

Urgent Cares

Evergreen Urgent Care

www.evergreenfamilymedicine.com

Roseburg: 2570 NW Edenbower Blvd 541-957-1111

Monday - Friday 7am - 7pm

Saturday & Sunday 9am - 5pm

Canyonville Health & Urgent Care

www.chucweb.com

Canyonville: 115 SW Pine Ave 541-839-4211

Monday - Thursday 8am - 6pm

Friday 8am - 5pm Closed for Lunch

Cow Creek Health & Wellness www.cowcreek.com

Roseburg: 2589 NW Edenbower Blvd 541-672-8533

Monday - Friday 8am - 5pm

Canyonville: 480 Wartahoo Ln 541-839-1345

Monday - Friday 8am - 5pm

Nova Urgent Care www.novahealth.com

Roseburg: 1740 NW Goetz St 541-672-4789

Monday - Friday 8am - 7pm

Saturday & Sunday 8am - 6pm

Umpqua Health Urgent Care

www.umpquahealthclinic.com

Roseburg: 3031 NE Stephens St 541-229-7038

Monday - Sunday 7am - 7pm

Mental Health

Adapt Integrated Health Care www.adaptoregon.org

Roseburg: 621 W Madrone 541-440-3532

Open Access: Monday - Friday 9am - 3pm

24 Hour Crisis Line: 800-866-9780

Aviva Health www.aviva.health

Roseburg: 150 NE Kenneth Ford Dr 541-492-2088

Monday - Friday 8am - 5pm

Chadwick Clubhouse www.chadwickclubhouse.com

Roseburg: 1157 SE Douglas Ave 541-671-2176

Monday - Friday 8:30am - 4pm

Cow Creek Health & Wellness www.cowcreek.com

Roseburg: 2589 NW Edenbower Blvd 541-672-8533

Monday - Friday 8am - 5pm

Canyonville: 480 Wartahoo Ln 541-839-1345

Monday - Friday 8am - 5pm

Umpqua Health www.umpquahealthclinic.com

Roseburg: 3031 NE Stephens St 541-229-7038

Monday - Friday 7am - 5pm

Food

The Dream Center

Roseburg: 2555 NE Diamond Lake Blvd.

541-673-5918 Mon - Thurs 9:30am - 1:45pm

Fish Food Pantry

Roseburg: 405 Jerry Dr. 541-672-5242

Monday & Wednesday 1:30pm - 3:30pm

Emergency Food Pantry

Sutherlin: 183 E 1st Ave 541-459-4082

Mondays & Wednesdays 9am - 11am

DHS: SNAP (food stamps), TANF, and other services

www.oregon.gov

Roseburg: 738 W Harvard Ave. 541-440-3301

Additional Resources

Douglas Public Health Network

www.douglaspublichealthnetwork.org

Call: 541-440-3571

Douglas County Sheriff's Office

www.dcsso.com

Roseburg: 1036 SE Douglas Avenue

Non-Emergency Phone Number: 541-440-4471

ALL EMERGENCIES: PLEASE CALL 911

Saving Grace Pet Adoption Center

www.savinggracepetadoptioncenter.org

Roseburg: 450 Old Del Rio Rd 541-672-3907

Oregon Senior and Disability

www.oregon.gov

Roseburg: 738 W Harvard Ave #180 541-440-3580

NeighborWorks Umpqua Housing, Community, Finance

www.nwumpqua.org

Roseburg: 605 SE Kane St 541-673-4909

Umpqua Valley Public Defender

www.uvpd.org

Roseburg: 645 SE Jackson St 541-957-5344

Legal Aid Services of Oregon

www.oregonlawhelp.org

Roseburg: 700 SE Kane St 541-673-1181

Worksource Douglas

www.worksourceoregon.gov

Roseburg: 846 SE Pine St 541-440-3344

For General Resources: Call 211

You can also find "211info" in the app store.

Douglas County Resource Guide

for those experiencing homelessness,
struggling with addiction, and/or those in
need of support during a crisis.



Collaborative Design by:



Douglas Public
Health Network

&

The Local Public
Safety Coordinating Council
of Douglas County

Douglas County Resource Guide for those experiencing homelessness, struggling with addiction, and/or those in need of support during a crisis.

Abuse & Addiction Treatment

Adapt Integrated Health Care

www.adaptoregon.org

Roseburg: 621 W Madrone St. 541-440-3500

Winston: 671 SW Main St. 541-492-4550

Serenity Lane www.serenitylane.org

Roseburg: 2575 NW Kline St. 1-800-543-9905

SMART Recovery Self-Management and Recovery Training

www.smartrecovery.org Larry Howell: 541-285-7434

Roseburg: HIV Alliance: 647 West Luellen Dr. Suite 2

Alcoholics Anonymous (AA)

www.roseburgaa.org 541-673-7552

Narcotics Anonymous (NA)

www.abana.org/meetings 541-957-1489

Heroin Anonymous

Online Meetings: www.heroinanonymous.org

No current in-person meetings in Douglas County.

Boulder Care: Opioid and alcohol use treatment.

www.boulder.care 503-447-4452

Oregon AI-Anon/Alateen: For those who have been affected by someone else's alcohol abuse.

www.oregonal-anon.org

Call: 1-888-4AL-ANON (1-888-425-8666)

Shelters and Support Homes

Roseburg Rescue Mission: Men's Shelter

www.roseburgrescuemission.org

Roseburg: 752 SE Pine St. 541-673-3004

Samaritan Inn: Woman's Shelter

www.roseburgrescuemission.org

Roseburg: 544 W Umpqua St. 541-672-5387

FARA: 24-hour Crisis Services for Teens at risk of homelessness, and Therapeutic Services for all.

www.fara4kids.org

Roseburg: 505 SE Main St. 541-229-0126

Monday - Wednesday 9am - 5pm

& Thursday - Friday 9am - 2pm

Safe Haven: Shelter for pregnant women and mothers with infants.

Roseburg: 445 NE Chestnut 541-464-2740

24/7 Support and Helplines

Substance Abuse and Mental Health Services

Administration (SAMHSA)

1-800-662-HELP (4357) Or TTY: 1-800-487-4889

Suicide Prevention Hotline & Veteran Crisis Line

1-800-273-TALK(8255) TTY: 711:1-800-273-8255

www.veteranscrisisline.net/get-help-now/chat

Crisis Text Line: Anyone, in any type of crisis

Text CONNECT to 741741

Crisis Services

Adapt Integrated Health Care

www.adaptoregon.org

Monday - Friday 8am-5pm 541-440-3532

Weekends & After Hours (24/7) 1-800-866-9780

Peace at Home: People experiencing family violence, sexual assault, stalking, or human trafficking.

www.peaceathome.com

Monday - Friday 9am - 11:30am & 1pm - 4pm

541-673-7867 Or (24/7) 1-800-464-6543

Transitional Housing:

UCAN Men, Women, and Families

www.ucanap.org 541-672-3421

Oxford House Women, Men, and Woman w/ Children.

www.oxfordvacancies.com 800-689-6411

Roseburg Rescue Mission Men

www.roseburgrescuemission.org 541-673-3004

Orchard Knoll Apartments Veteran Men & Women

www.hadcor.org 541-464-2690

Hillside Terrace Families

www.adaptoregon.org 541-672-2691

Peace at Home Family violence, sexual assault, stalking, and human trafficking survivors.

www.peaceathome.com 541-784-5071

Samaritan Inn: Women and their children

www.roseburgrescuemission.org 541-672-5387

TrueNorth Star Ministries: Justice-Involved Men

Contact: tnsministries@gmail.com 541-784-5071

Connections to Services

Connecting Point: Showers, Services, etc.

Roseburg: Mondays 10am - 11:30am

Dream Center, 2555 NE Diamond Lake Blvd.

Myrtle Creek: 1st & 3rd Wednesday 9am - 11am

St. Vincent de Paul, 116 N Main St.

Sutherlin: Every 3rd Friday 1pm - 3pm

787 Hastings Ave

Winston: Thursdays 1pm - 4pm

Adapt Primary Care, 671 SW Main St

Questions: Call or Text Wayne 541-671-6017

UCAN: Housing, Food, and Clothing

www.ucanap.org

Roseburg: 948 SE Mill St. 541-672-5392

Monday - Friday 8am-12pm & 1-5pm

The Salvation Army: Food, Clothing, etc.

www.salvationarmyusa.org

Roseburg: 3130 NE Stephens St. 541-672-6581

Housing First Umpqua: SSI/SSDI Benefits / Other

www.housingfirstumpqua.org (Mobile Outreach)

Call or Text: 541-236-5047

Onward Roseburg: Variety of Service Connections

www.onwardroseburg.org Kimetha: 541-236-2089

HIV Alliance: Provides care, Naloxone, testing supplies, prevention, and outreach.

www.hivalliance.org

Roseburg: 647 W Luellen Suite #3 541-342-5394

DHS: SNAP (food stamps), TANF (temporary assistance for needy families), and other services

www.oregon.gov

Roseburg: 738 W Harvard Ave. 541-440-3301

Oregon Health Plan (OHP): Insurance Enrollment

www.oregon.gov/OHA/HSD/OHP

or www.one.oregon.gov

Call: 800-699-9075

Umpqua Health Alliance: OHP Member Resources

www.umpquahealth.com

Roseburg: 500 SE Cass Ave. 541-229-4842