

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 Hwy.

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 Timíne 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.)

You can get this document in another language, large print, or another way that's best for you. Call 1-888-788-9821, TTY 711.

Usted puede recibir este documento en otro idioma, impreso en letra más grande o de cualquier otra manera que sea mejor para usted. Llame al número gratuito 1-888-788-9821. Los usuarios del servicio TTY pueden llamar al 711.