

# 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/>
- **Washington State Department of Social and Health Services:** <https://www.dshs.wa.gov/>
- **Bothell Chamber of Commerce Resource Guide:**  
<http://www.bothellwa.gov/businessdirectoryii.aspx>
- **Washington Connection:**  
<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](#), 16601 NE 80<sup>th</sup>, Redmond, WA 98052.
- **Clothes for Kids: 425.741.6500, [office@clothesforkids.org](mailto: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>
- **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

Snoqualmie (425) 888-6683

- **RehabLinks:** [rehablinks.org](http://rehablinks.org) (Substance Abuse Resources)

### **Washington Recovery Help Line**

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

(866) 789-1511

(206) 461-3219 (TTY)

## **Domestic Violence/Sexual Assault Support**

### **Lifewire Domestic Violence Program**

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

(425) 746-1940

(800) 827-8840 (24-hour Crisis Line)

### **National Domestic Violence Hotline**

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

(800) 799-7233

(800) 787-3224 (TTY)

### **National Sexual Assault Hotline**

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

(800) 656-HOPE (4673)

**Dawn:** <http://dawnrising.org/>

## **Employment Resources**

- **YWCA Homeless Employment Program: Family Village Redmond (16601 NE 80<sup>th</sup> 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](http://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](http://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**

515 116<sup>th</sup> 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 4<sup>th</sup> 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#.VzS-YMYUX4Y>

**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](tel:(206)632-1635)

**The Landing (Friends of Youth & Bellevue Family YMCA):** Overnight shelter in Bellevue for youth 18–24. Phone Number: [\(425\) 449-3868](tel:(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/>
- City of Seattle – Office of Immigrant and Refugee Affairs <http://www.seattle.gov/iandraffairs/programs/welcoming>
- 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://worldreliefseattle.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/>
- **Know Your Rights Pocket Guide Book:** <https://www.cair.com/images/pdf/Know-Your-Rights-Guide.pdf>
- **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](http://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)**

youtheastideservices.org/counseling | (425) 747-4937

**Utilities/Internet/Phones**



- **Internet: Interconnection 206.633.1517** or [www.connectall.org](http://www.connectall.org) . Low-cost internet for lower income. \$10/month available on the Sprint Network. Mobile hotspot, no overages, no credit check, one low price. Bundle with a refurbished low income laptop just \$99.
- **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.needhelp-payingbills.com/html/king\\_county\\_assistance\\_program.html](http://www.needhelp-payingbills.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](http://www.evergreenhealth.com)

Kirkland ER: 12040 NE 128<sup>th</sup> St, Kirkland, WA 98034 Phone: 425.899.1700

Redmond ER: 8980 161<sup>st</sup> 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. 115<sup>th</sup> Street, Seattle, WA 98133

**Overlake Hospital:** (425) 688-5000

<http://www.overlakehospital.com>

1035 116<sup>th</sup> Ave NE, Bellevue, WA 98004

**Swedish/Edmonds Hospital:** (425) 640-4000

[www.swedish.org/locations/edmonds-campus](http://www.swedish.org/locations/edmonds-campus)

21601 76<sup>th</sup> 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 161<sup>st</sup> 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 140<sup>th</sup> 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 196<sup>th</sup> 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 140<sup>th</sup> 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 205<sup>th</sup> 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](http://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 140<sup>th</sup> 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. 205<sup>th</sup> 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> (Check website for additional locations)

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](http://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/](http://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/>