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SUD/ODD Therapy & services

Addiction and Family Counseling

503-842-3640

1000 N Main St #5, Tillamook, OR 97141

Family counseling and addiction treatment

Adventist Health Tillamook

503-815-2292

1000 3rd St, Tillamook, OR 97141

Mental health treatment, Addiction treatment, Family and couples counseling, Child and adult healthcare

CODA

855-733-2632

2367 S Roosevelt Dr Seaside, OR 97138

Opioid addiction treatment program

HRBR (Harm Reduction and BRidges to Care)

Clinic

OHSU Physicians Pavilion

3270 SW Pavilion Loop

Suite 350

Portland, OR 97239

(503) 494-2100

Ivy Avenue Wellness Center

1105 Ivy Avenue, Tillamook, OR

503-842-8201

Tillamook County Community Health Centers

503-355-2700 (North)

503-842-3938 (Central)

Various Locations

Behavioral health services, Medication Assisted Treatment (MAT) for opioid use disorder

Tillamook Family Counseling Center

503-842-8201

906 Main Ave Tillamook, OR 97141

Substance use treatment, mental health and peer support services and individual, couples, family, and group therapy

Prime+ Peer Program

503-815-5406

906 Main Ave Tillamook OR 97141

Peer recovery mentors support

Rinehart Clinic and Pharmacy

1-800-368-5182

230 Rowe Street Wheeler, OR 97147

Addiction counseling and treatment, primary care, mental health services, safe drug disposal

Support Groups/Services

Alcohol & Drug Helpline

800-923-4357(24/7/365)

The Alcohol and Drug Helpline serves anyone who needs information, support or access to resources and treatment for alcohol or drug use.

Alcoholics Anonymous (AA)

503-842-8953

www.aa-oregon.org

AA Eastside

Monday – Wednesday, Friday, Saturday 6 pm

Monday, Wednesday, Saturday 12 pm

Tillamook Serenity Club – downstairs

AA No ½ Measure (Women’s meeting)

Thursday 12 pm

Tillamook Serenity Club – downstairs

Al Anon Serendipity

Friday 12 pm

Tillamook Serenity Club – downstairs

Ayuda En Español

1-888-628-9454

Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted necesita ayuda. Cuando usted llama al número 1-888-628-9454, su llamada se dirige al centro de ayuda de nuestra red disponible más cercano.

Bay City United Methodist Church

5695 D St Bay City OR

503-377-2679

Tuesday 6:30 pm

Catherine’s Episcopal

36335 N Hwy 101 Nehalem OR

503-457-5246

Tuesday 12 pm & Thursday 7 pm

Celebrate Recovery |Tillamook Nazarene Church

503-842-2549

2611 3rd Street, Tillamook, OR 9714

12-Step support group for alcohol, drugs, co dependency, grief, etc.

<https://www.tillamooknazarene.com/celebrate-recovery>

Tuesday 5:30 pm

Gamblers Anonymous (GA)

Thursday 5:15 pm

Tillamook Serenity Club – downstairs

In The Rooms

(online meetings)

www.intherooms.com

Narcotics Anonymous (NA)

503-717-3702

www.nworegonna.org

Daily Zoom Meetings:

<https://www.nworegonna.org/wp-content/uploads/2020/04/ZOOM-NA.pdf>

NA Diamond Dawgs

Monday 7:15 pm

Tillamook Serenity Club - upstairs

NA Our Hour

Tuesday – Thursday 12 pm

Tillamook Serenity Club - upstairs

NA Survivors

Sunday 6 pm, Tuesday – Thursday 6 pm,
Saturday 7 pm

Tillamook Serenity Club - upstairs

Nehalem Bay United Methodist Church
36050 10th Nehalem OR
503-368-5612
Monday 7 pm

Nestucca Valley Presbyterian Church
35305 Brooten Rd Cloverdale OR
503-965-6229
Monday 7 pm

Netarts Fire Hall
1235 5th St Loop W Tillamook OR
503-842-5900
Thursday 7 pm

North Coast Christian Church
309 3rd St Garibaldi OR 97118
503-322-3626
Sunday 7 pm

North County Recreation District (NCRD)
36155 9th St Nehalem OR
1-855-444-6273
Monday & Wednesday 7 pm

Oregon Al Anon
www.oregonal-anon.org

Prime+ Peer Program
503-815-5406
906 Main Ave Tillamook OR 97141
Peer recovery mentors support

Recovery Now: Treatment Access Line
855-612-5576 (24/7/365)
The Treatment Access Line is an interactive data system designed to move towards a more streamlined referral process for Opioid Use Disorder (OUD) and Substance Use Disorder (SUD) treatment in Oregon.

St. Alban's Episcopal Church
2102 6th St Tillamook OR
503-842-6192
Sunday 2 pm & Monday, Wednesday, Friday & Saturday 7:30 pm

Rinehart Clinic and Pharmacy
1-800-368-5182
230 Rowe Street Wheeler, OR 97147
Tuesday 4pm

SMART Recovery
(online meetings)
www.smartrecovery.org

St. Mary by the sea
(503) 355-2661
275 S Pacific St. Rockaway Beach, Oregon
Wednesday 5:30pm

Tides of Change
503-842-9486
1902 2nd St Tillamook, OR 97141

Tillamook Serenity Club
503-842-1115
5012 3rd Street Tillamook, OR 97141
12- step support meetings for substance use disorder, gambling, co-dependency, etc.
Provides support for AA, NA & Al Anon
<https://tillamookserenityclub.org/>
Monday – Sunday 6 pm
Monday, Wednesday, Friday 12 pm
Thursday 12 pm Women only

Wheeler City Hall
775 Nehalem Blvd Wheeler OR
503-368-5767
Tuesday & Thursday 8:15 am

Medical

Adventist Health Tillamook

Coastal Health Care

Tillamook: (503) 842-3661

Kimberly Gutierrez, ND, RPh

Tillamook Natural Health Center.

309 Laurel Ave

Tillamook, OR 97141

503-842-6532

Every other Tuesday and Wednesday

Middle Way Health Care

Tillamook: (503) 842-4809

Rinehart Clinic and Pharmacy

1-800-368-5182

230 Rowe Street Wheeler, OR 97147

Addiction counseling and treatment, primary care, mental health services, safe drug disposal

Tillamook County Community Health Centers

503-355-2700 (North)

503-842-3938 (Central)

Various Locations

Behavioral health services, Medication Assisted Treatment (MAT) for opioid use disorder

Acupuncture

Happy Pins / Katherine Brinkley

1011 Main Ave, Tillamook, OR 97141

(503) 354-5226

Sunday	Closed
Monday	9AM–5:45PM
Tuesday	9AM–4:45PM
Wednesday	Closed
Thursday	9AM–5:45PM
Friday	9AM–4:45PM
Saturday	Closed

Tillamook Natural Health Center

309 Laurel Ave, Tillamook, OR 97141

(503) 842-6532

Monday - Friday

9AM–5:30PM

Ocean Heart Acupuncture

34600 Cape Kiwanda Dr, Pacific City, OR 97135

(503) 298-5375

Tuesday – Sunday

9AM–6PM

Monday

Closed

Nestucca Bay Acupuncture and Massage, LLC

35170 Brooten Rd b, Pacific City, OR 97135

(541) 992-5175

Tuesday – Thursday

10:30AM–4:30PM

Chiropractor

Matthew S. Waxter, DC

312 Laurel Ave, Tillamook, OR 97141

(503) 842-5951

Sunday Closed

Monday 9AM–1:30PM, 3:30–5PM

Tuesday 9AM–1:30PM

Wednesday 9AM–1:30PM, 3:30–5PM

Thursday Closed

Friday 9AM–1:30PM, 3:30–5PM

Saturday Closed

James Bentley, DC Foundational Wellness Center

1000 N Main Ave UNIT 10, Tillamook, OR 97141

(855) 692-4470

Monday – Thursday

10AM–1PM, 2:30–5PM

Hankins Philip W DC

1675 Makinster Rd, Tillamook, OR 97141

(503) 842-4242

Monday – Friday

5:30–7PM

Rodney G. Jackson, DC

309 Laurel Ave, Tillamook, OR 97141

(503) 842-6532

Saturday - Sunday

Closed

Monday

9AM–5:30PM

Tuesday

9AM–5:30PM

Wednesday

9:30AM–5:30PM

Thursday

9AM–5:30PM

Friday

9AM–5:30PM

Oregon Coast Chiropractic
60 Laneda Ave Suite 201, Manzanita, OR 97130
Phone: (971) 704-2408

Pacific City Chiropractic
Lori's Ocean Clippers
6395 Shade St, Pacific City, OR 97135
(503) 875-4454
Monday 10AM–2PM
Saturday 8AM–11PM

Massage Therapy

Abundance Massage Therapy
106 Stillwell Ave, Tillamook, OR 97141
(503) 842-3202
Tuesday - Saturday 10AM–5PM

Adventist Health Tillamook
980 Third Street, Suite 200 Tillamook, OR 97141
503-815-2292

Anna Jackson LMT
Address: 309 Laurel Ave, Tillamook, OR 97141
Phone: (503) 842-6532

Deeply Kneaded Coastal Massage
Phone: (503) 270-0940

Do it Better PT
2101 5th St, Tillamook, OR 97141
(503) 354-2170
Sunday Closed
Monday 8AM–5PM
Tuesday 8:50AM–7:40PM
Wednesday 8AM–5PM
Thursday Closed
Friday 8AM–5PM
Saturday Closed

Healing Hands Wellness
905 B Pacific Ave, Tillamook, OR 97141
(503) 354-4877

Pam Quincy LMT
316 Main Ave, Tillamook, OR 97141
(503) 815-3900

Russell D. Smith, LMT
2308 1st St, Tillamook, OR 97141
(503) 812-4435

Meditation

Rainbow Lotus Healing
(503) 741-9822

YMCA Qi-Gong
Tuesday & Thursday 8-8:30 am

Physical Therapy

Adventist Health Tillamook
1000 3rd St, Tillamook, OR 97141
(503) 842-4444

Do it Better PT
2101 5th St, Tillamook, OR 97141
(503) 354-2170
Monday 8AM–5PM
Tuesday 8:50AM–7:40PM
Wednesday 8AM–5PM
Thursday Closed
Friday 8AM–5PM
Saturday - Sunday Closed
Appointments: janeapp.com

Susan D. Knotts, PT
27025 Trask River Rd, Tillamook, OR 97141
(503) 842-7305

Mental Health

Addiction and Family Counseling

503-842-3640

1000 N Main St #5, Tillamook, OR 97141

Family counseling and addiction treatment

Adventist Health Tillamook

503-815-2292

1000 3rd St, Tillamook, OR 97141

Mental health treatment, Addiction treatment, Family and couples counseling, Child and adult healthcare

Ayuda Community Services

503-640-5223

265 SE Oak, Hillsboro, OR 97123

Alcohol and drug counseling, anger management, women's treatment, and diversion counseling in Spanish and English

Clark Miller Therapy

Manzanita, OR - PHONE: (971) 324-0061

Military Helpline

888-457-4838 (24/7/365)

Support for service members, veterans, and their families that is independent of any branch of the military or government.

Nehalem Bay Counseling

Nehalem, OR - PHONE: (503) 368-6862

Oregon Behavioral Health Support Line

800-923-4357(24/7/365)

Provide emotional support, mental health triage, drug and alcohol counseling, or just connection with a person who cares. Callers do not need to be in a crisis to contact this line.

Patricia Blondo, LCSW

(503) 444-9497

Rinehart Clinic and Pharmacy

1-800-368-5182

230 Rowe Street Wheeler, OR 97147

Addiction counseling and treatment, primary care, mental health services, safe drug disposal

Senior Loneliness Line

503-200-1633

We support seniors in our community who are feeling lonely and having difficulty connecting.

Shasta Counseling Services

Tillamook, OR - PHONE: (503) 567-9646

Suicide Lifeline

800-273-8255 (24/7/365)

Tides of Change

503-842-9486

1902 2nd St Tillamook, OR 97141

Advocacy, counseling and support groups for survivors of domestic, sexual and dating violence, stalking, and human trafficking

Tillamook County Community Health Centers

503-355-2700 (North)

503-842-3938 (Central)

Various Locations

Behavioral health services, Medication Assisted Treatment (MAT) for opioid use disorder

Tillamook County Mental Health Crisis Line

503-842-8201

800-962-2851

Crisis intervention and triage

Tillamook Family Counseling Center

503-842-8201

906 Main Ave Tillamook, OR 97141

Substance use treatment, mental health and peer support services and individual, couples, family, and group therapy

Youthline

877-968-8491 Chat at oregonyouthline.org

A teen-to-teen crisis and help line. Contact us with anything that may be bothering you. no problem is too big or too small! Teens available to help daily from 4-10pm Pacific Time (off-hour calls answered by Lines for Life).

Phone Lines

Alcohol & Drug Helpline

800-923-4357(24/7/365)

The Alcohol and Drug Helpline serves anyone who needs information, support or access to resources and treatment for alcohol or drug use.

Ayuda En Español

1-888-628-9454

Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted necesita ayuda. Cuando usted llama al número 1-888-628-9454, su llamada se dirige al centro de ayuda de nuestra red disponible más cercano.

Crisis Text Line

Text “home” to 741741

Gambling Helpline

PHONE: 877- My Limit (1-877-695-4648)

Military Helpline

888-457-4838 (24/7/365)

Support for service members, veterans, and their families that is independent of any branch of the military or government.

National Human Trafficking Hotline

Call 1 (888) 373-7888

Text “help” to 233733

Oregon Behavioral Health Support Line

800-923-4357(24/7/365)

Provide emotional support, mental health triage, drug and alcohol counseling, or just connection with a person who cares. Callers do not need to be in a crisis to contact this line.

Oregon Senior Peer Outreach

PHONE: (800) 736-4676

Oregon Tobacco Quit Line:

800-QUIT-NOW (800-784-8669)

Recovery Now: Treatment Access Line

855-612-5576 (24/7/365)

The Treatment Access Line is an interactive data system designed to move towards a more streamlined referral process for Opioid Use Disorder (OUD) and Substance Use Disorder (SUD) treatment in Oregon.

SAMHSA Disaster Distress Hotline

PHONE: 800-985-5990

Senior Loneliness Line

503-200-1633

We support seniors in our community who are feeling lonely and having difficulty connecting.

Suicide Lifeline

800-273-8255 (24/7/365)

Tillamook County Mental Health Crisis Line

503-842-8201

800-962-2851

Crisis intervention and triage

Youthline

877-968-8491 Chat at oregonyouthline.org

A teen-to-teen crisis and help line. Contact us with anything that may be bothering you. no problem is too big or too small! Teens available to help daily from 4-10pm Pacific Time (off-hour calls answered by Lines for Life).

Drug Disposal

Rinehart Clinic and Pharmacy

230 Rowe Street Wheeler, OR 97141

1-844-715-2299

Monday – Friday, 8 am – 6 pm

CLOSED 1 pm – 2 pm

Tillamook County – Solid Waste Dept.

\$25 for a 3-gallon sharps container. Price includes shipping and disposal.

Tillamook County Sheriff

5995 Long Prairie Road Tillamook, OR 97147

503-842-2561

Monday – Sunday, 8 am – 5 pm

Tillamook Pharmacy

Tillamook Police Department

207 Madrona Avenue, Tillamook, OR 97141

503-842-2522

Monday – Friday, 8 am – 5 pm

Food

Covenant Community Church
36563 Hwy 101 N, Nehalem, OR
503-368-5540
Monday – Thursday 9 am–2 pm

First Christian Church – The Dining Room
Free Meal
Tuesday & Thursday 4 pm – 5:30 pm
(503) 842-6213
2203 4th Street, Tillamook, OR 97141

Food Roots
PHONE: (541) 265-2558

God’s Lighthouse Church Pantry
Shopping style pantry.
Friday 10 am – 12 pm, Open two Fridays per month.
503-322-3501
103 8th Street Garibaldi, OR 97118

Grub Club Children’s Lunch Program
503-842-3145, Ext. 1 or 2

Hebo Food Pantry
31350 Hwy 101 S, Hebo, OR
503-392-3585
Last Saturday of every Month
Noon–2 pm

Meals for Seniors / St. Mary’s by the Sea
St. Mary by the Sea Dining Hall
279 S. Pacific Street
Rockaway Beach, OR 97136
Monday – Wednesday – Friday
Meals served at 11:30am

Nazarene Church Meal Site
Free Meal

Tuesday 5:30 pm
Saturday & Sunday 4 pm – 5:30 pm
(503) 842-2549
2611 3rd Street, Tillamook, OR 97141

Nehalem Bay United Methodist Church
36050 10th Street, Nehalem, OR
503-368-3622
Fridays & Saturdays 10 am–1 pm

Nestucca Pass it On Ministry
24425 Bunn Creek Road
Beaver, OR - 97108
(503) 398-2803
Tuesdays 10:00AM-12:00PM
Thursdays 4:30PM-6:00PM

North County Food Bank
278 Rowe Street, Wheeler, OR
503-368-7724
Tuesdays 1–3 pm

School Pantry at Tillamook High School
Open to students and families of Tillamook High School.
Wednesday 12 pm – 1 pm
(503) 842-2566
2605 12th Street, Tillamook, OR 97141

School Pantry at Tillamook Jr. High School
Open to students and families of students of Tillamook Jr. High.
Thursday 3 pm – 4 pm
(503) 842-7531
3906 Alder Lane, Tillamook, OR 97141

South County Food Pantry / Nestucca Valley Presbyterian Church
35305 Brooten Rd., Pacific City, OR
503-582-6413
Every Other Tuesday 4 – 6 pm

Oregon Food Bank
PHONE: (503) 842-3154

Tillamook County DHS
PHONE: (503) 842-4453

Tillamook County WIC
PHONE: (503) 842-3943

Tillamook Food Pantry
Shopping style pantry
Monday 4 pm – 6 pm, Friday 11 am – 1 pm
(503) 815-3880
3808 12th Street, Tillamook, OR 97141

Tillamook SDA Church
Clothing and household items available:
Tuesday & Thursday 10 am – 2 pm
(503) 842-3154
2610 1st Street, Tillamook, OR 97141

Free Meal: Wednesday 4:30 – 5:30 pm
(503) 815-2411
2610 1st Street, Tillamook, OR 97141

Tillamook Serenity Club
5012 3rd St, Tillamook, OR 97141

Wilson River School Pantry
2515 3rd Street, Tillamook, OR
503-842-7538
Wednesdays 1–2 pm

Physical Activity

Bohannon Disc Golf Course

3906 Alder Ln, Tillamook, OR 97141

Fit Manzanita

144 Laneda Ave, Manzanita, OR 97130

(503) 368-7272

Monday - Sunday 10AM–6PM

North County Recreation District

36155 9th St, Nehalem, OR 97131

(855) 444-6273

Monday - Friday 6AM–8PM

Saturday - Sunday 8AM–12PM

Oregon Coast Dance Center

312 Main Ave, Tillamook, OR 97141

(503) 842-7447

Sunday Closed

Monday 3–7:30PM

Tuesday 2:30–8PM

Wednesday 3:15–8PM

Thursday 4:15–7:30PM

Friday 3:30–6:30PM

Saturday 9:30AM–12PM

Perseverance Martial Arts

1906 Third Street, Tillamook, OR 97141

Adult classes, Monday – Thursday, 7 – 7:45 pm

Tillamook County Family YMCA

610 Stillwell Ave, Tillamook, OR 97141

(503) 842-9622

Monday - Friday 5AM–9PM

Saturday 8AM–12PM

Tillamook County Wellness

Tillamookcountywellness.org

Tillamook School of Dance

2102 7th St, Tillamook, OR 97141

(503) 842-2084

Adult class first Friday of the month

Silkwood Fitness

6000 Blimp Blvd, Tillamook, OR 97141

(503) 354-4848

Monday - Saturday 8AM–9PM

Yoga

Asha Yoga LLC

116 A Main Ave, Tillamook, OR 97141

(503) 812-2448

North County Recreation District

36155 9th St, Nehalem, OR 97131

(855) 444-6273

Monday 5:15–6:45PM

Tuesday 4:00–5:00PM

Wednesday 8:00–9:30AM

Wednesday 6:00–7:00PM

Thursday 8:00–9:30AM

Thursday 5:15–6:45PM

Friday 8:00–9:30AM

Saturday 8:00–9:30AM

Tillamook County Family YMCA

610 Stillwell Ave, Tillamook, OR 97141

(503) 842-9622

Yoga Roots Studio

298 Laneda Ave #5, Manzanita, OR 97130

(503) 812-6982

Housing

The Bear Den

PHONE: (503) 395-7316

CARE / Microshelters

503-842-5261

2310 1st St # 2, Tillamook, OR 97141

Housing assistance and basic need support,
rental assistance, transitional housing

Habitat for Humanity

4192 HWY 101

Tillamook, OR 97141

503-377-0204

Helping Hands Re-Entry Outreach Center

503-354-8014

6505 Headquarters St Tillamook, OR 97141

Safe & sober emergency shelter, SUD re-entry
program, hot meals, shower and laundry
services

House of Grace (Women Only)

503-801-4967

1209 6th St Tillamook, OR 97141

Christian, 12-step based affordable housing for
women.

Northwest Oregon Housing Authority

PHONE: (503) 861-0119

Pacific House Shelter

PHONE: (503) 842 -9486

Walter's Recovery House

808-368-9293

Recovery Housing

Other

Bay City Library

5525 B St Bay City, OR 97107

503-377-0231

Mon-Fri: 12:00pm - 5:00pm

Garibaldi Library

107 Sixth St Garibaldi, OR 97118

503-322-2100

Mon-Fri: 12:00pm - 5:00pm

Herald Center

2710 First Street Tillamook, OR

(503) 842-4794

Tuesday & Thursday 10:00 AM - 2:00 PM

Free clothing, food, and small household goods.

Showers and laundry machines available.

North Tillamook County Library

571 Laneda Ave. Manzanita, OR 97130

503-368-6665

Mon-Fri: 12:00pm - 5:00pm

Sat: 10:00am - 3:00pm

NW Rides

OHP-provided medical rides for non-emergency appointments

888-793-0439

NW Senior Disability

5010 E. Third St.

Main Line: (503) 842-2770

Ramps & Rails Program

4192 HWY 101

Tillamook, OR 97141

503-377-0204

<https://www.tillamookhabitat.org/ramps-rails-program/>

Rockaway Beach Library

120 N. Coral Rockaway Beach, OR 97136

503-355-2665

Mon-Fri: 12:00pm - 5:00pm

South Tillamook County Library

6200 Camp St Pacific City, OR 97135

503-965-6163

Mon-Fri: 12:00pm - 5:00pm

Sat: 10:00am - 3:00pm

Tides of Change

503-842-9486

1902 2nd St Tillamook, OR 97141

Advocacy, counseling and support groups for survivors of domestic, sexual and dating violence, stalking, and human trafficking

Tillamook Family Counseling Center

906 Main Ave Tillamook, OR 97141

(503) 842-8201 Ext. 273

Supported Employment

Tillamook Library

1716 Third St Tillamook, OR 97141

503-842-4792

Mon-Fri: 12:00pm - 5:00pm

Sat: 10:00am - 3:00pm

Tillamook County Wellness

503-842-3900 Ext. 4200

Promoting healthy living through diet, exercise, and prevention

Tillamook SDA Church

Clothing and household items available:

Tuesday & Thursday 10 am – 2 pm

(503) 842-3154

2610 1st Street, Tillamook, OR 97141

Free Meal Hours: Wednesday 4:30 – 5:30 pm

(503) 815-2411

2610 1st Street, Tillamook, OR 97141

Tillamook YMCA

610 Stillwell Ave, Tillamook, OR 97141

Showers

Herald Center

2710 First Street Tillamook, OR

(503) 842-4794

Tuesday & Thursday 10:00 AM - 2:00 PM

Free clothing, food, and small household goods.

Showers and laundry machines available.

Tillamook County Family YMCA

610 Stillwell Ave, Tillamook, OR 97141

(503) 842-9622

Monday - Friday 5AM-9PM

Saturday 8AM-12PM

Churches