## Student Resources

### Broad Services offered

- **Washington Information Network 2-1-1 Online Resources** This online directory has an extensive list of Washington State resources for those in need. The services listed include basic needs (food, housing, utilities, etc.), criminal justice and legal services, education, healthcare, income support and employment, and mental health and substance abuse services.

- **Hopelink: 425-869-6000** They have service centers in Bellevue, Kirkland/Northshore, Redmond, Shoreline, and Sno-Valley. Programs help with food, housing, family development, adult education, transportation, energy assistance, and emergency financial assistance. [https://www.hopelink.org/](https://www.hopelink.org/)

- **Washington State Department of Social and Health Services:** [https://www.dshs.wa.gov/](https://www.dshs.wa.gov/)


- **Washington Connection:** [https://www.washingtonconnection.org/home/explorecategories.go?locale=en_&category=HA](https://www.washingtonconnection.org/home/explorecategories.go?locale=en_&category=HA)

### Clothes

- **YWCA Working Wardrobe for male & female professional attire: 425.556.1354 (Redmond location).** Shop for work-appropriate clothing – access a voucher through Workforce Education. [Family Village Redmond](https://www.familyvillagewashington.org/), 16601 NE 80th, Redmond, WA 98052.

- **Clothes for Kids: 425.741.6500, office@clothesforkids.org**. Provides free school clothing to low income students in grades K-12 in all of Snohomish County and the Northshore School District in King County. Clothing is distributed from late August through mid-February. Students who qualify for free or reduced lunch may request a clothing form directly from their school office, nurse or counselor.

### Drug/Alcohol Problems

- **Substance Abuse and Mental Health Services Administration:** [https://www.samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline)

- **Alcohol/Drug 24-Hour Referral Line:** adhl.org (206) 722-3700

- **Friends of Youth** has caring, well-trained counselors who can help youth and their families get through it. Call the office nearest you:
  - Issaquah  (425) 392-6367
  - Duvall   (425) 844-9669
- **RehabLinks:** rehablinks.org (Substance Abuse Resources)

**Washington Recovery Help Line**
warecoveryhelpline.org
(866) 789-1511
(206) 461-3219 (TTY)

**Domestic Violence/Sexual Assault Support**

**Lifewire Domestic Violence Program**
lifewire.org
(425) 746-1940
(800) 827-8840 (24-hour Crisis Line)

**National Domestic Violence Hotline**
thehotline.org
(800) 799-7233
(800) 787-3224 (TTY)

**National Sexual Assault Hotline**
www.rainn.org
(800) 656-HOPE (4673)

**Dawn:** [http://dawnrising.org/](http://dawnrising.org/)

**Employment Resources**

- **YWCA Homeless Employment Program:** Family Village Redmond (16601 NE 80th St. Redmond, WA 98052) 425.556.1353
  - Career development & coaching
  - Job search and placement assistance
  - Identifying strengths & addressing barriers
  - Tools, clothing & transportation
  - Referrals to community resources
  - Housing resources and information
  - Financial empowerment and resources

- **Division of Vocational Rehabilitation:** Address: (840 N Broadway Ave # 500, Everett 98201). (425) 339-4880. Help people with disabilities who want to work but face a substantial barrier to finding or keeping a job

**Food**

**Hopelink Food Bank:** 425-889-7880
Hopelink's Kirkland/Northshore food bank provides services to residents in North and East King County as well as Snohomish County. The food bank is open MW from 10am-4pm and TTh from noon-6:30pm. They are located at 11011 120th Ave NE, Kirkland, WA 98033.
Bellevue Foodbank and Emergency Services
14812 Main St.
Bellevue, WA 98007
Phone: 425.943.7555

Kirkland/Northshore Foodbank and Emergency Services
11011 120th Ave. NE
Kirkland, WA 98033
Phone: 425.889.7880

Redmond Foodbank and Emergency Services
16725 Cleveland St
Redmond, WA 98052
Phone: 425-882-0241

Woodinville Storehouse (Food Bank): (425) 483-5252
Tuesday evenings from 6:30 to 7:20 pm and Saturday mornings from 9:30 to 10:20am. Walk-in clients are welcome! Bring ID for all family members and proof of residency such as utility bill or rental agreement for Woodinville, Bothell, Kirkland, Kenmore or Redmond. Regular appointment times can be scheduled after your first visit. 17110 140th Ave NE, Woodinville, WA 98072

DSHS Food Benefits: 877-501-2233 or www.washingtonconnection.org
Bring your completed food benefits application with you (online – just print and fill in) to your local CSO office. The nearest location to the college is: 805 156th Ave NE N40-1, Bellevue, WA 98007

Husky Pantry
The Husky Pantry is managed by the Residence Hall Association, an organization led by students. Their goal consists of helping the needs of other students. The Husky Pantry is a resource for all UW Bothell students to access. It exists to address food insecurity by providing in-need UW Bothell student emergency food options. Husky Pantry is located at the Husky Village Community Center and can be accessed by walk-in during regular business hours during the academic year.

• Mondays to Fridays: 8:00 AM - 5:00 PM
• Saturdays & Sundays: 12:00 PM - 6:00 PM
• Or any other time by contacting the Resident Advisor on Duty at (206)-245-5536.
Use of the pantry is anonymous and we only record what is taken.
https://www.uwb.edu/studentaffairs/resources/husky-pantry

Housing/Shelter Resources
Affordable Housing Resources, Washington Low Income Alliance: http://wliha.org/resources/find-affordable-housing

Apartment Finder: AptFinder.org Find cooperative housing for low-income individuals and families. Visit the website listed above for details and eligibility.
2-1-1 Coordinated Entry: 2-1-1 to schedule a screening appointment (6month+ waitlist for housing)

Single & Family Shelter in King County: Family Emergency Shelter Access Line in King County: (206) 245-1026
Solid Ground: https://www.solid-ground.org/get-help/housing/

Congregations for the Homeless
515 116th Ave NE, Bellevue, 98005
Hours: 7.30pm – 8.00am
Referral from: 211

Operation Nightwatch Shelter
302 14th Ave S, Seattle, WA 98144
Hours: 9.00pm – later
Referral from:
Downtown Emergency Service Center (DESC)
Hours: 7.30am Mon-Fri

Bread of Life Mission
Hours: 4.30pm
Days: Everyday

Interfaith Association of Northwest Washington
Everett, WA 98026
(425-252-6672)
To get into the shelter Call:
(425-200-5121)

Aloha Inn
Seattle, WA 98109
(206-283-6070)
Referral from:
First Church Seattle
180 Denny Way
Wed: 10am – 11am
Thu: 5pm – 6pm

Noel House Women’s Referral Center
Seattle, WA 98101
(206-441-3210)
Referral from:
206-770-0157

Sacred Heart Shelter
Seattle, WA 98019
(206-285-7489)
Referral from:
Mary’s Place
(206-245-1026)

YMCA Emergency Shelter (206-461-4882)
Seattle, WA 98101
Referral from: 211

King County Men’s Winter Shelter
500 4th Ave Seattle, WA 98104
Hours: 7pm – 6am
Access: Line up in front of the loading dock garage

Downtown Emergency Service Center – DESC Seattle
Seattle, WA 98104
(206-464-1570)
Walk in daily
Hours: 8am - 4.45pm

Transitional Housing for Youth and Young Adults:
http://www.youthcare.org/our-programs/shelter-and-housing/independent-living#

Friends of Youth: for those under 21 (206) 236-KIDS http://www.friendsofyouth.org/

Programs for Young Mothers (ages 18-21)
New Ground Bothell and New Ground Sand Point provide a supportive structured environment for young single women who are pregnant or parenting a child under three years old. Residents may remain in the program for up to 24 months.

Programs for Single Young Adults (ages 18-21)
New Ground Kirkland, New Ground Everett, and New Ground Totem Lake provide a supportive, structured environment for single young adults. Residents may remain in the program for up to 18 months.

Programs for Young Families (ages 18-24)
New Ground Avondale Park provides a supportive, structured environment for young families with children of any age. Residents may remain in the program for up to 24 months.

Shelters for Homeless Youth and Young Adults:
18 to 25: http://www.youthcare.org/find-help/emergency-shelter

ROOTS Young Adult Shelter: Emergency shelter in Seattle's U-District for youth 18–25. Phone Number: (206) 632-1635

The Landing (Friends of Youth & Bellevue Family YMCA): Overnight shelter in Bellevue for youth 18–24. Phone Number: (425) 449-3868

Overnight Shelter at Orion: Location: The James W. Ray Orion Center: the green building on the corner of Denny and Stewart, at the foot of the I-5 highway overpass on Denny Way. (Street Address: 1828 Yale Avenue, Seattle, WA 98101). Youth 18 – 24.
Shelter Hours: Monday–Friday: 8:30pm-7:30am; Saturday–Sunday: 8:30pm–8am.
Immigration Resources/DACA

- EastSide Human Services Forum: http://eastsideforum.org/
- American Civil Liberties Union: http://www.aclu-wa.org
- Northwest Immigrant Rights Project: https://www.nwrip.org
- One America: http://weareoneamerica.org
- Free Legal Clinics: http://www.kcba.org/pbs/
- Legal Foundation: https://legalfoundation.org/
- Neighborhood House: http://www.nhwa.org/
- World Relief: http://worldreliefsa.org/
- Somali Community Services of Seattle: http://www.somcss.net/
- Somali Youth and Family Club: http://syouthclub.org/
- Iraqi Community Center of WA: http://www.irccw.org/
- Refugee Women’s Alliance: https://www.rewa.org/
- Iranian American Community Alliance Seattle: http://www.iaca-seattle.org/
- Asian Counseling and Referral Service: https://acrs.org/
- Muslim Advocates: https://www.muslimadvocates.org/
- Casa Latina: http://casa-latina.org/
- What is DACA? Deferred Action for Childhood Arrivals (Department of Homeland Security)

Advisory Regarding DACA Program After Presidential Election (Northwest Immigrant Rights Project)

- Know Your Rights: Resources from local organization, One America (formerly Hate Free Zone)
- Council on American-Islamic Relations: https://www.cair.com/
- Council on American-Islamic Relations – Seattle: http://cairseattle.org/

Mental Health Support

**Crisis Clinic of King County**: 866.4CRISIS (866-427-4747)
The Crisis Clinic offers a wide range of support services to King County residents. Their 24 hour crisis line provides confidential support to those who need immediate assistance. Their resources cover relationship abuse, suicide prevention and education, emotional crisis and trauma, caregiver services, disability services, and homeless and housing services.

**University of Washington Bothell**: 425.352.3183 or visit UW1-080
Free and confidential for currently enrolled students with concerns including: balancing the stresses of school, work and family; stress, depression and anxiety; domestic violence and sexual assault; relationship problems; any other issues causing distress or interfering with academic progress. Receive up to six free sessions of individual counseling per academic year. Counseling groups are also offered and last 4-10 weeks.

**National Suicide Prevention Helpline**: suicide.org
(800) SUICIDE
(800) 273-8255
(800) 799-4TTY (4449)

**Snohomish County Care Crisis**
snohomishcountywa.gov/434/HelpfulResources
(425) 258-4357

**Veterans Crisis Line**
veteranscrisisline.net
(800) 273-8255 (press 1)

**Washington Recovery Help Line**
warecoveryhelpline.org
(866) 789-1511
(206) 461-3219 (TTY)

**Disaster Distress Helpline**
samhsa.gov/find-help/disasterdistress-helpline
(800) 985-5990 Text TalkWithUs to 66746

**Child Protective Services (CPS)**
dshs.wa.gov/ca
(866) ENDHARM (363-4276)

**Crisis Clinic of King County**
crisisclinic.org
(206) 461-3222
(866) 4CRISIS (427-4747)

**Pierce County Crisis Line**
co.pierce.wa.us/690/support-groups
(800) 576-7764

**Asian Counseling & Referral Services (ACRS)**
acrs.org/services | (206) 695-7600

**Community Psychiatric Clinic (CPC)**
cpcwa.org/services.html | (206) 545-2345

**Consejo Counseling Services**
consejocounseling.org | (206) 461-4880

**Emmaus Counseling Center**
emmauscounseling.net | (425) 869-2644

**Find a Therapist**
counselingwashington.com | (425) 598-2128
Friends of Youth (FOY)
friendsofyouth.org/mentalhealth.aspx | (425) 869-6490

Korean Community Service Center
http://www.kcscgw.org/services-2/mental-health-services/ | 703.354.6345 (ext. 106)

NAMI - Eastside
nami-eastside.org | 425) 885-NAMI (6264)

ReWA (Refugee Women’s Alliance)
https://www.rewa.org/services/licensed-behavioral-health/ | 253.246.4003

Refugees Northwest – they have offices in Seattle, Kent and SeaTac
https://refugeesnw.org/our-services/ | 206.694.5700 (Seattle)

Samaritan Center of Puget Sound
samaritanps.org | (206) 527-2266

Seattle Counseling Service (SCS)
seattlecounseling.org | (206) 323-1768

Sound Mental Health
smh.org | (206) 302-2300

Therapeutic Health Services (THS)
ths-wa.org | (425) 747-7892

Veterans Services @ LWTech
lwtech.edu/veterans | 425) 739-8213

Washington Law Help
washingtonlawhelp.org (Legal Resources)

Washington Recovery Help Line
warecoveryhelpline.org | (866) 789-1511 (24-hour)

Wellspring Family Services
wellspringfs.org/counseling | (206) 524-9055

Women’s Therapy Referral Service
therapyreferral.org | (206) 634-2682

Youth Eastside Services (YES)
youtheastsideservices.org/counseling | (425) 747-4937

Utilities/Internet/Phones

Utility Discount Program (UDP): 1-800-348-7144. The Utility Discount Program (UDP) helps you get current and stay current on utility payments by offering a discount of about 60% on your Seattle City Light bill and a 50% discount on your Seattle Public Utilities bill. This program is available for residential City Light and Seattle Public Utilities customers only. Clients living in federally subsidized housing are not eligible.

Bill Paying Resources: http://www.needhelppayingbills.com/html/king_county_assistance_program.html

Veteran Resources
Vet Corp Navigator: On campus in the Vet Center

Veterans Crisis Line
veteranscrisisline.net
(800) 273-8255 (press 1)

Medical Resources

Hospitals
Evergreen Health: (425) 899-1000 (Kirkland) or (425) 899-1111 (Redmond)
www.evergreenhealth.com
Kirkland ER: 12040 NE 128th St, Kirkland, WA 98034 Phone: 425.899.1700
Redmond ER: 8980 161st Ave. NE, Redmond, WA 98052 Phone: 425.899.1111

Harborview Medical Center Emergency Medicine: (206) 744-3000
http://www.uwmedicine.org/harborview
325 Ninth Avenue, Seattle, WA 98104

Northwest Hospital and Medical Center: (206) 364-0500
http://nwhospital.org
1550 N. 115th Street, Seattle, WA 98133

Overlake Hospital: (425) 688-5000
http://www.overlakehospital.com
1035 116th Ave NE, Bellevue, WA 98004

Swedish/Edmonds Hospital: (425) 640-4000
www.swedish.org/locations/edmonds-campus
21601 76th Ave W, Edmonds, WA 98026
Swedish/Redmond Emergency Room:  (425) 498-2020  
http://www.swedish.org/locations/redmond-emergency-room  
18100 NE Union Hill Road, Redmond, WA 98052

Swedish/Mill Creek Hospital:  (425) 357-3900  
http://www.swedish.org/locations/mill-creek-campus  
13020 Meridian Ave. S. Everett, WA 98208

**Urgent Care Facilities**

Evergreen Urgent Care - Redmond:  (425) 883-3333  
https://www.evergreenhealth.com/urgent-care-redmond  
8980 161st Ave NE, Redmond, WA 98052  
Mon- Fri: 9am – 6pm; Sat & Sun: 9am – 5pm

Evergreen Urgent Care - Woodinville:  (425) 488-2273  
https://www.evergreenhealth.com/urgent-care-woodinville  
16916 140th Ave NE, Woodinville, WA 98072  
Mon – Fri: 8am – 8pm; Sat & Sun: 9am – 5pm

Immediate Clinic (Bothell location) – (425) 483-3335  
http://www.immediateclinic.com/bothell-urgent-care  
23131 Bothell-Everett Highway, Suite B, Bothell, WA 98021  
Open 8am to 8pm daily

Lynnwood Urgent Care (US Healthworks):  (425) 774-8758  
http://www.ushealthworks.com/Medical-Center/Washington/Lynnwood.html  
4320 196th St. SW, Suite D, Lynnwood, WA 98036  
Mon-Fri: 8am - 8pm; Sat & Sun 9am - 5pm

UW Neighborhood Woodinville Clinic – Urgent Care:  (425) 485-4100  
http://www.uwmedicine.org/services/urgent-care/woodinville  
17638 140th Ave NE, Woodinville, WA 98072  
Mon-Fri: 10am – 8pm; Sat & Sun: 8am – 6pm

UW Neighborhood Shoreline Clinic - Urgent Care:  (206) 542-5656  
http://www.uwmedicine.org/services/urgent-care/shoreline  
1355 NE 205th Street, Shoreline, WA 98133  
M-Sat: 12pm – 8pm; Sunday: 9am – 5pm

**University of Washington Medical Clinics**

Hall Health - UW Seattle Campus:  (206) 685-1011  
www.hallhealthcenter.com  
4060 E. Stephens Way NE, Seattle, WA 98195 (Across from the HUB on the Seattle Campus)  
Mon, Wed - Fri: 8am – 5pm; Tue: 9am – 5pm; Closed Sat, Sun, & Holidays
UW Medicine - Woodinville Clinic: (425) 485-4100  
http://www.uwmedicine.org/locations/primary-care-woodinville  
17638 140th Ave NE, Woodinville, WA 98072  
Mon & Wed: 8am – 8pm; Tue, Thu, Fri: 8am – 5pm; Sat: 8am – 4pm  
*Also has an urgent care facility at this location – call 1.877.520.5000 for additional information

UW Medicine – Shoreline Clinic: (206) 542-5656  
http://www.uwmedicine.org/locations/primary-care-shoreline  
1355 N. 205th Street, Shoreline WA 98133  
Mon & Tue: 7:30am – 7:30pm; Wed & Thu: 7:30am – 8pm; Fri: 7:30am – 12pm, 1:30am – 8pm  
Sat & Sun: 8am – 6pm  
*Also has an urgent care facility at this location – call 1.877.520.5000 for additional information

For additional UW Medicine Neighborhood Clinics:  
http://www.uwmedicine.org/neighborhood-clinics

Community Health Clinics

CareClinic – Bartell Drugs Lynnwood Location: (425) 673-7068  
CareClinic at Bartell Drugs is a walk-in health clinic in select neighborhood Bartell Drugs locations with evening and weekend hours. Staffed by Kaiser Permanente clinicians, CareClinic’s immediate care is available to everyone ages two and up, regardless of insurance. Get treated for minor illnesses and injuries, or routine preventive care such as vaccinations.

HealthPoint Bothell: (425) 486-0658  
http://www.healthpointchc.org/health-centers/bothell  
10414 Beardslee Blvd., Suite 100, Bothell, WA 98011  
M-W: 8am – 8pm; Thu & F: 8am-5pm; Sat: 10am – 3pm

NeighborCare Health (Seattle locations)  
www.neighborcare.org  
Check website for nearest clinic.

Health Information

Evergreen Healthline: (425) 899-3000 (press “2” at the prompt)  
Registered nurses provide answers to health care questions. Free. 24-hours a day  
US Centers for Disease Control and Prevention: 1-800-CDC-INFO (1-800-232-4636)  
www.cdc.gov/

Planned Parenthood: 1-800-230-7526 or http://www.plannedparenthood.org/  
Planned Parenthood offers affordable, high-quality reproductive health care. Pregnancy tests and emergency contraception can be accessed whenever the clinic is open; all other services require appointments. Planned Parenthood is open MW from 10am-6:30pm and TTh from 8am-
4:30pm. They are located at 6610 NE 181st #2, Kenmore, WA 98028. Call or check website for additional locations and hours

**Additional Resources**

- [http://crisisclinic.org/find-help/2-1-1-resources-and-information/](http://crisisclinic.org/find-help/2-1-1-resources-and-information/)