

EXPERIENCED HOMELESSNESS

If you are using, do you just need some help or are you ready to quit? Are you able to blame things, do you have reasons or excuses? Do you know the difference? Are you around the people that live to stay well, using daily? Are you a person just facing these hard times more sober than most? One of the main keys to overcoming disappointments in life is learning to let go of the past. We make over 2,500 choices every day. The quality of your life is determined by the quality of your decisions. Our human bodies and minds are resilient and we can heal and come back from almost anything life has thrown at us, you just have to not give up and reach out for help. If you do the work your life will change and the past will fall behind you, this happens all of the time.

If you are couch surfing, camping, in shelters, or in your car, you can only survive for so long. Some say survival is just the slowest form of suicide. Survival sucks right, and that's why we get high too. There are many reasons to alleviate conditions, the mental hell can be greatly alleviated by using, I understand. Lot's of caring people that love you do too. You're not alone, the people you're around right now can just make you feel that way. We're all surviving trying to do the best we can. We are all facing the neglect that's happening to our morals, values and ethical standards. And here we are being homeless and surviving, each with their own reasons and abilities to do so. Woe to the **HUSTLE...**

If you're wondering what the voices you're hearing in your head are, because you are American you have been raised mostly christianity in one way or another, Christmas is the birth of Jesus correct? These things are deeply ingrained into your psychic subconscious since pre-school and singing of the American anthem, the pledge of allegiance, etc. The voices are all related to this world for most of us like me and you for the most part. The mental health struggle is because of using things illegally and your tripping on things. To bear what you have suffered, what you are going through, what you have lost or are losing, what you have done to others has to all be processed accordingly. If you are figuring things out the hard way then you have to go along to get along and look out for yourself and those around you. People are doing things that they would not normally do and this is a big experience to go through for anyone. Please, If you have not shared your body-Don't. This is one act that will hurt you well down the road if you cannot get around it properly.

Here is a list of resources that will help you through. Don't give up. God loves you and you can talk right, he may be to you? He will never leave you, and will always be there for you. Think about the strength behind that, I will never leave you. I will always be here for you. The more you rely on these, the more strength you will receive.

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DMV- 866-504-8686.

Oregon Department of Human Services- 800-699-9075.

One Customer Service Center, (SALEM) PO Box 14015 Salem, OR. 97309. 800-699-9075 or 711.

ACP Lifeline for \$30.00 **Free Phone** Credit- 877-384-2575.

Oregon City DHS Office- 315 S. Beaver Creek Rd. Oregon City Office, OR. 97045. (Go In Person.)

Home Forward- (Long Term Housing Wait List) (get on it!) 503-280-3750.

waitlistinfo@homeforward.org

Independent Living Resources- 503-232-7411, info@ilr.org 503-235-3359, suem@ilr.org

Referrals- Great for referrals to housing and servies.

Department of Community Justice (DCJ) Assessment and Referral Center 503-988-3081, 503-988-9818.

Bridges To Change- (Recovery In House, Out-Patient Help) 503-465-2749.

Central City Concern- Housing and Services 503-525-8483.

Iron Tribe Network- HELP 503-344-6710, info@IronTribeNetwork.org.

The Volunteers of America Oregon- HELP, 503-228-9229 referrals@voar.org

Clackamas County Social Services- 503-650-5647. 503-655-8267.

Multnomah County Social Services- 503-515-1328. Transition Projects.

Washington County Social Services- 503-650-5647. Community Action.

Washington County Housing Authority- 503-846-4794, email:

washco_housing@co.washington.or.us. (Housing Wait List.)

Mid Columbia Housing Authority (The Gorge areas) 541-296-5462, 888-356-8919.

Legal Aid Services of Oregon- 503-224-4086, 800-228-6958. Julia Olsen Director.

Oregon State Bar Lawyer Referral Service- 503-684-3763.

Lewis and Clark Law School of Portland- Legal Referral, 10015 SW Terwilliger Blvd.#7768, Portland, OR. 97219. (Aliza Kaplan).

Parole Board for Oregon- Write to support anyone on parole. 1321 Tandem Ave. NE Salem, OR. 97301.

Oregon Justice Resource Center- PO BOX 5248, Portland, OR. 97208.

GAR Disabilitiy Advocates- Apply For Disabilitiy, 201-308-9580.

Disability Rights Oregon (DRO) 503-243-2081, 800-452-1694, Advocacy.

Gliss- General Labor and Staffing- 503-387-5344 Rabia Flowers Assitant manager. Milwaukie, OR.

Sex Offenses- 503-908-0596, 503-935-3050. (prostitution).

