



24-Hour Support Lines for Parents & Caregivers

- Do you have a question or need local resources about raising a child with special needs or developmental challenges?
- Would you like support from a fellow parent who is able to understand and “has been there”?

Here in Portland, there are 2 organizations that offer **24-hour phone/email support** for parents and caregivers of children with disabilities or other challenges. Do not hesitate to reach out, even if you have a simple question!



FACT Oregon – This Portland-based non-profit is an excellent resource for helping parents navigate issues related to having a child with special needs. They can help with any question but have a particular expertise in special education support/questions.

Call: (503) 786-6082 or 1-888-988-3228

Email: support@factoregon.org



Oregon Family to Family Health Information Center—This Portland-based non-profit organization is run by parents who help families with special needs children. You can talk to one of their Parent Partners who will offer support, guidance, coaching, resources, and an empathetic ear. Oregon Family to Family can help with any question, but they have special expertise with insurance related questions.

Call: 855-323-6744 (English); 503-931-8930 (Spanish)

Website: www.oregonfamilytofamily.org