

The following “Helpful Links” provide some key information during periods of financial challenge. Finding services, managing limited financial resources and giving help to others can all help during these stressful times.

LOCAL INFORMATION AND REFERRAL WEBSITE

- www.211Lane.org – Our single resource to FIND HELP & to discover ways to GIVE HELP to others in Lane County, Oregon. On 211Lane you will find the following:
Select: FIND HELP for information on: Abuse Support Services, Alcohol and Drug Programs, Child Care Resource and Referral, Clothing Assistance, Crisis Intervention, Disability Information, Emergency Housing, Food Relief, Information & Referral, Legal and Mediation Assistance, Literacy Information, Medical Information, Mental Health and Counseling, Parent & Child Information, Senior Information and Youth Programs.
Select: GIVE HELP for information on volunteer opportunities. Some of the popular listings include opportunities such as: AARP Tax-Aide Tax Preparer, AARP Driver Safety Program, AARP Money Management Representative Payee, AARP Tax-Aide Greeter, Tutoring Youth, Children's Program Volunteer, Dog walkers needed at Lane County Animal Services, CASA of Lane County, SMART Reading Volunteers, Help Oregon students! OSAC seeks office and clerical support for scholarship processing, Administrative Assistant for Environmental Nonprofit and Family Dinner Program Assistance.
 - **Select:** www.OregonHelps.org to find out if your family can get help from 28 different State of Oregon and some federal services addressing issues such as: Children and Family Resources, Financial Benefits, Food and Nutrition, Health Care, Housing and Utilities, Senior and Disabled Services and Veterans' Services.
 - **Select:** GovBenefits.gov to visit The official benefits website of the U.S. government, with information on over 1,000 benefit and assistance programs for issues such as

UTILITIES

- www.blachlylane.coop - **Blachly Lane Electric Cooperative** - Blachly Lane Energy Share (BLES) is an energy assistance program for its own customers. Phone: 541-688-8711
- www.EPUD.org – **Eugene People’s Utility District (EPUD)**. This energy assistance program helps EPUD's customers pay their EPUD bill. Phone: 541-746-1583 or 800-422-4086
- www.eweb.org – **Eugene Water and Electric Board (EWEB)**. The EWEB Customer Care program (ECC) provides income-qualified households with up to \$200 of bill payment assistance. Phone: 541-461-8794
- www.laneelectric.com/memberassistance.htm - **Lane Electric** - Member Assistance Program (MAP). The goal of MAP is to offer assistance to members that don't qualify for other types of relief because of deep cuts in government assistance programs. Phone: 541.484.1151
- www.lanecounty.org/HSC/energy.htm - **Health and Human Services - Human Services Commission Energy and Weatherization Programs**. Provides financial assistance to low-income households for utility bills. The program is seasonal and winter services are available. Elderly and disabled are target groups. Monies are dispersed on a first-come, first-served basis. Disabled clients can be assisted with completing their applications at home.

To apply, contact St. Vincent De Paul in EUGENE, 461-8749; Springfield Catholic Community Services in SPRINGFIELD, 747-8349; Siuslaw Outreach Services in FLORENCE, 997-2816; Community Sharing in COTTAGE GROVE, 942-6492; or the Willamette Activity Center in OAKRIDGE, 782-3590

To apply if you are seeking assistance for Seniors 60 and over, Veneta 935-2262; Florence 902-9430; Oakridge 782-4726, Cottage Grove 682-7804, EUGENE, 682-5354; SPRINGFIELD, 736-4406 and JUNCTION CITY 998-8445.

- www.nwnatural.com – **Northwest Natural Gas**. GAP aids low-income families in Oregon and SW Washington with their natural gas payments. Phone: 800-882-3377
- www.subutil.com – **Springfield Utility Board (SUB)**. Project Share: a payment assistance program that helps low-income, elderly and handicapped customers struggling with wintertime heating emergencies. Phone: 541-746-8451

TRANSPORTATION

- www.ltd.org - **Lane Transit District (LTD)** provides transportation services to Eugene-Springfield and our surrounding communities. Phone: 687-5555
 - <http://www.ltd.org/swts/swtsindex.html> - **Lane Transit District (LTD) Smart Ways to School program** offers free services to help students walk, bike, carpool, or ride a bus to/from school. Also check on **SchoolPool** - Smart Ways to School will provide you with a list of SchoolPool families registered for your student's school that live near you and share a similar route to school. 687-5555
- www.gasbuddy.com - **GasBuddy.com** can help you find cheap gas prices in your city.

MEDICAL

- www.oregon.gov/DHS - **Oregon Health Plan (OHP)**. To apply for OHP, you use DHS application forms. You can get them from your local DHS branch. You can also get them from our outreach sites and the OHP Application Center by calling (1-800) 359-9517.
- www.oregon.gov/OPHP/FHIAP/index.shtml - **Family Health Insurance Assistance Program (FHIAP)**. FHIAP (pronounced "fee-op") is a program that pays part of the premium charged to people enrolled in private health insurance.
- www.oregon.gov/OHPPR/OPDP/index.shtml - **Oregon Prescription Drug Program**. Save up to 60% on prescriptions. Highest discount is on generics. Free Enrollment. ALL Oregonians are eligible to join. Phone: 800-633-4227
- www.medicare.gov - **The Official U.S. Government Site for People with Medicare**
- www.medhealthinsurance.com - **MedHealthInsurance** provides information about private medical insurance. Phone: 503-947-7980
- www.green-hill.org/resources.html - **Animal Health Resources List**. Phone: 541-689-1503
- www.oregon.gov/DHS/ph/tobacco/oregonquitline.shtml - **Tobacco Information**. Want some free and friendly help to quit smoking or chewing? Phone: 800-QUIT NOW (800-784-8669)
- (No website Link) **Employee assistance Programs (EAPs)** help employees find medical and mental health help, take inquiries or assist with financial issues. Contact your employer's human resources department to see if they have an EAP and what services they offer.

- 211Lane.org – for a full listing of local agencies that offer assistance: Select: FIND HELP, then Select: Popular Searches, then Select: Medical Information

GROCERY BILL

- www.foodforlanecounty.org/Get_Help/index.html - **Food For Lane County**. A full listing of food pantries and meal sites. Phone: 541-343-2822
- www.oregon.gov/DHS/ph/wic/about_us.shtml - **Women, Infants, Children (WIC)**. WIC provides, Nutrition education (individual counseling and group classes), Breastfeeding promotion and support, Breast pumps (in specific circumstances), Monthly vouchers for supplemental, specifically prescribed nutritious foods and Information and referral to other health programs like immunization and social service programs. Phone: 800-723-3638
- <http://healthyrecipes.oregonstate.edu> - **Informational Website**. Helps families and individuals plan meals and prepare tasty, low-cost foods that are quick and easy.
- www.fns.usda.gov/cnd/Lunch - **National School Lunch Program**. Check with your child's school for local information.
- 211Lane.org – for a full listing of local agencies that offer assistance: Select: FIND HELP, then Select: Popular Searches, then Select: Food Relief.

CHILDCARE

- <http://lanecc.edu/lfc> - **Lane Family Connections** - Lane and Douglas County's source of information about child care providers. Phone: 800-443-0812
- www.oregon.gov/DHS/children/childcare/subsidy.shtml - **Oregon Department of Human Services**. Working families whose income is below 185% of the Federal Poverty Level may be eligible for financial help with child care costs. This child care subsidy program is called Employment Related Day Care (ERDC). Phone: 800-342-6712
- www.irs.gov/newsroom/article/0,,id=106189,00.html – **Internal Revenue Service (IRS)**. If you paid someone to care for a child under age 13, a disabled spouse or other dependent so you could work or look for work, you may qualify for the Child and Dependent Care Tax Credit. Phone: 800-829-1040

DEBT SOLUTIONS

- www.debtorsanonymous.org - **Debtors Anonymous** is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from compulsive debting. This is a support group. Phone: 800-421-2383
- www.moneymanagement.org - **Money Management International (MMI)** offers help with budgeting, money management and credit issues 365 days a year. Phone: 866-889-9347 (toll free)
- (No website Link) **OUR Credit Union**. The OUR Credit Union Lifeline program, located in Eugene, Oregon offers a series of financial education classes covering basic concepts of household financial management, smart spending, financial tools and spending plans. 541-485-1188 or 800-279-2599
- www.995hope.org - **Informational Website & Hotline**. Through our 888-995-HOPE™ hotline, the Homeownership Preservation Foundation has a single mission: to help homeowners avoid foreclosure.