

- For energy and weatherization services, youth services, housing support, nutrition services, and re-entry services in the Salem area, visit <https://mwvcaa.org/programs/>
- Get your movies and books at your local library: <https://multcolib.org/e-books-and-more>
- Find discounts and coupons in Portland at <https://portlandlivingonthecheap.com/>
- For Head Start programs in Oregon, visit <https://www.ohsa.net/>
- For home energy assistance, visit <https://www.oregon.gov/ohcs/energy-weatherization/pages/index.aspx>
- Great meals in Portland for less than \$10:
https://www.oregonlive.com/portland Cheap eats/2017/03/cheap eats 2017 99 delicious_d.html
- Fun activities to do in Portland on a budget:
<https://www.oregonlive.com/living/2015/08/free for all favorite no-cost.html>
<https://www.frugallivingnw.com/portland-staycation/>
- Portland Farmers Markets: <https://www.portlandfarmersmarket.org/>
- Oregon Farmers Markets that participate in Double Up Food Bucks (the SNAP dollars you spend at a Farmers market double, so you can buy more): <https://doubleuporegon.org/>
- To find clothing swaps in Portland, visit <https://swappositive.wordpress.com/>
- Biketown for All: Portland residents who are eligible for social services can receive a reduced Biketown Membership (city bikes available to the public). For more details, visit: <https://www.biketownpdx.com/pricing/biketown-for-all>

Applying for Social Security Benefits:

Some individuals experiencing mental health and/or addiction challenges find that there are times when working becomes too difficult. Social Security Disability Insurance Benefits (SSDI) and Supplemental Security Income (SSI) are programs by the Social Security Administration (SSA) that provide monthly income and health insurance for people with qualifying conditions, which can include severe depression, bipolar disorder, PTSD, anxiety disorders, or SUD, as detailed in the SSA Blue Book.⁴¹ The SSA has strict guidelines for qualifying for these programs that can be difficult to navigate. Generally, an individual needs to have detailed medical documentation that shows how their condition prevents them from working and that they are undergoing treatment.

⁴¹ "Mental Disorders and Social Security Disability." *Disability Benefits Help*, 2022 <https://www.disability-benefits-help.org/disabling-conditions/mental-disorders>