

Support Resources for People Leaving Scientology

Helping Survivors

Legal help and trauma-informed resources for Scientology abuse survivors.

Website: <https://helpingsurvivors.org/clergy-sex-abuse/scientology-abuse/>

People Leave Cults (Portland)

Oregon-based support network for cult survivors. Offers virtual peer support groups.

Website: <https://www.peopleleavecults.com>

Trillium Family Services – Trauma-Informed Care

Mental health and trauma recovery resources across Oregon.

Website: <https://www.trilliumfamily.org>

Practical Local Support Services

Oregon 211

Statewide access to shelter, food, mental health, and employment services.

Website: <https://www.211info.org>

Phone: Dial 211

Oregon Human Trafficking Hotline

Support for survivors of human trafficking.

Phone: 1-888-373-7888

Website: <https://humantraffickinghotline.org>

Oregon SNAP (Food Benefits)

Apply for food assistance.

Website: <https://www.oregon.gov/dhs/assistance/pages/food.aspx>

WorkSource Oregon

Career counseling, resume help, and job placement services.

Website: <https://www.worksourceoregon.org>

Transition Projects (Portland)

Housing, hygiene, and case management services for people in crisis.

Website: <https://www.tprojects.org>

Phone: (503) 280-4700

Oregon Food Bank

Pantry locator and food support network.

Website: <https://www.oregonfoodbank.org>