.org/en

Domestic Violence Hotline:

1-800-799-7233 (SAFE)

Food and Nutrition

Breast Feeding:

Your local hospital breastfeeding consultant
www.healthoregon.org/bf
www.la lecheleague.org
www.womenshealth.gov
www.nursingmotherscounsel.org

Fish Consumption:

971-673-0429
www.healthoregon.org/fishadv

WIC:

Please contact SafeNet for your local WIC office
www.healthoregon.org/wic

Other

Birth Certificate:

To Order a birth Certificate:
971-673-1190

Heirloom Certificates:

971-673-1170

To Make Corrections:

971-673-1169

To Add Father's Name Information:

971-673-1155

www.healthoregon.org/chs

Early Intervention:

Please check page 75 for your local office telephone number

