

Student Information and Resources

**Remember that hours are subject to change each term and during the summer. Please check their respective websites.

Basic Needs Hub

The Basic Needs Hub provides students with one place to stop for all concerns related to providing basic needs support. (housing, emergency funds, mini food pantry & hygiene essentials, meal vouchers, snap assistance, etc.) Our mission is to connect PSU students to resources so students can focus on academics, career goals, and interpersonal relationships.

Location: Smith Memorial Student Union 435

Hours: Monday to Friday, 9-5 pm, Closed 12-1pm

Website:

<https://www.pdx.edu/dean-student-life/basic-needs-hub>

Email: basicneedshub@pdx.edu

Phone: (503) 725-6762

PSU Food Pantry

The PSU Food Pantry is open to all students. You can make an [appointment](#) for in-person shopping or check out their [website](#) for their current drop-in hours. You will need your Student ID or proof of enrollment to shop.

Location: Smith Memorial Student Union 47A (basement)

Hours: Term by term basis

Website: <https://psufp.com/>

Email: pantry@pdx.edu

Free Food Market

Free Food Market continues to operate on the **2nd Monday of each month**. Food distribution is from **9:30 am to 11 am** across from Shattuck Hall in the Park Blocks.

SNAP Benefits

Available for most students in Oregon. More information about this program, which offers access to nutritional food, is available from the

Oregon Department of Health and Human Services. PSU has SNAP Application Assistants who can help with your application at the Basic Needs Hub if you are eligible.

Website:

<https://www.oregon.gov/dhs/ASSISTANCE/FOOD-BENEFITS/pages/index.aspx>

To see if you are eligible:

<https://oregonhunger.org/snap-for-students/#:~:text=qualify%20for%20SNAP.-,Student%20Criteria,job%20after%20you%20complete%20school>

Transportation and Parking Services

Assist students & staff with transportation options and associated services.

Location: 1812 SW 6th Ave

Hours: Monday to Thursday 9 am - 4 pm

Website: <https://www.pdx.edu/transportation/>

Email: parking@pdx.edu

Phone: (503) 725-3442

Emergency Funds

Hardship Funds are offered to students from a variety of sources. Here are those listed on Dean of Student Life website:

<https://www.pdx.edu/dean-student-life/emergency-funds>

- [PSU General Student Emergency Fund](#)
- [Student Success Emergency Aid](#)
- [CLAS Student Hardship Fund](#)
- [COE Student Emergency Fund](#)
- [CUPA Dean's Hardship Fund](#)
- [Libby Solomon Emergency Fund](#)
- [NASCC Emergency Fund](#)
- [International Student Aid](#)
- [School of Business Undergraduate Hardship Fund](#)
- [School of Social Work Student Emergency Fund](#)
- [Graduate Retention and Completion Fund](#)

- PSU is working on a centralized process, but until then, contact your specific department, school, or advisor to find out more.

Student Health and Counseling (SHAC)

SHAC is a wellness resource for Portland State University. They have onsite health, dental, and counseling services, wellness education, workshops, and outreach. **You do not need the SHAC healthcare plan to access these services, but you must be enrolled in 5 or more credits at PSU.**

Location: 1880 SW 6th Ave., Suite 200 University Center Building Portland, OR 97210

Hours: M - Th 9 am- 5 pm Fri 9:30 am-5 pm (Mon - Fri CLOSED 12-1 pm)

Email: askshac@pdx.edu

Website: <https://www.pdx.edu/health-counseling/>

Phone: 503-725-2800

Dental Services: 503-725-2611 or dental@pdx.edu

For after-hours crisis support:

- Multnomah County Crisis Line (503-988-4888) or Crisis Text Line (text HOME to 741741).
- In-person evaluation: Unity Center for Behavioral Health (1225 NE 2nd Ave) has a mental health emergency room.
- If you are experiencing an emergency, please call 911.

PSU CARES

PSU CARES connects students with resources when they are experiencing distress or other concerns that might impact their personal or academic success. CARE Advocates meet with students to hear about their concerns and collaborate on a plan to optimize their ability to continue and succeed at PSU. If you have a concern, [submit a CARE Referral](#), or contact someone below.

Location: Smith Memorial Student Union 433

Website: <https://www.pdx.edu/dean-student-life/care-program>

Email: askdos@pdx.edu

Phone: (503) 725-4422

PSU Student Conduct

Student Conduct works with members of the PSU community to ensure that the on-campus community is a safe and supportive learning environment. All members of the PSU community are encouraged to become familiar with the [Student Code of Conduct](#) and to report violations of the code. [Here](#) are resources for both students and employees when navigating the Student Conduct process, other relevant policies/processes, and the available support services.

Location: Smith Memorial Student Union 433

Website:

<https://www.pdx.edu/dean-student-life/student-conduct-community-standards>

Email: askdos@pdx.edu

Phone: (503) 725-4422

Academic

University Success

Facilitates academic engagement, intellectual connection, and collaborative learning among Portland State University students through student living communities and campus community building. University Success East and West are still available for virtual 1-on-1 appointments with our student leaders and professional staff. Work on goal setting, resume writing, writing support, connecting to campus resources, time management help, and more!

Location: EAST: Ondine Residence Hall 2nd Floor, Suite 207

WEST: Montgomery Hall Basement Level, Suite 020

Hours: Monday to Thursday 2 pm- 10 pm

Sunday 5 pm- 10 pm

Website: <https://www.pdx.edu/housing/usuccess>

Email: usuccess@pdx.edu

Phone: 503-725-9890

The Writing Center

Helps writers at any stage of the writing process and with various projects, including class assignments, resumes, application essays, presentations, and creative writing.

Location: Cramer Hall 188

Hours: Term by Term basis

Website: <https://www.pdx.edu/writing-center/>

Email: wrcntr@pdx.edu

Phone: (503) 725-3570

The Learning Center

Offers support with current coursework and helps develop effective learning strategies by providing the following services: tutoring, academic coaching, testing services, and more.

Locations: see website

Hours: Monday to Thursday: 9 am – 7 pm

Friday: 9 am – 5 pm In person and Remote

Website: <https://www.pdx.edu/learning-center/>

Email: thelearningcenter@pdx.edu

Phone: (503)725-4448

International Student Services

Immigration advising, life advising, programming, and support for international students.

Location: Karl Miller Center 660

Hours: Term by Term basis

Website: <https://www.pdx.edu/international-students/>

Email: ois@pdx.edu

Phone: 503-725-4094

Advising & Career Services

Helps students choose a major or develop a career and provides workshops and classes.

Location: Varies per department

<https://www.pdx.edu/advising/contact/contact-advising>

Hours: Monday to Friday 9 am – 4 pm

Website: <https://www.pdx.edu/advising/>

Email: askacs@pdx.edu

Phone: 503-725-4005

TRIO

A college retention and graduation program for undergraduate students, which helps them develop the academic skills and personal development necessary to pursue and complete their Bachelor's degree successfully. In order to qualify, a student must be an income-eligible undergraduate, a first-generation college student (neither parent nor guardian has a bachelor's degree) and/or have a documented disability.

Location: Smith Memorial Student Union 425

Hours: Monday to Friday, 9 am – 5 pm

Website: <https://www.pdx.edu/trio-student-support-services/>

Email: trioss@pdx.edu

Phone: 503-725-3815

PSU Library Laptop Check Out

PSU's Library has laptops and equipment available to check out and has extended their check-out time. Students may now check out laptops for a whole term.

Website:

<https://library.pdx.edu/study-spaces-computers/equipment/>

Microsoft Office Suite

PSU offers **free access** to Microsoft Office Suite for students, faculty, and staff.

Website: https://portlandstate.atlassian.net/servicedesk/customer/portal/2/article/44715885?mc_cid=e2023f9fa0&mc_eid=af29446f40&src=-1322471154

Legal & Financial

Student Legal Services

Student Legal Services provides FREE legal help to current PSU students. Our team of attorneys offers consultations and representation on many legal topics. Along with legal consultations, SLS also offers various educational programs to help support students interested in legal careers. Learn about our educational programs.

Location: Smith Memorial Student Union Smith M343, 3rd Mezzanine

Hours: Monday- Friday, 9 am-5 pm

Email: SLMS@pdx.edu

Website: <https://www.pdx.edu/student-legal-services/>

Phone: 503-725-4556

The Financial Wellness Center

Through education, awareness, and mentoring, the Financial Wellness Center is designed to give all students the tools and resources to empower them to make healthy financial decisions. Meet one-on-one with a financial wellness coach regarding your PSU student account, re-enrolling at PSU, resolving a debt owed to PSU, understanding the cost of college, creating a sustainable budget, repairing credit, or repaying student loans. Don't hesitate to make an appointment.

Location: Fariborz Maseeh Hall

Hours: Monday to Friday, 9-5 pm virtually, Drop-ins Monday to Friday, 2-4 pm (can vary from term to term)

Website:

<https://www.pdx.edu/student-finance/financial-wellness-center>

Phone: 503-725-3449

Student Financial Services

Contact Student Financial Services for the following:

- Billing

- Collections
- Fee Verification
- Past Due Accounts
- Payments
- PSU Payment Plan
- Refunds
- Returned Checks
- Third-Party Payments (3rdparty@pdx.edu)
- Tuition & Fees

Location: Fariborz Maseeh Hall

Forms/Petition: <https://www.pdx.edu/student-finance/forms>

Email: studentfinancialservices@pdx.edu

Website: <https://www.pdx.edu/student-finance/>

Phone: 503-725-3440

Student Financial Aid & Scholarships

Contact the Office of Financial Aid and Scholarships for the following:

- Financial Aid Applications, Awarding, Eligibility, Disbursement, and Revisions
- FAFSA/ORSAA Questions
- Loan Management
- Satisfactory Academic Progress
- Scholarships

Email: askfa@pdx.edu Response time could be up to two weeks. If you have an urgent question, try the chat first. To access the chat, see the instructions below.

Chat: The fastest way to reach us is via chat. To start a chat session, go to Financial Aid and select the orange bar in the bottom right corner of the window.

Chat Hours:

Monday, Tuesday, Wednesday, and Friday: 10 am - 4 pm

Thursday: 11 am - 4 pm

Phone: 503-725-3461

Phone Hours: Monday, Tuesday, Wednesday, and Friday, 9 am-5 pm and Thursdays 11 am-5 pm

University Career Center

The University Career Center provides unique resources and services to meet all our students' and alums' career development and job search needs. We develop employer, campus, and community partnerships to support students and alums in obtaining career positions, internships, part-time employment, and on-campus jobs. We support individuals in all aspects of their career development, including exploration, preparation and planning, job searching, and making career changes and transitions.

Location: Fariborz Maseeh Hall 342

Hours: Monday to Friday, 8:30 am-4 pm

Email: careers@pdx.edu

Website: <https://www.pdx.edu/student-finance/>

Phone: 503-725-4613

Cultural Resource Centers

The Cultural Resource Centers provide student leadership, employment, and volunteer opportunities; student resources such as computer labs, event, lounges, and study spaces; and extensive programming. The CRCs are a unit of Diversity & Multicultural Student Services. All PSU students are welcome in our spaces. Students can contact us by emailing cultures@pdx.edu, calling 503-725-5351 or checking out <https://www.pdx.edu/cultural-resource-centers/> **All CRCs are open M-F, 9-5 pm.**

DREAMer Resource Center

The DREAMer Resource Center serves as a safe, supportive space for DACAmented, undocumented, mixed-status, immigrant, and allied communities at Portland State University. The center serves as a central resource where DREAMer students see themselves represented, celebrated and have access to direct support tailored to the DREAMer experience in higher education.

Location: Cramer Hall Sky Bridge, Rm 428

Hours: Monday to Friday, 9 am-5 pm

Email: jojaureg@pdx.edu

Website: <https://www.pdx.edu/dreamers/>

Phone: 503-725-9973 (call or text)

La Casa Latina Student Center

A hub where Latinx and Chicanx students come together to create and connect with community, develop leadership skills, empower identity, and receive services important to academic success.

Location: Smith Memorial Student Union 229

Hours: Vary term to term, please check website

Email: lacasa@pdx.edu

Website:

<https://www.pdx.edu/cultural-resource-centers/la-casa-latina-student-center>

Phone: 503-725-6710

Multicultural Student Center

Explores our intersectional identities and seeks to develop cultural competency through student engagement, programming, and meaningful dialogue. All students are welcome.

Location: Smith Memorial Student Union 228

Hours: Vary term to term, please check website

Email: multicultural@pdx.edu

Website:

<https://www.pdx.edu/cultural-resource-centers/multicultural-student-center>

Phone: 503-725-5342

Native American Student & Community Center

Works to plan programs centering Native American, Alaska Native, Pacific Islander, and other Indigenous community voices.

Location: 710 SW Jackson St

Hours: Vary term to term, please check website

Email: nascc@pdx.edu

Website:

<https://www.pdx.edu/cultural-resource-centers/native-american-student-community-center-student-programs>

Phone: 503-725-9695

Pacific Islander, Asian & Asian American Student Center

Offers an engaging and accepting space to address the diverse and changing needs of our Asian and Pacific Islander student communities. PIAAA strengthens the identity of API students through accessible programming, inter-cultural community building, and social justice education. All students are welcome.

Location: Smith Memorial Student Union Smith Rm 235

Hours: Vary term to term, please check website

Email: piaaa@pdx.edu

Website:

<https://www.pdx.edu/cultural-resource-centers/pacific-islander-asian-asian-american-student-center>

Phone: 503-725-9391

Pan-African Commons

Cultivates cultural, personal, academic, and professional development and opportunities through programming and resources that foster empowerment, enrichment, and principled solidarity that advocates liberation among peoples in the African diaspora.

Location: Smith Memorial Student Union 236

Hours: Vary term to term, please check website

Email: pac@pdx.edu

Website:

<https://www.pdx.edu/cultural-resource-centers/pan-african-commons>

Phone: 503-725-9391

Middle East North Africa South Asian Student Center

This initiative formally recognizes MENASA students and their allies who are a critical mass in our spaces yet do not have dedicated services. While our other five cultural centers have demographic data to support their mission, the MENASA community does not. This presents a unique challenge in supporting these scholars. The MENASA Initiative, like our other cultural centers, pivots on race and ethnicity. It is not a religious/spiritual center.

Location: Smith Memorial Student Union 238

Hours: Vary term to term, please check website

Email: menasa@pdx.edu

Website:

<https://www.pdx.edu/cultural-resource-centers/middle-east-north-africa-south-asia-student-center>

Phone: 503-725-2609

Services for Students with Children

Resource Center

Through campus projects, community involvement, and advocacy, we strive to increase available resources and opportunities that improve the quality of life for students with children. If you are not able to come to campus, we have many remote services available to you! You can also pick up free diapers, gently-used clothing, breast pumping kits, and speak with RCSC staff about childcare subsidies. You can schedule your appointment time by filling out a short Appointment Request Form. Students should reach out about the Jim Sell's Subsidy Program for their children.

Location: Smith Memorial Student Union 462

Hours: Vary term to term, please check website

Email: sswc@pdx.edu

Website: <https://www.pdx.edu/students-with-children/>

Phone: 503-725-5683

Baby Vikings

Full-time childcare spaces available and spaces reserved for short-term or drop in care for children ages **6 weeks to 24 months**.

Location: Smith Memorial Student Union 1st floor

Email: babyvikings@pdx.edu

Website:

<https://www.pdx.edu/students-with-children/baby-vikings>

Phone: 503-725- 9622

Little Vikings

Care available for children ages **6 weeks to 12 years old**, up to 5 hours per day and 20 hours per week.

Location: 1136 SW Montgomery

Email: Lvikings@pdx.edu

Website:

<https://www.pdx.edu/students-with-children/little-vikings>

Phone: 503-725-8800

Helen Gordon Center

The Center provides students and faculty/staff parents with a high-quality on-campus early education and full day child care programs ages **4 months to 5 years of age**.

Location: 1609 SW 12th Ave

Email: helengordoncdc@pdx.edu

Website:

<https://www.pdx.edu/helen-gordon-center/program-information>

Phone: 503-725-3092

Queer Resource Center

Supports queer and trans students at Portland State University to achieve their educational goals through advocacy, community, and celebration. The center strives to provide students with the support they need to persist to graduation through increasing equity and access for queer and trans students at Portland State University.

In-Person Supplies/Resources: Drop by the outside of the QRC to get pronoun and identity pins, safer sex supplies, menstrual supplies, QRC brochures, information on confidential advocacy, and access the QRC Mini Food Pantry.

Location: Smith Memorial Student Union 458

Hours: Vary term to term, please check website

Email: qrc@pdx.edu

Website: <https://www.pdx.edu/queer-resource-center/>

Women's Resource Center

The Women's Resource Center advocates for the best educational and campus experience for all members of our community. We accomplish this by advancing social justice, ensuring access to personal empowerment for students of all genders, and by working toward a safe and healthy campus. Visit our **VIRTUAL FRONT DESK** for up-to-date information about on- and off-campus resources, how to book an advocacy appointment, and events going on through PSU and around town. Information about our programs and upcoming leadership opportunities can also be found there.

Location: Smith Memorial Student Union 438

Hours: Vary term to term, please check website

Email: wrc@pdx.edu

Website: <https://www.pdx.edu/womens-resource-center/>

Virtual Front Desk:

<https://sites.google.com/pdx.edu/womens-resource-center/home?authuser=1>

Phone: 503-725-5672

Veterans Resource Center

The mission of the Veterans Resource Center is to connect student veterans, service members and their families with a variety of services specific to their individual needs, support the transition “from rucksack to backpack,” and to help them to connect with one another. The VRC also provides service to faculty and administrators who seek to better understand the unique cultural differences found in the student veteran community and how we can all work together cohesively and respectfully for the success of the PSU community.

Location: Smith Memorial Student Union 018 (Basement)

Hours: Vary term to term, please check website

Email: psuvrc@pdx.edu

Website: <https://www.pdx.edu/veterans-resource-center/>

Phone: 503-725-6150

Disability Resource Center

Pre-admission and disability counseling, educational training, advocacy and a variety of accommodations for equal and inclusive access to the academic process and campus life.

Location: Smith Memorial Student Union 116

Hours: Vary term to term, please check website

Email: drc@pdx.edu

Website: <https://www.pdx.edu/disability-resource-center/>

Phone: (503) 725-4150

Project Rebound PNW

Project Rebound PNW recognizes that students returning to higher education after incarceration need dedicated resources on campus to help them transition to and successfully navigate college. Our mission is to provide a framework of support for formerly incarcerated scholars.

Project Rebound PNW Peer Support Specialists are available to connect with prospective and current students returning to education after experiencing incarceration. We help students and prospective students with admission to PSU, accessing legal services, counseling, tutoring, computer literacy, mentorship, employment, housing, transportation and food security.

Hours: Vary term to term, please check website
Email: projectrebound@oregoncampuscompact.org OR
hollis@oregoncampuscompact.org

Website:

<http://www.oregoncampuscompact.org/project-rebound-pnw.html>

Transfer & Returning Student Resource Center

The Transfer & Returning Student Resource Center offers academic and career advising to transfer and returning adult students, assistance in accessing PSU resources and services, as well as workshops and events. The Transfer & Returning Student Resource Center is here to help you smoothly transition to PSU, connect with resources, and to support you on your path to degree completion.

Location: FMH 342

Hours: Vary term to term, please check website

Email: transferstudents@pdx.edu

Website: <https://www.pdx.edu/transfer-center/>

Phone: 503-725-2445

Community Resources Specific for those Formerly Incarcerated (Multnomah County)

Health and Reentry Project (HARP)

The Health and Reentry Project (HARP) is an initiative that aims to enhance the health outcomes of individuals reintegrating into communities post-incarceration. It focuses on improving policies and practices at the nexus of healthcare and the criminal justice system by fostering collaboration among various stakeholders. HARP strives to enhance the health, safety, and overall welfare of both individuals and communities by promoting equitable and effective policies. It facilitates the development and implementation of strategies that ensure continuity of care and access to healthcare for those transitioning from incarceration. Additionally, HARP seeks to expedite the adoption and expansion of innovative healthcare approaches during reentry processes.

Email: info@healthandreentryproject.org

Website: <https://healthandreentryproject.org/contact/>

NewStart Reentry Resource Center

The NewStart Reentry Resource Center is a program designed to assist individuals in reintegrating into the community following their release from state or local jails in Multnomah County within the past two years with employment assistance, case management, and additional support.

Location: 8044 SE Harold St, Portland, OR 97206

Website: <https://seworks.org/newstart/>

Phone: 503-772-2300

Better People

An established employment and counseling program solely dedicated to helping individuals who have legal histories find, keep and excel in well paying jobs with fair, decent employers.

Phone: (503) 281-2663

Website: <http://www.betterpeople.org/>

Black Parent Initiative

Inspires and mobilizes Black parents to ensure their children achieve educational excellence.

Phone: (503) 284-8000

Website: <http://www.thebpi.org/index.htm>

Blanchet House

Blanchet House is a nonprofit organization whose mission is to alleviate suffering by offering food, clothing, life-saving shelter and residential programs.

Phone: (503) 241-4340

Website: <https://blanchethouse.org/>

Central City Concern

Providing comprehensive solutions to ending homelessness and achieving self-sufficiency.

Phone: (503) 294-1681

Website: <http://www.centralcityconcern.org/>

Dress for Success

Providing professional attire, a network of support and the career development tools to help women thrive in work and in life.

Phone: (503) 249-7300.

Website: <http://www.dressforsuccess.org/home.aspx>

Goodwill Job Connection

A free job search and referral program.

Phone: (503) 238-6100

Website:

<http://www.meetgoodwill.org/job-seekers/job-connection>

Home Forward/Housing Authority of Portland

Housing, help, and hope for all.

Phone: (503) 802-8300

Website: <http://www.hapdx.org/>

Lifeworks Northwest

Prevention, mental health, and addiction services.

Phone: (503) 645-9010

Website: <http://www.lifeworksnw.org/>

Multnomah County Mental Health and Addiction Services

Providing mental health, alcohol, drug, and gambling addiction services to adults, children and families.

Phone: (503) 823-4000

Website: <http://web.multco.us/mhas>

NARA of the Northwest

Providing education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and other vulnerable populations.

Phone: (503) 224-1044

Website: <http://www.naranorthwest.org/>

NAYA Family Center

Working to enrich the lives of Native youth and families through education, community involvement, and culturally specific programming.

Phone: (503) 288-8177

Website: <http://www.nayapdx.org/>

Oxford House

Self run, self supported, addiction recovery house.

Phone: (301) 587-2916

Website: <http://www.oxfordhouse.org/userfiles/file/index.php>

Portland Police Bureau Sunshine Division

Providing emergency food and clothing relief to Portland families and individuals in need.

Location: 12436 SE Stark Street

Hours: Tuesday-Friday, 9:30a-11a & 12:30p-3:30p & Saturday, 9a-1p

Phone: (503) 823-2102

Website: <http://www.sunshinedivision.org/>

The Recovery Village

Helpful blogs, websites and organizations for guidance on healthy living, fitness, addiction treatment, holistic therapy options, and more.

Location: 5114 NE 94th Ave, Vancouver, WA 98662

Phone: (888) 809-0182

Website: <https://www.ridgefieldrecovery.com/locations/detox-center/>

Transition Projects Resource Center

The Resource Center at Transition Projects provides support services to individuals facing homelessness, linking them with programs and services for both individuals and couples. They have access to restrooms, showers, laundry, haircuts, shelter, clothing, nutrition resources, lockers, ID support and mail services at this center.

Location: 650 NW Irving Street, Portland, OR 97209

Hours: Monday-Sunday (Open all Holidays) from 8:30a to 7p, M-F & 8:30a to 3:30p, Sat. and Sun.

Website: <https://www.tprojects.org/resource-center>
Phone: 503-280-4700

Central City Concern Medical Clinic

Situated in Old Town Chinatown neighborhood, Old Town Clinic serves as a comprehensive healthcare facility catering to a variety of patient needs. Their skilled providers deliver a range of services encompassing physical healthcare, mental health and addiction treatment, among others. They prioritize offering non-judgmental care and support, with fees adjusted based on individual circumstances.

Location: 727 W Burnside St., Portland, OR 97209

Hours: Monday, Tuesday, Thursday and Friday, 8a - 5p (9a-5p on Wednesdays) **closed holidays**

Website: <https://centralcityconcern.org/health-care-location/old-town-clinic-health-care/>

Phone: 503-228-4533