

# Local and National Domestic Violence Resources



Domestic violence has many forms. These can be:

- Physical abuse
- Verbal abuse
- Sexual abuse
- Emotional abuse
- Economic abuse

If you are being threatened, hurt, are afraid or feel unsafe, we have resources that can help you. There does not have to be physical violence for someone to abuse another person.

Remember that you are not alone, and support is always available. These local and national resources can help you protect yourself and get the help that you need. Some resources include emergency shelter, support services, information and referrals.

**If you are in immediate danger, dial 9-1-1.**

## Gilliam, Sherman and Wheeler Counties

### HAVEN from Domestic and Sexual Violence

Crisis Hotline: 541-298-4789

Office: 541-296-1662

P.O. Box 576

The Dalles, OR 97058

haven@gorge.net

## Grant County

### Heart of Grant County

Crisis hotline: 541-620-1342

Office: 541-575-4335

316 Canyon Blvd.

John Day, OR 97845

## Lake County

### Lake County Crisis Center

Crisis hotline: 541-947-2449

Office: 541-947-2498

726 N. First St.

Lakeview, OR 97630

## New Beginnings Intervention Center

24-hour Hotline: 800-850-4838 or 541-576-3051

Office: 541 576-3009

87127 Christmas Valley Hghwy.

Christmas Valley, OR 97641

cm.nbic@yahoo.com

## Harney County

### Harney Helping Organization for Personal Emergencies (Hhope)

Crisis hotline: 541-573-7176

Office: 541-573-2726

85 N. Date St.

Burns, OR 97720

## Burns Paiute Tribe - Domestic Violence and Sexual Assault Program

Office: 541-573-8053

100 Pasigo St.

Burns, OR 97720

**Continued...**

## Malheur County

### Project Dove

Hotline: 800-889-2000

Office: 541-889-6316

44 N.W. Fifth Avenue

Ontario, OR 97914

## Umatilla and Morrow Counties

### Domestic Violence Services Inc.

Crisis hotline: 800-833-1161

Office: 541-276-3322 (Pendleton,  
Milton-Freewater and Heppner)

541-567-0424 (Hermiston)

541-567-0424 (Boardman)

administrator@dvs-or.org

### Confederated Tribes of the Umatilla Indian Reservation - Family Violence Services

Office: 541-429-7045

46411 Timine Way

Pendleton, OR 97801

## Union County

### Shelter from The Storm

Hotline: 541-963-9261

Office: 541-963-7226

10901 Island Ave.

Island City, OR 97850

## Wallowa County

### Safe Harbors

24-Hour Support Line: 541-426-6565

Teen Talk/Text Line: 541-398-1425

Office: (541) 426-4004

401 N.E. First St.

Suite B

Enterprise, OR 97828

## Baker County

### MayDay, Inc.

Office: 541-523-9472

2601 Oak St.

Baker City, OR 97814

## National Resources + Information for Survivors

### The National Domestic Violence Hotline

24/7 hotline: 800-799-7233

[Connect to chat](#)

### The National Sexual Assault Hotline

24/7 hotline: 800-656-HOPE (4673)

[Connect to chat](#)

### StrongHearts Native Helpline

(specifically for Native communities)

Hotline: 844-762-8483 (Available 7 a.m. – 10 p.m. CT)

### Trans Lifeline

Hotline: 877-565-8860 (Available 9 a.m. – 3 a.m. CT)

*Note: This hotline is staffed exclusively by trans operators and has a policy against non-consensual active rescue.*

### National Parent Helpline

Hotline: 855-4A-PARENT (427-2736 - Available

Monday – Friday, 12 p.m. – 9 a.m.)