

# **Sweet Home Health Resources**

In the event of an emergency please call 911.

## **Childcare and Preschool Programs:**

### **Creative Cubs Children's Programs**

4231 Long St, Sweet Home, OR 97386 Phone: 541-401-2079

### **Kidco Head Start – Sunnyside**

44829 Quartzville Rd. Foster Phone: 541-367-8070 Web: <https://www.kidcoheadstart.org/>

### **Little Promises Childcare**

28028 Pleasant Valley Rd. Sweet Home, OR 97386 Phone: 541-367-4350

Web: <https://littlepromiseschildrensprogram.com/?theme=pub/assembler>

## **Crisis Resources:**

### **Linn County Mental Health Crisis**

Call 988, 541-967-3866 or 1-800-304-7468

Web: <https://www.linncountyhealth.org/mental-health/page/crisis-services>

Web: <https://988lifeline.org/>

### **Crisis Text Line**

Text "HOME" to 741741 Confidential text message service for people in crisis

### **National Suicide Hotline**

1-800-273-8255 The Lifeline provides 24/7, and confidential support for people in distress, prevention and crisis resources for you and your loved ones, and best practices for professionals.

### **Oregon Youthline**

Free teen-to-teen crisis support and help line.

1-877-968-8491 Call or Text "teen2teen" to 839863

Web: <https://www.theyouthline.org/>

## **Food:**

### **Hope Church Food Bank**

800 Mountain View Rd. Sweet Home, OR 97386 Phone: 503-779-8745

### **Meals On Wheels**

Sweet Home Senior Center- Oregon Cascades West Council of Governments

Phone: 541-967-8630 Web: <https://www.ocwcog.org/seniors-disability/meals/>

### **Reigning Glory Chapel**

Services Include: Emergency Food Boxes  
450 Oak Terrace Sweet Home, OR 97386 Phone: 541-367-8878

### **Seventh Day Adventist Community Service Center**

Services Include: Emergency Food Boxes, Free Clothes, Dishes, Bedding  
Corner of 4<sup>th</sup> St. and Holly. Phone: 541-367-2658

### **S.H.E.M. (Sweet Home Emergency Ministries)**

Services Include: Food Box Program, Carmen's Closet: Clothing/Household Items, Financial Assistance  
1115 Long Street in Sweet Home Phone: 541-367-6504 Web: <http://www.shemfoodbank.org/>

### **Hot Meals:**

#### **Hope Church Free Dinner on Mondays at Sunshine Industries**

Free Dinner Monday Nights 5:30 – 6:30  
1333 Clark Mill Rd Sweet Home, OR 97386

#### **Manna Meals at United Methodist Church**

Free Hot Meals Tues, Wed, Fri  
6th Ave. & Ironwood in Sweet Home Phone: 541-367-3073

### **Housing Assistance:**

#### **Community Services Consortium:**

Rent Assistance  
Phone: 541-704-7632 Web: <https://communityservices.us/utility-assistance/>

#### **Linn Benton Housing Authority**

Phone: 541-926-4497 Web: <https://l-bha.org/>

### **Medical:**

#### **Community Health Centers of Benton and Linn Counties: Sweet Home Health Center**

Primary Care, Medication Assisted Treatment  
1023 Main St. Sweet Home, OR 97386 Phone: 541-766-3533  
Web: <https://www.bentonlinnhealthcenters.org/sweet-home-health-center/>

#### **Ridgeway Health**

Urgent Care, Primary Care  
1140 12<sup>th</sup> Ave Sweet Home, OR 97386 Phone: 541-255-1234 Web: <https://www.ridgewayhealth.org/>

#### **Samaritan Sweet Home Family Medicine and Walk- In Clinic**

Primary Care Services, Walk-In Clinic, Pharmacy

1289 49th Ave Sweet Home, OR 97386-3230 Phone: 541-451-6250 Walk-In Clinic: 541-451-6433  
Web: <https://samhealth.org/find-a-location/samaritan-lebanon-community-hospital-medical-clinic-sweet-home/>

## Mental Health:

### Linn County Sweet Home Clinic

Mental Health, Public Health, Alcohol, Drug, and Problem Gambling

799 Long St. Sweet Home, OR 97386 Phone: 541-367-3888

Web: <https://www.linncountyhealth.org/healthservices/page/sweet-home-clinic>

### Exodus Recovery Services

Mental Health Services, Individual Therapy, Group Therapy, DUII Services

1235 Main St, Sweet Home, OR 97386 Phone: 541-818-0379 Web: <https://exodusrecovery.com/>

## Pregnancy Resources:

### Oregon Mothers Care – Linn County

799 Long St. Sweet Home, OR 97386 Phone 541-367-3888

Web: <https://www.linncountyor.gov/public-health/page/oregon-motherscare>

### Sweet Home Pregnancy Care Center

Services Include: Pregnancy Tests, Parenting Classes

1344 Main St. Sweet Home, OR 97386 Phone: 541-367-2447 Web: <https://shpregnancy.org/>

## Shelters:

### FAC Sleep Center

1450 24th Ave, Sweet Home, OR 97386 Phone: 541-224-7503

Web: <https://facforthehomeless.org/campaigns/sweet-home-sleep-center/>

### Hope Center

Corner of 12th and Kalmia Phone: 541-367-4673

## Support Groups:

### One 2 Another

Parenting Support Groups for Behavior and Mental Health Struggles

Phone: 541-570-0284 Web: <https://one2another.net/>

### LAMHA (Lebanon Area Mental Health Alliance)

Suicide Bereavement Support Group every 2<sup>nd</sup> Thursday of the Month 6:30pm-7:30pm

Lebanon Community Hospital Conference Rooms 1 and 2

525 N Santiam Hwy Lebanon, OR 97355 Web: <https://lamha.org/>

## **TOPS – Taking off Pounds Safely**

Weight Loss Program                      Web: <https://www.tops.org/find-a-meeting>  
Sweet Home Christian Church 1825 Long St Sweet Home, OR 97386  
Thursday 9 am-10 am Weigh In / Program Start Time

## **Transportation:**

### **Cascades West Ride Line**

Medical appointment transportation services for eligible Oregon Health Plan (OHP), Medicaid, and select Medicare clients  
Phone: 541-924-8739    Web: <https://www.ocwcog.org/transportation/cascades-west-ride-line/>

### **Sweet Home Dial-A-Bus**

880 18<sup>th</sup> Ave, Sweet Home 97386                      Phone: 541-367-4775

## **Treatment and Recovery:**

### **Exodus Recovery Services**

Mental Health Services, Individual Therapy, Group Therapy, DUII Services  
1235 Main St, Sweet Home, OR 97386    Phone: 541-818-0379 Web: <https://exodusrecoveryservices.org/>

### **Linn County Sweet Home Clinic**

Mental Health, Public Health, Alcohol, Drug, and Problem Gambling  
799 Long St. Sweet Home, OR 97386                      Phone: 541-367-3888  
Web: <https://www.linncountyhealth.org/healthservices/page/sweet-home-clinic>

### **Samaritan Treatment and Recovery**

Outpatient, and Residential Treatment  
Phone: 541-451-6388  
Web: <https://samhealth.org/find-a-location/samaritan-treatment-recovery-services-outpatient/>

## **Utility Assistance:**

### **City of Sweet Home**

3225 Main St Sweet Home, OR 97386    Phone: 541-367-5128    Web: [www.sweethomeor.gov](http://www.sweethomeor.gov)

### **SHEM (Sweet Home Emergency Ministries)**

1115 Long St. Sweet Home, OR 97386    Phone: 541-367-6504    Web: <http://www.shemfoodbank.org>

### **Community Services Consortium:**

Phone: 541-704-7632    Web: <https://communityservices.us/utility-assistance/>

### **United Way of Linn, Benton, and Lincoln Counties**

Phone: 211    Web: <https://www.unitedwaybl.org/>

## Youth Resources:

Linn Together

Web: <https://linntogether.org/>

Jackson Street Youth Services:

24/7 CRISIS LINE: 800-901-2904

Web: <https://www.jacksonstreet.org/>

Oregon Youthline

Free teen-to-teen crisis support and help line.

1-877-968-8491 Call or Text “teen2teen” to 839863

Web: <https://www.theyouthline.org/>

## Additional Resources:

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Text: 898211 (TXT211) M-F 9-5

Phone: 211 or 1-866-698-6155 Web: <https://www.211info.org/>

Lebanon: <https://www.lebanonoregon.gov/435/Resources>

Halsey: <https://halseyor.gov/community/resources.php>

Linn County Area Resources: <https://www.linncountyor.gov/public-health/page/helpful-resources>

Oregon Health Authority's Resource Finder: <https://www.oregon.gov/oha/hsd/ohp/pages/community-resources.aspx>