



Oregon Shooting in Portland January 9, 2026

Resources for Employees

American Civil Liberties Union
(212) 549-2500

[American Civil Liberties Union |](#)

To find your local office, please visit [Affiliate Info | American Civil Liberties Union](#).
They can provide resources and guidance on

Articles focused on knowing your rights:

One-page pamphlets:

[KYR-One-Page-English.pdf](#)

[KYR-Encounter-ICE-Nov.-2024-Spanish.pdf](#)

Detailed articles:

[Immigrants' Rights | American Civil Liberties Union](#)

[Know Your Rights: If You Encounter ICE - National Immigrant Justice Center](#)

[Know Your Rights | What to Do If ICE Stops You or Comes to Your Home - Stop AAPI Hate](#)

Forms that individuals may be asked to sign when detained, explained:

[2025 NIPNLG-ICE-stipulations.pdf](#)

[2025 NIPNLG-ICE-stipulations-ESP.pdf](#)

How to best prepare for ICE raids as an individual:

[How to Prepare For Immigration Raids | Informed Immigrant](#)

[20250130-unitedwedream-preparedness-packet-.pdf](#)

[Workplace Raids: Workers' Rights](#)

Resources for Employers

How to best prepare for ICE raids as an employer:

[EmployerGuide-NELP-NILC-2017-07.pdf](#)

[A Guide for Employers: What to Do if Immigration Comes to Your Workplace - NILC](#)

[An Employer's Playbook For ICE Audits And Workplace Raids | Fisher Phillips](#)

Legal Services and Hotlines

Immigration Advocates Network

Ability to search for free or low-cost immigration legal service providers: [National Immigration Legal Services Directory - Nonprofit Resource Center](#)

Catholic Legal Immigration Network
(301) 565-4800

Ability to search local affiliates across the United States to help with immigration law matters: [Affiliate Directory](#) | [Catholic Legal Immigration Network, Inc. \(CLINIC\)](#).

Immigrant Legal Resource Center
[Immigrant Legal Resource Center | ILRC](#) |
[We Have Rights](#) | [American Civil Liberties Union](#)

Immigrant Defense Project, Criminal Immigration Hotline
(212) 725-6422
Will need to leave a voicemail and will be contacted back to review information.
[Criminal-Immigration Helpline - Immigrant Defense Project](#)

United We Dream
1 (844) 363-1423 or text 877877
[United We Dream | The Largest Immigrant Youth-Led Network](#)

Immigration Equality – National LGBTQ Immigrant Rights Legal Emergency Help
1 (212) 714-2904
[Legal Help - Immigration Equality](#) | [Immigration Equality](#)

National Immigration Detention Hotline
Dial 9233#
Open Monday-Friday, 8am-8pm PT.
[National Immigration Detention Hotline — Freedom for Immigrants](#)

[home - Oregon Law Center](#)

Local Mental Health Crisis Line

Multnomah County Behavioral Health Crisis Services
[Get Help Now](#) | [Crisis Resources — NAMI](#) | [Multnomah Behavioral Health Crisis Services](#) | [Multnomah County Lines for Life - Portland, Oregon](#)
503-988-48888- 24/7
503-988-4853 **Línea latine para la salud mental 24/7. Apoyo gratuito y confidencial.**

Urgent Walk-in Clinic
4212 SE Division ST
Portland, OR
503-823-4000
[Behavioral Health Crisis Services](#) | [Multnomah County](#)

Open Monday-Friday, 7am-10:30pm | Saturday-Sunday, closed
Mobile crisis services
503-988-4888

Clackamas County
503-655-8585

Washington County
503-291-9111

Clark County
360-696-9560
1-800-626-8137

United Way/211 Information and Referrals Lines

These information and referral lines may know of additional resources currently providing assistance, such as food pantries, clothing closets, emergency shelters, and agencies offering financial assistance. Please call and provide your zip code and demographic information in order to receive referrals.

311@portlandoregon.gov

National Suicide Prevention Lifeline

(800) 273-8255
[988 Suicide & Crisis Lifeline - Call. Text. Chat. \(988lifeline.org\)](https://988lifeline.org)

Substance Abuse & Mental Health Services Administration Disaster Distress Helpline

(800) 985-5990
National mental health helpline that is available to those who have experienced a natural or human caused disaster. The helpline is available 24 hours per day, 7 days per week. The counselors can provide support and referrals to local resources.

Suggestions for Meditation and Breathing Apps

- Calm - Available for iOS and Android

Helpful Articles and Resources

- **National Institute of Mental Health**
Coping with Traumatic Events
[NIMH » Coping With Traumatic Events \(nih.gov\)](#)
- **Centers for Disease Control and Prevention (CDC)**
“Coping with a Traumatic Event”
[Coping with a Disaster or Traumatic Event Factsheet | Natural Disasters | CDC](#)
- **Know Your Rights: If You Encounter ICE**
[Know Your Rights: If You Encounter ICE - National Immigrant Justice Center](#)

Free Help Line

Optum, a leading health and behavioral health services company, is offering a free emotional-support help line.

The toll-free number, 866-447-3573, will be open Monday-Friday, 8am-8pm Central Time. The service is free of charge and open to anyone. Specially trained Optum mental health specialists help people manage their stress and anxiety so they can continue to address their everyday needs. Callers may also receive referrals to community resources to help them with specific concerns, including financial and legal matters.

Along with the toll-free help line, emotional-support resources and information are available online at: <https://www.liveandworkwell.com>.