

Resource List

Financial Resources:

-Help with unemployment, trouble paying credit cards, trouble paying mortgage, trouble paying rent, Student Load deferment, paying utilities, and dealing with insurance issues.

-List found at: https://dfi.wa.gov/coronavirus-financial-resources?fbclid=IwAR0dbcCjnkLFBgl9pVJwKNWf_a3vfl8lLsp1lukAVupr93oHB8g8fqh8B5s

Pierce Country Restaurant Take-Out List: <https://bit.ly/2ISyH7D>

Food Resources:

- **Citrine Health**, Citrine Health is a non-profit agency in Snohomish County that helps individuals and families apply for food assistance and state health insurance programs over the phone and in person. www.citrinehealth.org
- **Washington Connection**, online portal where clients can find out what services and benefits are available to their family. www.washingtonconnection.org
- **Food banks** provide groceries for immediate help in making ends meet. Call the Help Me Grow Washington Hotline at 1-888-436-6392.
- **Love INC:** (Skagit County) <http://www.skagitloveinc.org>

General Resources:

- **Columbia Legal Services**, nonprofit organization employing lawyers and legal workers who provide legal assistance to low-income and special needs people and organizations in Washington. www.columbialegal.org
- **Connect Up (Formerly Community Voice Mail)**, a program of SpringWire makes a phone number with voice mail possible for thousands of people each year. www.cvm.org
- **Washington Attorneys Assisting Community Organizations**, connects nonprofit organizations statewide with free business legal counsel through volunteer attorneys. www.waaco.org
- **WithinReach**, statewide organization providing resources for maternal, child, and family health. Operates several toll-free information and referral lines. www.withinreachwa.org

WA Emergency Resource Guide: (pdf) https://www.doh.wa.gov/Portals/1/Documents/Pubs/821-001_ResourceGuide.pdf

Mental Health Resources:

- **For a life-threatening emergency:** Call 911.
- **For suicide prevention:** Contact the [National Suicide Prevention Lifeline](https://www.suicidepreventionlifeline.org/) at 1-800-273-8255 (TRS: 1-800-799-4889).
- **For 24-hour emotional support and referrals:** Contact the [Washington Recovery Help Line](https://www.wa.gov/24-hour-emotional-support-and-referrals) or the [mental health crisis line](https://www.wa.gov/mental-health-crisis-line) in your area.
- **Find a Christian Counselor:** <https://findchristiancounselor.com/?msclkid=a643fc10002819ec17e7a262e70adefb>

WA State Comprehensive Services:

These sources have services and/or resources for pretty much everything in WA state.

-WA211 <https://wa211.org/>

-ParentHelp123 <https://parenthelp123.org/>