

# Resource Guide

## Health & Human Services in and around the Snoqualmie Valley



### **CarePoint Clinic**

36017 SE Fish Hatchery Road

Fall City, WA 98024

(425) 478-6627

In addition to the resources in this book, please visit

***A Supportive Community for All***

is new nonprofit organization dedicated to supporting a growing coalition in the Snoqualmie Valley that works together to ensure that all community members have access to the resources they need to thrive.

Need help? Call 425-470-5921

[www.asupportivecommunityforall.org](http://www.asupportivecommunityforall.org)

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For any additions, updates, or changes to this Resource Guide, please send to [info@carepointonline.org](mailto:info@carepointonline.org).

**September 2022**

## Table of Contents

|  |           |
|--|-----------|
| Addiction Services .....                   | 3         |
| Counseling and Mental Health .....         | 3         |
| Cultural Community .....                   | 5         |
| Dental .....                               | 5         |
| Disability .....                           | 6         |
| Education .....                            | 7         |
| Employment and Vocational Services .....   | 8         |
| Financial Assistance.....                  | 8         |
| Food and Clothing .....                    | 9         |
| Housing and Shelter .....                  | 10        |
| Immigrant and Refugee Services.....        | 11        |
| Legal Services .....                       | 12        |
| Libraries.....                             | 12        |
| Medical.....                               | 13        |
| Pet Services .....                         | 15        |
| Senior Services .....                      | 15        |
| Suicide Intervention .....                 | 16        |
| Transportation .....                       | 16        |
| Veterans Services .....                    | 17        |
| Victims Services.....                      | 18        |
| Volunteer Opportunities .....              | 19        |
| Youth and Family Services.....             | 20        |
| NOTES.....                                 | 21        |
| <b>CRISIS and EMERGENCY SERVICES .....</b> | <b>23</b> |

**Note:** Organizations with this symbol (♦) indicate that they offer volunteer opportunities.

## Addiction Services

|   |   |  |   |
|---|---|--|---|
| Alcoholics Anonymous (24 hrs)   | 206-587-2838  | <a href="http://www.seattleaa.org">www.seattleaa.org</a>   | ◆ |
| Asian Counseling and Referral Service                                       | 206-695-7600<br>In inclement weather, call 206-774-2417 for hours.<br>TTY: 800-833-6384 (WA Relay)  | <a href="http://acrs.org">acrs.org</a>   | ◆ |
| Catholic Community Services   | 206-328-5696  | <a href="http://www.ccsww.org">www.ccsww.org</a>   | ◆ |
| Celebrate Recovery  | See website to contact local rep, find a group, etc.  | <a href="http://www.celebraterecovery.com">www.celebraterecovery.com</a>   |   |
| Friends of Youth  | Main: 425-869-6490<br>Duvall - 425-844-9669<br>Issaquah - 425-392-6367<br>Snoqualmie - 425-888-4151<br><a href="mailto:info@friendsofyouth.org">info@friendsofyouth.org</a> | <a href="http://www.friendsofyouth.org">www.friendsofyouth.org</a>   | ◆ |
| Jewish Family Services  | 425-643-2221  | <a href="http://www.jfsseattle.org">www.jfsseattle.org</a>   | ◆ |
| HealthPoint   | To schedule an appointment<br>Interpretation services available.<br>866-893-5717  | <a href="http://www.healthpointchc.org">www.healthpointchc.org</a>   | ◆ |
| National Institute on Alcohol Abuse and Alcoholism - Find Alcohol Treatment | General Inquiries:<br><a href="mailto:niaaaweb-r@exchange.nih.gov">niaaaweb-r@exchange.nih.gov</a>  | <a href="http://alcoholtreatment.niaaa.nih.gov">alcoholtreatment.niaaa.nih.gov</a>   |   |
| Neighborcare Health   | Appointments: 206-548-5710<br><a href="mailto:info@neighborcare.org">info@neighborcare.org</a>  | <a href="http://neighborcare.org/services/mental-health-and-social-work">neighborcare.org/services/mental-health-and-social-work</a>   | ◆ |
| Snoqualmie Behavioral Health Services (Snoqualmie Indian Tribe)             | 425-831-5425  | <a href="http://snoqualmietribe.us/health-wellness">snoqualmietribe.us/health-wellness</a>   |   |
| Restart Life (Internet Addiction Recovery Program)                          | 800-682-6934<br><a href="mailto:only@restartlife.com">only@restartlife.com</a>  | <a href="http://netaddictionrecovery.com">netaddictionrecovery.com</a>   |   |
| Sound   | 206-901-2000  | <a href="http://www.sound.health">www.sound.health</a>   |   |
| Snoqualmie Behavioral Health Services (Snoqualmie Indian Tribe)             | 425-831-5425  | <a href="http://snoqualmietribe.us/health-wellness">snoqualmietribe.us/health-wellness</a>   |   |
| Therapeutic Health Services, Eastside                                       | 425-747-7892  | <a href="http://www.ths-wa.org">www.ths-wa.org</a>   |   |
| Washington Recovery Help Line   | 866-789-1511  | <a href="http://www.warecoveryhelpline.org">www.warecoveryhelpline.org</a>   |   |
| Washington State Healthcare Authority (Apple Health/Medicaid)               | 866-789-1511  | <a href="http://www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/substance-use-treatment">www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/substance-use-treatment</a> |   |

## Counseling and Mental Health

|                                       |  |  |   |
|---------------------------------------|--|--|---|
| Asian Counseling and Referral Service | 206-695-7600<br>In inclement weather, call 206-774-2417 for hours.<br>TTY: 800-833-6384 (WA Relay) | <a href="http://acrs.org">acrs.org</a> | ◆ |
|---------------------------------------|--|--|---|

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|---|---|--|---|
| Cancer Lifeline   | 206-297-2100<br><a href="mailto:info@cancerlifeline.org">info@cancerlifeline.org</a>  | <a href="http://www.cancerlifeline.org">www.cancerlifeline.org</a>   | ◆ |
| Catholic Community Services                                     | 206-328-5696  | <a href="http://www.ccsww.org">www.ccsww.org</a>   | ◆ |
| Encompass NW  | 425-888-3347  | <a href="http://www.encompassnw.org">www.encompassnw.org</a>   | ◆ |
| Fairfax Hospital, Behavioral Health 24/7                        | 425-821-2000  | <a href="http://www.fairfaxhospital.com">www.fairfaxhospital.com</a>   |   |
| Foundational Community Supports                                 | 206-799-9882<br><a href="mailto:FCSinfoKC@ccsww.org">FCSinfoKC@ccsww.org</a>  | <a href="http://ccsww.org/get-help/specialized-services/foundational-community-supports">ccsww.org/get-help/specialized-services/foundational-community-supports</a>   | ◆ |
| Friends of Youth  | Main: 425-869-6490<br>Duvall - 425-844-9669<br>Issaquah - 425-392-6367<br>Snoqualmie - 425-888-4151<br><a href="mailto:info@friendsofyouth.org">info@friendsofyouth.org</a> | <a href="http://www.friendsofyouth.org">www.friendsofyouth.org</a>   | ◆ |
| Griefshare Support Group  | 800-395-5755<br><a href="mailto:info@griefshare.org">info@griefshare.org</a>  | <a href="http://www.griefshare.org">www.griefshare.org</a>   |   |
| Harborview Center for Sexual Assault & Traumatic Stress         | 206-744-1600  | <a href="http://depts.washington.edu/uwhatc">depts.washington.edu/uwhatc</a>   |   |
| HealthPoint   | To schedule an appointment<br>Interpretation services available.<br>866-893-5717  | <a href="http://www.healthpointchc.org">www.healthpointchc.org</a>   |   |
| International Community Health Services (ICHS)                  | 206-788-3700  | <a href="http://www.ichs.com/services/behavioral-health">www.ichs.com/services/behavioral-health</a>   |   |
| Jewish Family Services  | 425-643-2221  | <a href="http://www.jfsseattle.org">www.jfsseattle.org</a>   | ◆ |
| King County Behavioral Health and Recovery Division             | Client Services: 206-263-8997<br>or 800-790-8049  | <a href="http://kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/mental-health.aspx">kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/mental-health.aspx</a> |   |
| Lahai Health  | 206-363-4105<br><a href="mailto:info@lahai.org">info@lahai.org</a>  | <a href="http://lahai.org">lahai.org</a>   | ◆ |
| National Alliance on Mental Illness (NAMI) Eastside             | 425-885-6264  | <a href="http://nami-eastside.org">nami-eastside.org</a>   | ◆ |
| Neighborcare Health   | Appointments: 206-548-5710<br><a href="mailto:info@neighborcare.org">info@neighborcare.org</a>  | <a href="http://neighborcare.org/services/mental-health-and-social-work">neighborcare.org/services/mental-health-and-social-work</a>   | ◆ |
| Problem Gambling  | 800-547-6133  | <a href="http://www.evergreencpg.org">www.evergreencpg.org</a>   | ◆ |
| Project Rachel  | Angie, in English:<br>206-920-6413<br>Alejandra, en Español:<br>206-450-7814<br><a href="mailto:projectrachel@ccsww.org">projectrachel@ccsww.org</a>                        | <a href="http://ccsww.org/get-help/specialized-services/project-rachel">ccsww.org/get-help/specialized-services/project-rachel</a>   | ◆ |
| Snoqualmie Behavioral Health Services (Snoqualmie Indian Tribe) | 425-831-5425  | <a href="http://snoqualmietribe.us/health-wellness">snoqualmietribe.us/health-wellness</a>   |   |
| Sound   | 206-901-2000  | <a href="http://www.sound.health">www.sound.health</a>   |   |

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| Sea Mar Community Health Centers - Bellevue Behavioral Health Clinic           | 425-460-7114   | <a href="http://www.seamar.org/king-bh-bellevue.html">www.seamar.org/king-bh-bellevue.html</a>               |   |
| Sea Mar Community Health Centers - Bellevue Behavioral Child & Family Services | 425-460-7125   | <a href="http://www.seamar.org/king-bh-bellevue-family.html">www.seamar.org/king-bh-bellevue-family.html</a> |   |
| Therapeutic Health Services, Eastside  | 425-747-7892   | <a href="http://www.ths-wa.org">www.ths-wa.org</a>   |   |
| WA Warm Line   | 877-500-9276   | <a href="http://www.crisisconnections.org/wa-warm-line">www.crisisconnections.org/wa-warm-line</a>           | ◆ |
| Washington Recovery Help Line  | 866-789-1511   | <a href="http://www.warecoveryhelpline.org">www.warecoveryhelpline.org</a>                                   |   |
| Wellspring   | 206-826-3050<br><a href="mailto:info@wellspringfs.org">info@wellspringfs.org</a> | <a href="http://wellspringfs.org">wellspringfs.org</a>   | ◆ |

## Cultural Community

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| Asian Counseling and Referral Service  | 206-695-7600<br>In inclement weather, call 206-774-2417 for hours.<br>TTY: 800-833-6384 (WA Relay) | <a href="http://acrs.org">acrs.org</a>   | ◆ |
| Eastside Literacy (Hopelink ESL services)                                      | 425-333-4417   | <a href="http://www.eastsideliteracy.org/tutorsupport/index.htm">www.eastsideliteracy.org/tutorsupport/index.htm</a>   | ◆ |
| El Centro de la Raza   | 206-957-4603<br><a href="mailto:greghill@elcentrodelaraza.org">greghill@elcentrodelaraza.org</a>   | <a href="http://www.elcentrodelaraza.org">www.elcentrodelaraza.org</a>   | ◆ |
| Indian-American Community Services (IACS)                                      | 253-234-9989<br><a href="mailto:webadmin@iaww.org">webadmin@iaww.org</a>                           | <a href="http://www.iaww.org">www.iaww.org</a>   |   |
| Jewish Family Services   | 425-643-2221   | <a href="http://www.jfsseattle.org">www.jfsseattle.org</a>   | ◆ |
| Lambert House  | 206-322-2515<br><a href="mailto:programs@lamberthouse.org">programs@lamberthouse.org</a>           | <a href="http://www.lamberthouse.org">www.lamberthouse.org</a>   | ◆ |
| Muslim Association of Puget Sound (MAPS) - Muslim Community Resource Center    | 888-404-6272   | <a href="http://www.mapsredmond.org/mrcr">www.mapsredmond.org/mrcr</a>   |   |
| Muslim Association of Puget Sound (MAPS) - Eastside Cultural Navigator Program | Chor Phen Ng: 425-289-8607<br><a href="mailto:phenn@cisc-seattle.org">phenn@cisc-seattle.org</a>   | <a href="http://mapsredmond.org/eastside-cultural-navigator-program">mapsredmond.org/eastside-cultural-navigator-program</a>   |   |
| Refugee Women's Alliance   | 206-721-0243   | <a href="http://www.rewa.org">www.rewa.org</a>   | ◆ |
| Snoqualmie Tribe   | 425-888-6551   | <a href="http://snoqualmietribe.us">snoqualmietribe.us</a>   |   |
| WA State Migrant Education Program (MEP)                                       | Sylvia Reyna<br>360-725-4474<br><a href="mailto:sylvia.reyna@k12.wa.us">sylvia.reyna@k12.wa.us</a> | <a href="http://www.k12.wa.us/student-success/access-opportunity-education/migrant-and-bilingual-education/migrant-education-program">www.k12.wa.us/student-success/access-opportunity-education/migrant-and-bilingual-education/migrant-education-program</a> |   |
|  | Lupe Ledesma<br>360-725-4464<br><a href="mailto:lupe.ledesma@k12.wa.us">lupe.ledesma@k12.wa.us</a> |  |   |

## Dental

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| CarePoint Clinic | 425-478-6627 | <a href="http://carepointonline.org">carepointonline.org</a> | ◆ |
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| Community Health Access Program (CHAP)                                       | 800-756-5437<br><a href="mailto:chap@kingcounty.gov">chap@kingcounty.gov</a>                 | <a href="http://kingcounty.gov/depts/health/locations/health-insurance/access-and-outreach/community-health-access-program.aspx">kingcounty.gov/depts/health/locations/health-insurance/access-and-outreach/community-health-access-program.aspx</a> |
| DentistLink  | 844-888-5465   | <a href="http://dentistlink.org">dentistlink.org</a>   |
| HealthPoint  | To schedule an appointment<br>Interpretation services available.<br>866-893-5717             | <a href="http://www.healthpointchc.org">www.healthpointchc.org</a> ♦   |
| International Community Health Services (ICHS)                               | 206-788-3700   | <a href="http://www.ichs.com/services/dental-care">www.ichs.com/services/dental-care</a>   |
| Lahai Health   | 206-363-4105<br><a href="mailto:info@lahai.org">info@lahai.org</a>                           | <a href="http://lahai.org">lahai.org</a> ♦   |
| Lake Washington Technical College - Dental                                   | 425-739-8130<br><a href="mailto:Dental.Clinic@lwtech.edu">Dental.Clinic@lwtech.edu</a>       | <a href="http://www.lwtech.edu/campus-life/dental-clinic">www.lwtech.edu/campus-life/dental-clinic</a>   |
| Medical Teams International Dental Clinics                                   | See website for individual clinic contact information  | <a href="http://www.medicalteams.org/how-we-heal/mobile-dental-program/emergency-dental-clinics">www.medicalteams.org/how-we-heal/mobile-dental-program/emergency-dental-clinics</a> ♦   |
| Neighborcare Health  | 206-548-5850   | <a href="http://neighborcare.org/service/s/dental">neighborcare.org/service/s/dental</a> ♦   |
| SeaMar   | Bellevue Dental Clinic:<br>425-998-5980  | <a href="http://www.seamar.org">www.seamar.org</a>   |
| Seattle/King County Clinic   | 206.684.7200<br><a href="mailto:SKCClinic@seattlecenter.org">SKCClinic@seattlecenter.org</a> | <a href="http://seattlecenter.org/patients">seattlecenter.org/patients</a> ♦   |
| Seattle King County Dental Society Reduced Cost Dental Care                  | 206-443-7607   | <a href="http://www.skcds.org/for-our-community/reduced-cost-clinics">www.skcds.org/for-our-community/reduced-cost-clinics</a>   |
| Seattle King County Dental Society Access to Baby and Child Dentistry (ABCD) | 800-756-5437<br><a href="mailto:chap@kingcounty.gov">chap@kingcounty.gov</a>                 | <a href="http://kingcounty.gov/depts/health/child-teen-health/ABCD.aspx">kingcounty.gov/depts/health/child-teen-health/ABCD.aspx</a>   |
| Sno-Valley Senior Center (Health Services)                                   | 425-333-4152<br><a href="mailto:svsc@soundgenerations.org">svsc@soundgenerations.org</a>     | <a href="http://snovalleysenior.org/services/health-services">snovalleysenior.org/services/health-services</a> ♦   |
| UW School of Dentistry - Teaching and Specialty Clinics                      | To make an appointment:<br>206.616.6996  | <a href="http://www.dental.washington.edu">www.dental.washington.edu</a>   |
| UW School of Dentistry Urgent Care Clinic                                    | 206-543-5850   | <a href="http://dental.uw.edu/dental-urgent-care-clinic">dental.uw.edu/dental-urgent-care-clinic</a>   |

## Disability

|                                      |  |  |
|--------------------------------------|--|--|
| Alliance of People with Disabilities | 425-998-5839   | <a href="http://disabilitypride.org/wordpress">disabilitypride.org/wordpress</a> ♦ |
| ARC of King County                   | 206-364-6337   | <a href="http://arcofkingcounty.org">arcofkingcounty.org</a> ♦                     |
| Bridge of Promise                    | 425-549-0500<br><a href="mailto:jodi@bridgeofpromise.org">jodi@bridgeofpromise.org</a> | <a href="http://bridgeofpromise.org/about-us">bridgeofpromise.org/about-us</a> ♦   |
| Catholic Community Services          | 206-328-5696   | <a href="http://www.ccsww.org">www.ccsww.org</a> ♦                                 |
| Dept of Services for the Blind       | 206-906-5500   | <a href="http://www.dsb.wa.gov">www.dsb.wa.gov</a>                                 |

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| Encompass (birth to 3 yrs) - PT is available for older kids   | 425-888-2777   | <a href="http://www.encompassnw.org">www.encompassnw.org</a>   | ◆ |
| Jewish Family Services  | 425-643-2221   | <a href="http://www.jfsseattle.org">www.jfsseattle.org</a>     | ◆ |
| Learning Disabilities Association of Washington   | 425-882-0820<br><a href="mailto:nsobich@ldawa.org">nsobich@ldawa.org</a>                 | <a href="http://www.ldawa.org">www.ldawa.org</a>               | ◆ |
| National Alliance on Mental Illness (NAMI) Eastside   | 425-885-6264   | <a href="http://nami-eastside.org">nami-eastside.org</a>       | ◆ |
| Sound Generations   | 206-448-5757<br><a href="mailto:info@soundgenerations.org">info@soundgenerations.org</a> | <a href="http://soundgenerations.org">soundgenerations.org</a> | ◆ |
| Supplemental Social Security Income (SSI)   | 800-772-1213   | <a href="http://www.ssa.gov/ssi">www.ssa.gov/ssi</a>           |   |
| Washington Partnership for Action Voices for Empowerment (PAVE) education advocacy and healthcare resources | 253-565-2266<br>1-800-5-PARENT<br><a href="mailto:pave@wapave.org">pave@wapave.org</a>   | <a href="http://wapave.org">wapave.org</a>                     |   |

## Education

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| Alpine Co-Op Preschool   | Email and FaceBook Messaging are best way to contact them.<br><a href="mailto:alpinecooppreschool@outlook.com">alpinecooppreschool@outlook.com</a> | <a href="http://alpinecooppreschool.wordpress.com">alpinecooppreschool.wordpress.com</a>   |   |
| Calendar - Parent & Community Education Events                                       | 425-333-6614   | <a href="http://www.calendarwiz.com/calendars/calendar.php?cid=svparenteducationevents&amp;cid[]=all&amp;jsenabled=1&amp;winh=577&amp;winw=1280&amp;inifr=false">www.calendarwiz.com/calendars/calendar.php?cid=svparenteducationevents&amp;cid[]=all&amp;jsenabled=1&amp;winh=577&amp;winw=1280&amp;inifr=false</a> |   |
| Childcare Resources  | 206-329-1011<br>877-543-0059<br><a href="mailto:ccr@childcare.org">ccr@childcare.org</a>   | <a href="http://www.childcare.org">www.childcare.org</a>   | ◆ |
| Eastside Literacy (Hopelink ESL services)  | 425-333-4417   | <a href="http://www.eastsideliteracy.org/tutorsupport/index.htm">www.eastsideliteracy.org/tutorsupport/index.htm</a>   | ◆ |
| Encompass NW (Preschool, ECEAP, pediatric therapy, infant/toddler, parent education) | 425-888-3347   | <a href="http://www.encompassnw.org">www.encompassnw.org</a>   | ◆ |
| Office of Education Ombudsman  | 866-297-2597   | <a href="http://www.oeo.wa.gov">www.oeo.wa.gov</a>   |   |
| Oxbow Farm & Conservation Center   | 425-788-1134   | <a href="http://www.oxbow.org">www.oxbow.org</a>   | ◆ |
| Puget Sound Educational Service District   | 425-917-7600   | <a href="http://www.psesd.org">www.psesd.org</a>   |   |
| Riverview School District  | 425-844-4500   | <a href="http://rsd407.org">rsd407.org</a>   |   |
| Riverview School District Student Services   | 425-844-4516   | <a href="http://www.rsd407.org/student-services">www.rsd407.org/student-services</a>   |   |
| Snoqualmie Tribe   | 425-888-6551   | <a href="http://snoqualmietribe.us">snoqualmietribe.us</a>   |   |
| Snoqualmie Valley School District  | 425-831-8000   | <a href="http://www.svsd410.org">www.svsd410.org</a>   |   |



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|--|---|--|
| Snoqualmie Valley School District Student Services | 425-831-8000<br>studentservices@svsd410.org | <a href="http://www.svsd410.org/domain/36">www.svsd410.org/domain/36</a> |
|--|---|--|

## Employment and Vocational Services

|   |  |  |   |
|---|--|--|---|
| Anew  | 206-381-1384   | <a href="http://anewaop.org">anewaop.org</a>   |   |
| Asian Counseling and Referral Service   | (206) 695-7600<br>In inclement weather, call (206) 774-2417 for hours.<br>TTY: (800) 833-6384 (WA Relay) | <a href="http://acrs.org">acrs.org</a>   | ◆ |
| Bellevue College Workforce Education  | 425-564-4054   | <a href="http://www.bellevuecollege.edu/we">www.bellevuecollege.edu/we</a>   |   |
| Bellevue College Center for Career Connections & the Women's Center                           | 425-564-2279<br><a href="mailto:careers@bellevuecollege.edu">careers@bellevuecollege.edu</a>             | <a href="http://www.bellevuecollege.edu/careers">www.bellevuecollege.edu/careers</a>   |   |
| Dept of Services for the Blind  | 206-906-5500   | <a href="http://www.dsb.wa.gov">www.dsb.wa.gov</a>   |   |
| Empower Youth Network   | 425-333-6614<br><a href="mailto:admin@empoweryouthnetwork.org">admin@empoweryouthnetwork.org</a>         | <a href="http://empoweryouthnetwork.org">empoweryouthnetwork.org</a>   |   |
| Foundational Community Supports   | 206-799-9882<br><a href="mailto:FCSinfoKC@ccsww.org">FCSinfoKC@ccsww.org</a>                             | <a href="http://ccsww.org/get-help/specialized-services/foundational-community-supports">ccsww.org/get-help/specialized-services/foundational-community-supports</a>   | ◆ |
| Hopelink Sno-Valley Food Bank and Emergency Services  | 425-333-4163   | <a href="http://www.hopelink.org">www.hopelink.org</a>   | ◆ |
| King County School-to-Work - Developmental Disabilities and Early Childhood Supports Division | See website for more information   | <a href="http://kingcounty.gov/depts/community-human-services/developmental-disabilities/services/school-to-work.aspx">kingcounty.gov/depts/community-human-services/developmental-disabilities/services/school-to-work.aspx</a> |   |
| Snoqualmie Valley Jobs  | See website for online form  | <a href="http://snovalleyjobs.com">snovalleyjobs.com</a>   |   |
| Sound   | 206-901-2000   | <a href="http://www.sound.health">www.sound.health</a>   |   |
| Work Source, Redmond  | 425-861-3700   | <a href="http://www.worksourceskc.org/redmond">www.worksourceskc.org/redmond</a>   |   |
| YWCA  | 425-556-1352   | <a href="http://www.ywcaworks.org/economic-advancement">www.ywcaworks.org/economic-advancement</a>   | ◆ |

## Financial Assistance

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|--|-----------------|--|---|
| American Red Cross (fire, flood, disaster)           | 206-323-2345    | <a href="http://www.redcross.org">www.redcross.org</a>   | ◆ |
| CCS Emergency Assistance                             | 425-213-1963 x2 | <a href="http://ccsww.org/get-help/shelter-homeless-services/emergency-assistance">ccsww.org/get-help/shelter-homeless-services/emergency-assistance</a> | ◆ |
| Helping Hands Ministry                               | 425-888-0096    | <a href="http://helpsnovalley.org">helpsnovalley.org</a>   |   |
| Hopelink Sno-Valley Food Bank and Emergency Services | 425-333-4163    | <a href="http://www.hopelink.org">www.hopelink.org</a>   | ◆ |
| Jewish Family Services                               | 425-643-2221    | <a href="http://www.jfsseattle.org">www.jfsseattle.org</a>   | ◆ |

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| Muslim Association of Puget Sound (MAPS) - Muslim Community Resource Center | 888-404-6272   | <a href="http://www.mapsredmond.org/mcrc">www.mapsredmond.org/mcrc</a>   |   |
| National Foundation for Credit Counseling (NFCC)                            | 800-388-2227   | <a href="http://www.nfcc.org">www.nfcc.org</a>   |   |
| Salvation Army  | 425-452-7300   | <a href="http://bellevue.salvationarmy.org">bellevue.salvationarmy.org</a>   | ◆ |
| US Social Security Administration   | 800-772-1213   | <a href="http://www.ssa.gov/coronavirus/eahr">www.ssa.gov/coronavirus/eahr</a>   |   |
| Washington State Department of Social and Health Services (DSHS)            | 877-501-2233   | <a href="http://www.dshs.wa.gov">www.dshs.wa.gov</a>   |   |
| Washington State Veterans Employment Resource Page                          | <a href="mailto:benefits@dva.wa.gov">benefits@dva.wa.gov</a> | <a href="http://www.dva.wa.gov/veterans-their-families/veterans-benefits/employment">www.dva.wa.gov/veterans-their-families/veterans-benefits/employment</a> |   |

## Food and Clothing

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|---|---|--|---|
| Catholic Community Services   | 206-328-5696  | <a href="http://www.ccsww.org">www.ccsww.org</a>   | ◆ |
| Community Health Access Program (CHAP)                                      | 800-756-5437<br><a href="mailto:chap@kingcounty.gov">chap@kingcounty.gov</a>  | <a href="http://kingcounty.gov/depts/health/locations/health-insurance/access-and-outreach/community-health-access-program.aspx">kingcounty.gov/depts/health/locations/health-insurance/access-and-outreach/community-health-access-program.aspx</a> |   |
| Duvall Food Forest  | 949-940-6409<br><a href="mailto:info@theduvallfoodforest.org">info@theduvallfoodforest.org</a>                        | <a href="http://www.theduvallfoodforest.org">www.theduvallfoodforest.org</a>   | ◆ |
| Eastside Baby Corner  | 425-865-0234<br><a href="mailto:ebc@babycorner.com">ebc@babycorner.com</a>  | <a href="http://babycorner.org/how-we-help">babycorner.org/how-we-help</a>   | ◆ |
| Fall City Food Pantry   | 425-269-8098  | <a href="http://www.fallcityfoodpantry.org">www.fallcityfoodpantry.org</a>   | ◆ |
| Helping Hands Ministry  | 425-888-0096  | <a href="http://helpsnovalley.org">helpsnovalley.org</a>   |   |
| Holy Innocents Food Pantry  | 425-788-1400<br><a href="mailto:pantry@holynn.org">pantry@holynn.org</a>  | <a href="http://www.holynn.org/85">www.holynn.org/85</a>   | ◆ |
| Hopelink Sno-Valley Food Bank and Emergency Services                        | 425-333-4163  | <a href="http://www.hopelink.org">www.hopelink.org</a>   | ◆ |
| Issaquah Food & Clothing Bank   | 425-392-4123  | <a href="http://www.issaquahfoodbank.org">www.issaquahfoodbank.org</a>   | ◆ |
| Jewish Family Services  | 425-643-2221  | <a href="http://www.jfsseattle.org">www.jfsseattle.org</a>   | ◆ |
| Muslim Association of Puget Sound (MAPS) - Muslim Community Resource Center | 888-404-6272  | <a href="http://www.mapsredmond.org/mcrc">www.mapsredmond.org/mcrc</a>   |   |
| Raging River Community Church Food Bank                                     | 425-222-5573  | <a href="http://ragingrivercommunitychurch.org/ministry/foodbank">ragingrivercommunitychurch.org/ministry/foodbank</a>   |   |
| Salvation Army  | 425-452-7300  | <a href="http://bellevue.salvationarmy.org">bellevue.salvationarmy.org</a>   | ◆ |
| Snoqualmie Valley Food Bank   | 425 888-SVFB (7832)<br><a href="mailto:manager@snoqualmievalleyfoodbank.org">manager@snoqualmievalleyfoodbank.org</a> | <a href="http://www.snoqualmievalleyfoodbank.org">www.snoqualmievalleyfoodbank.org</a>   | ◆ |

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| Snoqualmie Tribe   | 425-888-6551   | <a href="http://snoqualmietribe.us">snoqualmietribe.us</a>                                       |   |
| Snoqualmie Valley Shelter Services                               | 425-773-2874<br><a href="mailto:info@svshelterservices.org">info@svshelterservices.org</a> | <a href="http://www.svshelterservices.org">www.svshelterservices.org</a>                         | ◆ |
| Sound Generations  | 206-448-5757<br><a href="mailto:info@soundgenerations.org">info@soundgenerations.org</a>   | <a href="http://soundgenerations.org">soundgenerations.org</a>                                   | ◆ |
| Tolt Congregational United Church                                | 425-333-4254<br><a href="mailto:tolt@toltucc.org">tolt@toltucc.org</a>                     | <a href="http://www.toltucc.org/community-connections">www.toltucc.org/community-connections</a> |   |
| Washington State Department of Social and Health Services (DSHS) | 877-501-2233   | <a href="http://www.dshs.wa.gov">www.dshs.wa.gov</a>   |   |
| Wellspring   | (206)-826-3050<br><a href="mailto:info@wellspringfs.org">info@wellspringfs.org</a>         | <a href="http://wellspringfs.org">wellspringfs.org</a>   | ◆ |
| Women, Infants, and Children (WIC)                               | 800-322-2588<br>Text "WIC" to 96859  | <a href="http://www.doh.wa.gov/YouandYourFamily/WIC">www.doh.wa.gov/YouandYourFamily/WIC</a>     |   |

## Housing and Shelter

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|---|---|--|---|
| Acres of Diamonds   | 425-788-9999<br><a href="mailto:info@acresofdiamonds.org">info@acresofdiamonds.org</a>  | <a href="http://www.acresofdiamonds.org">www.acresofdiamonds.org</a>   | ◆ |
| ARCH, Homebuyers Assistance   | 425-861-3676<br><a href="mailto:info@archhousing.org">info@archhousing.org</a>  | <a href="http://www.archhousing.org/homebuyers/other-homebuyer-resources.html">www.archhousing.org/homebuyers/other-homebuyer-resources.html</a>   |   |
| Catholic Community Services and Catholic Housing Services of Western Washington | 206-328-5696  | <a href="http://www.ccsww.org">www.ccsww.org</a>   | ◆ |
| Catholic Community Services - Bellevue  | 206-328-5900  | <a href="http://kingcounty.gov/depts/community-human-services/housing/services/homeless-housing/coordinated-entry/access-points.aspx">kingcounty.gov/depts/community-human-services/housing/services/homeless-housing/coordinated-entry/access-points.aspx</a> | ◆ |
| Community Info Line   | 800-621-4636  |  |   |
| Foundational Community Supports   | 206-799-9882<br><a href="mailto:FCSinfoKC@ccsww.org">FCSinfoKC@ccsww.org</a>  | <a href="http://ccsww.org/get-help/specialized-services/foundational-community-supports">ccsww.org/get-help/specialized-services/foundational-community-supports</a>   | ◆ |
| Friends of Youth  | Main: 425-869-6490<br>Duvall - 425-844-9669<br>Issaquah - 425-392-6367<br>Snoqualmie - 425-888-4151<br><a href="mailto:info@friendsofyouth.org">info@friendsofyouth.org</a> | <a href="http://www.friendsofyouth.org">www.friendsofyouth.org</a>   | ◆ |
| Habitat for Humanity Seattle-King County  | 206-453-2950  | <a href="http://www.habitatskc.org">www.habitatskc.org</a>   | ◆ |
| Hopelink Sno-Valley Food Bank and Emergency Services                            | 425-333-4163  | <a href="http://www.hopelink.org">www.hopelink.org</a>   | ◆ |
| Housing Justice Project   | 206-267-7069<br>For urgent issues, call 2-1-1<br><a href="mailto:hjpestaff@kcba.org">hjpestaff@kcba.org</a>   | <a href="http://www.kcba.org/For-the-Public/Free-Legal-Assistance/Housing-Justice-Project">www.kcba.org/For-the-Public/Free-Legal-Assistance/Housing-Justice-Project</a>   | ◆ |

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|---|--|---|---|
| Housing and Essential Needs (HEN) – King County                             | 206-328-5755<br><a href="mailto:henkc@ccsww.org">henkc@ccsww.org</a>                       | <a href="https://ccsww.org/get-help/shelter-homeless-services/housing-and-essential-needs-hen/#Program%20Provides">ccsww.org/get-help/shelter-homeless-services/housing-and-essential-needs-hen/#Program%20Provides</a> | ◆ |
| King County Housing Authority   | 206-574-1100   | <a href="http://www.kcha.org">www.kcha.org</a>  |   |
| King County Information & Referral  | 211  | <a href="http://www.crisisconnections.org/king-county-2-1-1">www.crisisconnections.org/king-county-2-1-1</a>  |   |
| King County Repair/Weatherization   | 206-574-1100   | <a href="http://www.kcha.org/wr">www.kcha.org/wr</a>  |   |
| Mamma's Hands   | 206-915-2073<br><a href="mailto:info@mammashands.org">info@mammashands.org</a>             | <a href="http://mammashands.org/house-of-hope">mammashands.org/house-of-hope</a>  | ◆ |
| Muslim Association of Puget Sound (MAPS) - Muslim Community Resource Center | 888-404-6272   | <a href="http://www.mapsredmond.org/mcrc">www.mapsredmond.org/mcrc</a>  |   |
| Snoqualmie Valley Shelter Services  | 425-773-2874<br><a href="mailto:info@svshelterservices.org">info@svshelterservices.org</a> | <a href="http://www.svshelterservices.org">www.svshelterservices.org</a>  | ◆ |
| Solid Ground  | 206.694.6700<br><a href="mailto:info@solid-ground.org">info@solid-ground.org</a>           | <a href="http://www.solid-ground.org">www.solid-ground.org</a>  | ◆ |
| Sound Generations   | 206-448-5757<br><a href="mailto:info@soundgenerations.org">info@soundgenerations.org</a>   | <a href="http://soundgenerations.org">soundgenerations.org</a>  | ◆ |
| Tenant's Union  | 206-723-0500   | <a href="http://tenantsunion.org">tenantsunion.org</a>  |   |
| Washington State Department of Social and Health Services (DSHS)            | 877-501-2233   | <a href="http://www.dshs.wa.gov">www.dshs.wa.gov</a>  |   |
| Wellspring  | 206-826-3050<br><a href="mailto:info@wellspringfs.org">info@wellspringfs.org</a>           | <a href="http://wellspringfs.org">wellspringfs.org</a>  | ◆ |
| YWCA  | 206-461-4888   | <a href="http://www.ywcaworks.org/housing">www.ywcaworks.org/housing</a>  | ◆ |
| YWCA/King County Housing Stability Project                                  | 211  | <a href="http://www.ywcaworks.org/programs/housing-stability-project-king-county">www.ywcaworks.org/programs/housing-stability-project-king-county</a>  | ◆ |

## Immigrant and Refugee Services

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|---------------------------------------|---|---|---|
| Asian Counseling and Referral Service | 206-695-7600<br>In inclement weather, call 206-774-2417 for hours.<br>TTY: 800-833-6384 (WA Relay)  | <a href="http://acrs.org">acrs.org</a>  | ◆ |
| Catholic Immigration Legal Services   | Phone: 206-328-6314<br>DACA Hotline: 206-566-6664   | <a href="https://ccsww.org/get-help/specialized-services/refugee-immigration-services">ccsww.org/get-help/specialized-services/refugee-immigration-services</a> | ◆ |
| CISC                                  | Main office: 206 624 5633<br><a href="mailto:info@cisc-seattle.org">info@cisc-seattle.org</a><br>Bellevue: 425-698-1113<br>Redmond:<br>Russian language: 425-502-0883<br>Chinese language: 206-816-4991 | <a href="http://cisc-seattle.org">cisc-seattle.org</a>  | ◆ |
| Jewish Family Services                | 425-643-2221  | <a href="http://www.jfsseattle.org">www.jfsseattle.org</a>  | ◆ |

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| Muslim Association of Puget Sound (MAPS) - Muslim Community Resource Center | 888-404-6272                 | <a href="http://www.mapsredmond.org/mcrc">www.mapsredmond.org/mcrc</a> |   |
| Northwest Immigrant Rights Project  | 206-587-4009<br>800-445-5771 | <a href="http://www.nwirp.org">www.nwirp.org</a>                       | ◆ |
| Refugee Women's Alliance  | 206-721-0243                 | <a href="http://www.rewa.org">www.rewa.org</a>                         | ◆ |

## Legal Services

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|---|--|--|---|
| ACLU of Washington  | ACLU Intake and Referral Line at 206-624-2180, from 10:00am — 1:00pm from Tues-Thurs   | <a href="http://www.aclu-wa.org">www.aclu-wa.org</a>   | ◆ |
| Catholic Immigration Legal Services   | Phone: 206-328-6314<br>DACA Hotline: 206-566-6664  | <a href="http://ccsww.org/get-help/specialized-services/refugee-immigration-services">ccsww.org/get-help/specialized-services/refugee-immigration-services</a>           | ◆ |
| Columbia Legal Services   | CLEAR Hotline: 888-201-1014<br>CLEAR*Sr (60+): 888-387-7111<br>King County Residents: 211<br>Office:<br>206-464-5911<br>800-542-0794 (Toll Free) | <a href="http://columbialegal.org">columbialegal.org</a>   | ◆ |
| CCS Tenant Law Center   | 206-324-6890<br><a href="mailto:TenantLawCenter@ccsww.org">TenantLawCenter@ccsww.org</a>   | <a href="http://ccsww.org/get-help/specialized-services/tenant-law-center">ccsww.org/get-help/specialized-services/tenant-law-center</a>                                 | ◆ |
| Eastside Legal Assistance Program   | English: 425-747-7274<br>Español: 425-620-2778<br><a href="mailto:info@elap.org">info@elap.org</a>   | <a href="http://www.elap.org">www.elap.org</a>   | ◆ |
| Housing Justice Project   | 206-267-7069<br>For urgent issues, call 2-1-1<br><a href="mailto:hjpestaff@kcba.org">hjpestaff@kcba.org</a>                                      | <a href="http://www.kcba.org/For-the-Public/Free-Legal-Assistance/Housing-Justice-Project">www.kcba.org/For-the-Public/Free-Legal-Assistance/Housing-Justice-Project</a> | ◆ |
| King County Civil Rights Program  | 206-263-2446<br>TTY Relay 711  | <a href="http://kingcounty.gov/elected/executive/equity-social-justice/civil-rights.aspx">kingcounty.gov/elected/executive/equity-social-justice/civil-rights.aspx</a>   |   |
| Muslim Association of Puget Sound (MAPS) - Muslim Community Resource Center | 888-404-6272   | <a href="http://www.mapsredmond.org/mcrc">www.mapsredmond.org/mcrc</a>   |   |
| Northwest Immigrant Rights Project  | 206-587-4009<br>800-445-5771   | <a href="http://www.nwirp.org">www.nwirp.org</a>   | ◆ |
| Sound Generations   | 206-448-5757<br><a href="mailto:info@soundgenerations.org">info@soundgenerations.org</a>   | <a href="http://soundgenerations.org">soundgenerations.org</a>   | ◆ |
| Washington Law Help   |  | <a href="http://www.washingtonlawhelp.org">www.washingtonlawhelp.org</a>   |   |
| Washington State Human Rights Commission                                    | 800-233-3247   | <a href="http://www.hum.wa.gov">www.hum.wa.gov</a>   |   |

## Libraries

|                            |              |  |  |
|----------------------------|--------------|--|--|
| King County Library System | 425-462-9600 | <a href="http://kcls.org">kcls.org</a> |  |
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| King County Library System - Carnation  | 425-333-4398 | <a href="https://kcls.org/locations/1496">kcls.org/locations/1496</a>   |
| King County Library System - Duvall     | 425-788-1173 | <a href="https://kcls.org/locations/1503">kcls.org/locations/1503</a>   |
| King County Library System - Fall City  | 425-222-5951 | <a href="https://kcls.org/locations/1506">kcls.org/locations/1506</a>   |
| King County Library System - Issaquah   | 425-392-5430 | <a href="https://kcls.org/locations/1513/">kcls.org/locations/1513/</a> |
| King County Library System - North Bend | 425-888-0554 | <a href="https://kcls.org/locations/1528">kcls.org/locations/1528</a>   |
| King County Library System - Snoqualmie | 425-888-1223 | <a href="https://kcls.org/locations/1537">kcls.org/locations/1537</a>   |

## Medical

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|--|---|--|---|
| American Diabetes Association                  | 800-DIABETES<br>(800-342-2383)<br>Washington office: 206-282-4616<br><a href="mailto:ADAWA@diabetes.org">ADAWA@diabetes.org</a> | <a href="http://www.diabetes.org">www.diabetes.org</a>   | ◆ |
| Care Net Pregnancy & Family Services           | 425-837-3643  | <a href="http://carenetsps.org">carenetsps.org</a>   | ◆ |
| Cancer Lifeline                                | 206-297-2100<br><a href="mailto:info@cancerlifeline.org">info@cancerlifeline.org</a>  | <a href="http://cancerlifeline.org">cancerlifeline.org</a>   | ◆ |
| CarePoint Clinic                               | 425-478-6627  | <a href="http://carepointonline.org">carepointonline.org</a>   | ◆ |
| Community Health Access Program (CHAP)         | 800-756-5437<br><a href="mailto:chap@kingcounty.gov">chap@kingcounty.gov</a>  | <a href="http://kingcounty.gov/depts/health/locations/health-insurance/access-and-outreach/community-health-access-program.aspx">kingcounty.gov/depts/health/locations/health-insurance/access-and-outreach/community-health-access-program.aspx</a> |   |
| Eastgate Public Health Center                  | 800-244-4512  | <a href="http://kingcounty.gov/depts/health/locations/eastgate.aspx">kingcounty.gov/depts/health/locations/eastgate.aspx</a>   |   |
| Evergreen Hospital                             | General questions: 425-899-1000<br>Healthline: 425-899-3000   | <a href="http://www.evergreenhealthcare.org">www.evergreenhealthcare.org</a>   |   |
| EvergreenHealth - Primary Care                 | 425-788-4889  | <a href="http://www.evergreenhealth.com/primary-care-duvall">www.evergreenhealth.com/primary-care-duvall</a>   |   |
| HealthPoint                                    | To schedule an appointment<br>Interpretation services available.<br>866-893-5717  | <a href="http://www.healthpointchc.org">www.healthpointchc.org</a>   | ◆ |
| HIV/AIDS Hotlines                              | National AIDS Hotline:<br>800-342-2437<br>HIV/AIDS Hotline in Washington:<br>800-272-2437                                       |  |   |
| International Community Health Services (ICHS) | 206-788-3700  | <a href="http://www.ichs.com/services/primary-care">www.ichs.com/services/primary-care</a>   |   |
| Lahai Health                                   | 206-363-4105<br><a href="mailto:info@lahai.org">info@lahai.org</a>  | <a href="http://lahai.org">lahai.org</a>   | ◆ |
| Meadowbrook Clinic & Urgent Care               | 425-831-0777  | <a href="http://meadowbrookurgentcare.com/4501.html">meadowbrookurgentcare.com/4501.html</a>   |   |

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| Neighborcare Health  | Appointments: 206-548-5710<br><a href="mailto:info@neighborcare.org">info@neighborcare.org</a> | <a href="http://neighborcare.org/service/s/medical">neighborcare.org/service/s/medical</a> ◆   |
| Overlake Clinics & Urgent Care                                   | See website for locations  | <a href="http://www.overlakehospital.org/locations">www.overlakehospital.org/locations</a>   |
| Overlake Hospital  | 425-888-5000   | <a href="http://www.overlakehospital.org">www.overlakehospital.org</a>   |
| Planned Parenthood (Eastside-Bellevue Health Center)             | 800-769-0045   | <a href="http://www.plannedparenthood.org/health-center/washington/bellevue/98007/eastside-bellevue-health-center-4151-91810">www.plannedparenthood.org/health-center/washington/bellevue/98007/eastside-bellevue-health-center-4151-91810</a> ◆ |
| Prescription Assistance - Washington State Health Care Authority | Enroll online or call: 800-913-4146<br>Questions: 800-913-4311                                 | <a href="http://www.hca.wa.gov/health-care-services-supports/prescription-assistance/alternate-help-prescriptions">www.hca.wa.gov/health-care-services-supports/prescription-assistance/alternate-help-prescriptions</a>                         |
| Providence Marionwood Nursing Facility                           | 425-391-2800   | <a href="http://www.providence.org/locations/wa/marianwood">www.providence.org/locations/wa/marianwood</a> ◆   |
| Sea Mar Community Health Centers - Bellevue Medical Clinic       | 425-460-7140   | <a href="http://www.seamar.org/king-medical-bellevue.html">www.seamar.org/king-medical-bellevue.html</a>   |
| Sea Mar Community Health Centers - Monroe Medical Clinic         | 360.282.3885   | <a href="http://www.seamar.org/snohomish-medical-monroe.html">www.seamar.org/snohomish-medical-monroe.html</a>   |
| Sno-Valley Senior Center (Health Services)                       | 425-333-4152<br><a href="mailto:svsc@soundgenerations.org">svsc@soundgenerations.org</a>       | <a href="http://snovalleyseior.org/services/health-services">snovalleyseior.org/services/health-services</a>   |
| Snoqualmie Tribe   | 425-888-6551   | <a href="http://snoqualmietribe.us">snoqualmietribe.us</a>   |
| Snoqualmie Ridge Medical Clinic                                  | 425-396-7682   | <a href="http://snoqualmiehospital.org/clinics/snoqualmie-ridge-medical-clinic">snoqualmiehospital.org/clinics/snoqualmie-ridge-medical-clinic</a>   |
| Snoqualmie Ridge Urgent Care                                     | 425-831-3800   | <a href="http://snoqualmiehospital.org/clinics/snoqualmie-ridge-urgent-care">snoqualmiehospital.org/clinics/snoqualmie-ridge-urgent-care</a>   |
| Snoqualmie Valley Hospital                                       | 425-831-2300   | <a href="http://snoqualmiehospital.org">snoqualmiehospital.org</a>   |
| Snoqualmie Valley Hospital Clinic – Primary Care                 | 425-831-2313   | <a href="http://snoqualmiehospital.org/clinics/primary-care-clinic-at-snoqualmie-valley-hospital">snoqualmiehospital.org/clinics/primary-care-clinic-at-snoqualmie-valley-hospital</a>   |
| Snoqualmie Valley Hospital Rehabilitation Clinic                 | 425-831-2376   | <a href="http://snoqualmiehospital.org/clinics/outpatient-therapy">snoqualmiehospital.org/clinics/outpatient-therapy</a>   |
| Snoqualmie Valley Clinic   | 425-888-2299   | <a href="http://snovalleyclinic.com">snovalleyclinic.com</a>   |
| Sound  | 206-901-2000   | <a href="http://www.sound.health">www.sound.health</a>   |
| Swedish Primary Care - Snoqualmie                                | 425-888-2016   | <a href="http://www.swedish.org/snoqualmieclinic">www.swedish.org/snoqualmieclinic</a>   |
| Teen Clinic  | 206-477-8000   | <a href="http://kingcounty.gov/depts/health/locations/teen-clinics.aspx">kingcounty.gov/depts/health/locations/teen-clinics.aspx</a>   |
| Veteran Health Care  | 877-222-8387   | <a href="http://www.va.gov/health">www.va.gov/health</a>   |

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| Washington State Department of Social and Health Services (DSHS) | 877-501-2233   | <a href="http://www.dshs.wa.gov">www.dshs.wa.gov</a>                       |
| Washington State Health Plan Finder                              | Customer Support: 855-923-4633<br>Questions about Apple Health: 800-562-3022 | <a href="http://www.wahealthplanfinder.org">www.wahealthplanfinder.org</a> |

## Pet Services

|                                 |   |  |
|---------------------------------|---|--|
| Seattle Animal Shelter          | 206-386-7387<br><a href="mailto:SASpetfoodbank@gmail.com">SASpetfoodbank@gmail.com</a>                        | <a href="http://www.seattle.gov/animal-shelter/resources/pet-food-bank">www.seattle.gov/animal-shelter/resources/pet-food-bank</a> ♦ |
| Seattle Humane                  | 425-649-7566<br>or 425-649-7565<br><a href="mailto:outreach@seattlehumane.org">outreach@seattlehumane.org</a> | <a href="http://www.seattlehumane.org/pet-food-bank">www.seattlehumane.org/pet-food-bank</a> ♦                                       |
| Snoqualmie Valley Food Bank     | 425-888-7832  | <a href="http://www.snoqualmievalleyfoodbank.org">www.snoqualmievalleyfoodbank.org</a> ♦   |
| Snoqualmie Valley Pet Food Bank | Sign up and info on website   | <a href="http://www.svpetfoodbank.org">www.svpetfoodbank.org</a> ♦   |
| Valley Animal Partners          | <a href="mailto:valleyanimalpartners@gmail.com">valleyanimalpartners@gmail.com</a>                            | <a href="http://valleyanimalpartners.com">valleyanimalpartners.com</a> ♦   |

## Senior Services

|   |   |  |
|---|---|--|
| Adult Protective Services                                 | To report abuse:<br>866-END HARM (866-363-4276)<br>or to APS Central Intake:<br>877-734-6277<br><a href="mailto:apscentralintake@dshs.wa.gov">apscentralintake@dshs.wa.gov</a><br>TTY: 833-866-5595 | <a href="http://www.dshs.wa.gov/altsa/adult-protective-services-aps">www.dshs.wa.gov/altsa/adult-protective-services-aps</a>                           |
| Aging and Disability Services for Seattle and King County | 844-348-5464<br>206-684-0660<br>TTY: 206-684-0702<br><a href="mailto:aginginfo@seattle.gov">aginginfo@seattle.gov</a>   | <a href="http://www.agingkingcounty.org">www.agingkingcounty.org</a>   |
| Assisted Living in Washington                             |   | <a href="http://www.assistedliving.org/washington">www.assistedliving.org/washington</a>   |
| Catholic Community Services                               | 206-328-5696  | <a href="http://www.ccsww.org">www.ccsww.org</a> ♦   |
| Disaster Preparedness for Seniors & Caregivers            |   | <a href="http://www.seniorliving.org/research/disaster-preparedness">www.seniorliving.org/research/disaster-preparedness</a>                           |
| Eastside Friends of Seniors                               | 425-369-9120  | <a href="http://eastsidefriendsofseniors.org">eastsidefriendsofseniors.org</a> ♦   |
| Eldercare Locator   | 800-677-1116<br><a href="mailto:eldercarelocator@n4a.org">eldercarelocator@n4a.org</a>  | <a href="http://eldercare.acl.gov/Public/index.aspx">eldercare.acl.gov/Public/index.aspx</a>   |
| Encompass Kinship Care Support                            | Family Resource Coordinator<br>Laura Lewis: 425.888.3347<br><a href="mailto:laura.lewis@encompassnw.org">laura.lewis@encompassnw.org</a>  | <a href="http://www.encompassnw.org/program/family-enrichment/kinship">www.encompassnw.org/program/family-enrichment/kinship</a> ♦                     |
| Jewish Family Services                                    | 425-643-2221  | <a href="http://www.jfsseattle.org">www.jfsseattle.org</a> ♦   |
| Meals on Wheels   | 206-448-5767<br>or 888-308-6325<br><a href="mailto:mealsonwheels@soundgenerations.org">mealsonwheels@soundgenerations.org</a>   | <a href="http://soundgenerations.org/our-programs/food-security/meals-on-wheels">soundgenerations.org/our-programs/food-security/meals-on-wheels</a> ♦ |



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| Mt. Si Senior Center   | 425-888-3434   | <a href="http://www.mtsiseniorcenter.org">www.mtsiseniorcenter.org</a> ♦   |
| Muslim Association of Puget Sound (MAPS) - Muslim Community Resource Center                            | 888-404-6272   | <a href="http://www.mapsredmond.org/mcrc">www.mapsredmond.org/mcrc</a>   |
| National Council on Aging Benefits CheckUp   | 800-794-6559   | <a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a>   |
| Old Friends Club   | 425-681-9776<br><a href="mailto:welcome@oldfriendsclub.org">welcome@oldfriendsclub.org</a> | <a href="http://www.oldfriendsclub.org">www.oldfriendsclub.org</a> ♦   |
| SHIBA (Statewide Health Insurance Advisors)  | 800-562-6900   | <a href="http://www.insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba">www.insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba</a> |
| Sno-Valley Senior Center   | 425-333-4152<br><a href="mailto:svsc@soundgenerations.org">svsc@soundgenerations.org</a>   | <a href="http://snovalleysenior.org">snovalleysenior.org</a> ♦   |
| Sound Generations  | 206-448-5757<br><a href="mailto:info@soundgenerations.org">info@soundgenerations.org</a>   | <a href="http://soundgenerations.org">soundgenerations.org</a> ♦   |
| Sound Generations Caregiver Support  | 888-435-3377   | <a href="http://soundgenerations.org/our-programs/caregiver-support">soundgenerations.org/our-programs/caregiver-support</a> ♦                                       |
| Washington State Long-Term Care Ombudsman Program (Info & Complaint line for people in LTC facilities) | 800-562-6028   | <a href="http://www.waombudsman.org">www.waombudsman.org</a>   |

## Suicide Intervention

|   |   |  |
|---|---|--|
| Crisis Connections                              | 24-Hr Crisis Line: 866-427-4747                           | <a href="http://www.crisisconnections.org">www.crisisconnections.org</a> ♦   |
| Crisis Text Line                                | Text HOME to 741741                                       | <a href="http://www.crisistextline.org">www.crisistextline.org</a> ♦   |
| The Jason Foundation                            | 615-264-2323  | <a href="http://jasonfoundation.com">jasonfoundation.com</a> ♦   |
| King County Crisis Clinic (24/7)                | 206-461-3222<br>or 866-427-4747                           | <a href="http://kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/crisis-services.aspx">kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/crisis-services.aspx</a> |
| The Trevor Project (LGBT Youth Suicide Hotline) | 866-4-U-TREVOR<br>(866-488-7386)<br>Text START to 678-678 | <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>   |
| National Suicide and Crisis Lifeline (24-hour)  | Call or Text 988  | <a href="http://988lifeline.org">988lifeline.org</a> ♦   |
| Suicide Hotline                                 | 800 784-2433  | <a href="http://www.suicide.org">www.suicide.org</a>   |

## Transportation

|  |  |  |   |
|--|--|--|---|
| DART (Metro Dial-a-Ride)   | 866-261-3278   | <a href="http://kingcounty.gov/depts/transportation/metro/travel-options/bus/dart-service.aspx">kingcounty.gov/depts/transportation/metro/travel-options/bus/dart-service.aspx</a>                                     |   |
| Hopelink Mobility & Transportation                               | 425-943-6760   | <a href="http://www.findaride.org">www.findaride.org</a>   | ◆ |
| Hopelink Sno-Valley Food Bank and Emergency Services             | 425-333-4163   | <a href="http://www.hopelink.org">www.hopelink.org</a>   | ◆ |
| Housing and Essential Needs (HEN) – King County                  | 206-328-5755<br><a href="mailto:henkc@ccsww.org">henkc@ccsww.org</a> | <a href="http://ccsww.org/get-help/shelter-homeless-services/housing-and-essential-needs-hen/#Program%20Provides">ccsww.org/get-help/shelter-homeless-services/housing-and-essential-needs-hen/#Program%20Provides</a> |   |
| Hyde Shuttle   | 206-727-6262 press 1 to make reservations                            | <a href="http://hydeshuttle.org">hydeshuttle.org</a>   | ◆ |
| King County Accessible Services                                  | 206-553-3000   | <a href="http://kingcounty.gov/depts/transportation/metro/travel-options/accessible.aspx">kingcounty.gov/depts/transportation/metro/travel-options/accessible.aspx</a>   |   |
| ORCA LIFT Reduced Fare   | Apply at 800-756-5437 or apply online                                | <a href="http://kingcounty.gov/depts/transportation/metro/fares-orca/orca-cards/lift.aspx">kingcounty.gov/depts/transportation/metro/fares-orca/orca-cards/lift.aspx</a>   |   |
| Route 628 (King County Community Shuttle)                        | (206) 553-3000   | <a href="http://kingcounty.gov/depts/transportation/metro/schedules-maps/628.aspx">kingcounty.gov/depts/transportation/metro/schedules-maps/628.aspx</a>   |   |
| Salvation Army   | 425-452-7300   | <a href="http://bellevue.salvationarmy.org">bellevue.salvationarmy.org</a>   | ◆ |
| Snoqualmie Tribe   | 425-888-6551   | <a href="http://snoqualmietribe.us">snoqualmietribe.us</a>   |   |
| Sound Generations  | 206-448-5740   | <a href="http://soundgenerations.org/our-programs/transportation/volunteer-transportation">soundgenerations.org/our-programs/transportation/volunteer-transportation</a>   | ◆ |
| Snoqualmie Valley Transportation Shuttle                         | 425-888-7001   | <a href="http://svtbus.org">svtbus.org</a>   |   |
| Washington State Department of Social and Health Services (DSHS) | 877-501-2233   | <a href="http://www.dshs.wa.gov">www.dshs.wa.gov</a>   |   |

## Veterans Services

|   |   |  |   |
|---|---|--|---|
| American Legion Carnation Post #199               | 206-225-5369  | <a href="http://www.legion.org">www.legion.org</a> | ◆ |
| American Legion Snoqualmie Post #79               | 425-222-7994<br><a href="mailto:commander@post79.org">commander@post79.org</a>                                    | <a href="http://www.post79.org">www.post79.org</a> | ◆ |
| Department of Veterans Affairs - Washington State | 360-725-2200<br>800-562-2308<br>TDD: 360-725-2199<br><a href="mailto:benefits@dva.wa.gov">benefits@dva.wa.gov</a> | <a href="http://www.dva.wa.gov">www.dva.wa.gov</a> |   |

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|---|---|--|
| Department of Veterans Affairs<br>- Benefits and Services             | 800-562-2308<br><a href="mailto:benefits@dva.va.gov">benefits@dva.va.gov</a>  | <a href="http://www.dva.va.gov/veterans-their-families/veterans-benefits/claims-assistance">www.dva.va.gov/veterans-their-families/veterans-benefits/claims-assistance</a>   |
| Department of Veterans Affairs<br>– Washington State – Women Services | Liza Narciso<br><a href="mailto:Lisan@dva.va.gov">Lisan@dva.va.gov</a><br>360-725-2157                                | <a href="http://www.dva.va.gov/council-s-committees/women-veterans">www.dva.va.gov/council-s-committees/women-veterans</a>   |
| Homeless Veterans Services  |   | <a href="http://www.dva.va.gov/veterans-their-families/veterans-benefits/housing-resources">www.dva.va.gov/veterans-their-families/veterans-benefits/housing-resources</a>   |
| King County Veterans Services   | 206-477-8282<br>VA Crisis Line: 800-273-8255 (press 1)  | <a href="http://kingcounty.gov/depts/community-human-services/adult-services/veterans-servicemembers-families/programs-services.aspx">kingcounty.gov/depts/community-human-services/adult-services/veterans-servicemembers-families/programs-services.aspx</a> |
| National Call Center for Homeless Veterans                            | 877-424-3838  | <a href="http://www.va.gov/HOMELESS/NationalCallCenter.asp">www.va.gov/HOMELESS/NationalCallCenter.asp</a>   |
| Operation: Veteran Support Line                                       | 206-436-3012  | <a href="http://www.crisisconnections.org/operation-veteran-support-line">www.crisisconnections.org/operation-veteran-support-line</a> ◆   |
| Supportive Services for Veteran Families (SSVF)                       | 253-520-4360 or 253-850-2507<br>If you are in crisis, call the 24/7 confidential Veterans Crisis Line at 800-273-8255 | <a href="http://ccsww.org/get-help/specialized-services/supportive-services-for-veteran-families-ssvf">ccsww.org/get-help/specialized-services/supportive-services-for-veteran-families-ssvf</a> ◆   |
| U.S. Department of Veterans Affairs                                   | 800-698-2411  | <a href="http://www.va.gov">www.va.gov</a>   |
| Veterans Crisis Line  | 800-273-8255 dial 1<br>Text 838255  | <a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a>   |
| Veterans Health Care  | 1-877-222-VETS (8387)   | <a href="http://www.va.gov/health">www.va.gov/health</a>   |
| Washington State Veterans Employment Resource Page                    | <a href="mailto:benefits@dva.va.gov">benefits@dva.va.gov</a>  | <a href="http://www.dva.va.gov/veterans-their-families/veterans-benefits/employment">www.dva.va.gov/veterans-their-families/veterans-benefits/employment</a>   |

## Victims Services

|   |  |  |
|---|--|--|
| Address Confidentiality Program           | Toll Free (WA only)<br>800-822-1065<br>Local: 360-753-2972   | <a href="http://www.sos.wa.gov/acp">www.sos.wa.gov/acp</a>   |
| Adult Protective Services<br>866-END HARM | To report abuse: 866-363-4276  | <a href="http://www.dshs.wa.gov/altsa/adult-protective-services-aps">www.dshs.wa.gov/altsa/adult-protective-services-aps</a> |
| Child Abuse Darkness to Light Helpline    | Call 866.FOR.LIGHT<br>or text LIGHT to 741741  | <a href="http://www.d2l.org">www.d2l.org</a> ◆   |
| Child Protective Services                 | 866-ENDHARM<br>(866-363-4276)<br>To report abuse, neglect, unlicensed childcare, and childcare concerns. | <a href="http://www.dcyf.wa.gov/service-s/child-welfare-system/cps">www.dcyf.wa.gov/service-s/child-welfare-system/cps</a>   |

|   |  |  |   |
|---|--|--|---|
| Children’s Response Center                                    | 425-688-5130   | <a href="http://www.ChildrensResponseCenter.org">www.ChildrensResponseCenter.org</a> | ◆ |
| Harborview Center for Sexual Assault & Traumatic Stress       | 206-744-1600   | <a href="http://depts.washington.edu/whatc">depts.washington.edu/whatc</a>           |   |
| Jewish Family Services  | 425-643-2221   | <a href="http://www.jfsseattle.org">www.jfsseattle.org</a>                           | ◆ |
| Lifewire  | 24-HOUR HELPLINE:<br>425-746-1940<br>800-827-8840  | <a href="http://www.lifewire.org">www.lifewire.org</a>                               | ◆ |
| King County Sexual Assault Resource Center                    | 888-998-6423   | <a href="http://www.kcsarc.org/en">www.kcsarc.org/en</a>                             |   |
| National Domestic Violence Hotline (24 hrs)                   | 800-799-SAFE (7233)  | <a href="http://www.thehotline.org">www.thehotline.org</a>                           |   |
| Rape, Sexual Assault, Abuse, and Incest Hotline (RAINN)       | 800-656-HOPE (4673)  | <a href="http://www.rainn.org">www.rainn.org</a>                                     | ◆ |
| Snoqualmie Tribe  | 425-888-6551   | <a href="http://snoqualmietribe.us">snoqualmietribe.us</a>                           |   |
| Washington State Coalition Against Domestic Violence (WSCADV) | 206-389-2515<br><a href="mailto:wscadv@wscadv.org">wscadv@wscadv.org</a>   | <a href="http://wscadv.org">wscadv.org</a>   | ◆ |
|   | <hr/> <p>The National Domestic Violence Hotline, call, chat, or text, 24 hours every day, 800-799-7233 or 800-787-3224 (TTY)</p> <p>WA State Hotline<br/>800-562-6025<br/><a href="mailto:csn@willapabay.org">csn@willapabay.org</a></p> |  |   |

## Volunteer Opportunities

*In addition to the listings in the resource guide with Volunteer Opportunities noted (◆), these organizations may have volunteer opportunities*

|                                   |   |  |   |
|-----------------------------------|---|--|---|
| Carnation-Duvall Citizen Corps    | 425-788-8260<br><a href="mailto:info@cdccc.us">info@cdccc.us</a><br>* See website for individual program contacts | <a href="http://www.cdccc.us/medical-reserve-corps">www.cdccc.us/medical-reserve-corps</a> | ◆ |
| Re-in-Carnation Thrift Shop       | 423-333-0023  | <a href="http://snovalleysenior.org/thrift-store">snovalleysenior.org/thrift-store</a>     | ◆ |
| Rotary Club of Duvall             | <a href="mailto:duvallrotaryclub@gmail.com">duvallrotaryclub@gmail.com</a>  | <a href="http://www.duvallrotary.org">www.duvallrotary.org</a>                             | ◆ |
| Rotary Club of Snoqualmie Valley  | <a href="mailto:jonas.means1@gmail.com">jonas.means1@gmail.com</a>  | <a href="http://snoqualmievalleyrotary.org">snoqualmievalleyrotary.org</a>                 | ◆ |
| Snoqualmie Valley Kiwanis Club    | 425-698-3180<br><a href="mailto:KiwanisSV@gmail.com">KiwanisSV@gmail.com</a>                                      | <a href="http://snoqualmievalleykiwanis.weebly.com">snoqualmievalleykiwanis.weebly.com</a> | ◆ |
| Snoqualmie Valley Volunteer Match |   | <a href="http://snovalleyvolunteermatch.org">snovalleyvolunteermatch.org</a>               | ◆ |
| United Way of King County         | 206-461-3700  | <a href="http://www.uwkc.org">www.uwkc.org</a>   | ◆ |

## Youth and Family Services

|  |   |  |   |
|--|---|--|---|
| Calendar - Parent & Community Education Events                                       | 425-333-6614  | <a href="http://www.calendarwiz.com/calendars/calendar.php?cid=svparenteducationevents&amp;cid[]=all&amp;jsenabled=1&amp;winh=577&amp;winw=1280&amp;inifr=false">www.calendarwiz.com/calendars/calendar.php?cid=svparenteducationevents&amp;cid[]=all&amp;jsenabled=1&amp;winh=577&amp;winw=1280&amp;inifr=false</a> |   |
| Catholic Community Services  | 206-328-5696  | <a href="http://www.ccsww.org">www.ccsww.org</a>   | ◆ |
| Empower Youth Network  | 425-333-6614<br><a href="mailto:admin@empoweryouthnetwork.org">admin@empoweryouthnetwork.org</a>  | <a href="http://empoweryouthnetwork.org">empoweryouthnetwork.org</a>   |   |
| Encompass NW (Preschool, ECEAP, pediatric therapy, infant/toddler, parent education) | 425-888-3347  | <a href="http://www.encompassnw.org">www.encompassnw.org</a>   | ◆ |
| Friends of Youth   | Main: 425-869-6490<br>Duvall - 425-844-9669<br>Issaquah - 425-392-6367<br>Snoqualmie - 425-888-4151<br><a href="mailto:info@friendsofyouth.org">info@friendsofyouth.org</a>   | <a href="http://www.friendsofyouth.org">www.friendsofyouth.org</a>   | ◆ |
| LGBT National Youth Talkline   | 800-246-7743<br><a href="mailto:help@LGBThotline.org">help@LGBThotline.org</a>  | <a href="http://www.glbthotline.org/talkline.html">www.glbthotline.org/talkline.html</a>   | ◆ |
| Lambert House  | 206-322-2515  | <a href="http://www.lamberthouse.org">www.lamberthouse.org</a>   | ◆ |
| Program for Early Parent Support (PEPS)  | 206-547-8570<br><a href="mailto:PEPS@peps.org">PEPS@peps.org</a><br>See website for specific PEPS groups  | <a href="http://www.peps.org">www.peps.org</a>   | ◆ |
| Riverview School District Student Services   | 425-844-4516  | <a href="http://www.rsd407.org/student-services">www.rsd407.org/student-services</a>   |   |
| Si View Park District  | 425-831-1900<br><a href="mailto:info@siviewpark.org">info@siviewpark.org</a>  | <a href="http://www.siviewpark.org">www.siviewpark.org</a>   | ◆ |
| Snoqualmie Valley YMCA   | 425-256-3115  | <a href="http://www.seattlemca.org/locations/snoqualmie-valley-ymca">www.seattlemca.org/locations/snoqualmie-valley-ymca</a>   | ◆ |
| Sound  | 206-901-2000  | <a href="http://www.sound.health">www.sound.health</a>   |   |
| TeenLine   | Call 800-852-8336<br>Text TEEN to 839863  | <a href="http://www.teenlineonline.org">www.teenlineonline.org</a>   | ◆ |
| TeenLink   | 866-TEENLINK (833-6546)<br>Our crisis specialists are available to talk by phone from 6-10pm and chat or text from 6-9:30pm every night. You can also call to connect with our substance use specialist from 2-10pm Mon-Fri. (Call the same number and press 2) Text/Chat is available from 6pm – 9:30pm. | <a href="http://www.teenlink.org">www.teenlink.org</a>   | ◆ |
| The Trail Youth Coffee Home  | 425-292-0299<br><a href="mailto:info@thetrailyouth.com">info@thetrailyouth.com</a>  | <a href="http://www.trailyouth.com">www.trailyouth.com</a>   | ◆ |

## NOTES



Carepoint Clinic exists to provide free quality primary healthcare to the Snoqualmie Valley and Surrounding Areas

Located at the Snoqualmie Alliance Church campus in the Family Life Center

**Hours of Operation:**

Wednesdays, 10am – 2pm

2nd Saturday of the month, 9am – 1pm

36017 SE Fish Hatchery Road

Fall City, WA 98024

[carepointonline.org](http://carepointonline.org)

Call (425) 478-6627 for appointment information

**Primary Care Services:**

- **Wellness Exams**
- **Chronic Disease Management**
- **Acute Illness Treatment**
- **Minor Injuries**

**Other Services:**

- **Naturopathic Medicine**
- **Hosted Dental Clinics**

We welcome everyone, including the uninsured, under-insured, and regardless of immigration status.

**Volunteers Needed!**

Please contact us for more information about medical and non-medical volunteer opportunities.

[info@carepointonline.org](mailto:info@carepointonline.org)

## CRISIS and EMERGENCY SERVICES

|  |   |
|--|---|
| <b>Fire, Police &amp; Medical Emergency</b>  | 911   |
| <b>24-Hour Crisis Line</b><br>(Crisis Connections)   | 866-4-CRISIS<br>866-427-4747<br>King County: 206-461-3222 |
| <b>American Red Cross</b><br>(fire, flood, disaster)   | 206-323-2345  |
| <b>FEMA Disaster Assistance</b>  | 800-462-9029  |
| <b>King County 2-1-1</b>   | 2-1-1<br>877-211-9274                                     |
| <b>National Suicide and Crisis Lifeline</b><br>(24-hour)   | Call or Text 988  |
| <b>Poison Center</b>   | 800-222-1222  |
| <b>TeenLine</b>  | Call 800-852-8336<br>Text TEEN to 839863                  |
| <b>TeenLink</b><br>Our crisis specialists are available to talk by phone from 6-10 pm and chat or text from 6-9:30 pm every night. You can also call to connect with our substance use specialist from 2-10 pm Mon-Fri.<br>(Call the same number and press 2)<br>Text/Chat is available from 6pm – 9:30pm. | 866-TEENLINK<br>(866-833-6546)                            |