OIdeal Option

COMMUNITY RESOURCES

National Resources

National Suicide Prevention Hotline 1-800-273-8255

National Sexual Abuse Hotline 1-800-656-HOPE (4673)

National Human Trafficking Hotline 1-888-373-7888
Sexual Abuse or Thoughts Hotline Stop it Now! 1-888-PREVENT
United States Elder Abuse Hotline 1-866-363-4276

National Child Abuse Hotline 1-800-4-A-CHILD (422-4453)

Child Abuse Hotline / Dept of Social Services 1-800-342-3720
Child Abuse National Hotline 1-800-25ABUSE
Children in immediate danger 1-800-THE-LOST
SAMHSA's National Helpline 1-800-662-HELP (4357)

CDC National Aids Hotline 1-800-232-4646 Veterans Crisis Hotline 1-800-273-8255

Medication-Assisted Recovery Anonymous (MARA) meetings – MAT friendly recovery meetings https://www.mara-international.org/onlinemeetings

Substance & Alcohol Use Disorder Resources

The Center for Alcohol & Drug Treatment 327 Okanogan Ave #2970 | (509) 662-9673 Provides outpatient, treatment and referral, counseling, intensive outpatient, group therapy, and relapse prevention.

New Path at CVCH 819 N Miller St Suite 1, Wenatchee, WA 98801 | (509) 664-0950 Great resource for intensive outpatient, referrals to inpatient, outpatient, case management/help with resources, referrals to mental health/medical

Oxford Housing -Vacancy Search https://www.oxfordvacancies.com/ Sober/transitional housing across Washington State

(C) Ideal Option

COMMUNITY RESOURCES

General Resources (food, medical care, housing, etc.)

Chelan & Douglas County Crisis Line 800-852-2923

For all callers, the crisis hotline will triage, screen, and conduct an assessment of needs and intervention preferences; and as indicated, will offer resolution-focused telephonic crisis support, support caller use of their crisis plan, coordinate with caller's lead local treatment providers, and facilitate linkage to timely and appropriate interventions and resources such as Designated Crisis Responders.

HopeSource 11 Spokane St Suite 101, Wenatchee, WA 98801 | (509) 888-5288

One-stop resource for coordinated entry to housing and help connecting to resources like benefits, financial, employment, etc

Columbia Valley WIC Program 502 Orondo Ave | (509) 664-3771

WIC program provides monthly checks to purchase nutritious foods for pregnant and breastfeeding women, infants, and children up to 5 years of age.

Chelan County WIC 200 Valley Mall Pkwy | (509) 886-6437

WIC program provides monthly checks to purchase nutritious foods for pregnant and breastfeeding women, infants, and children up to 5 years of age.

Columbia Valley Community Health Center 600 Orondo Ave #1 | (509) 662-6000

General medical clinic. Now provides telehealth.

CVCH East Wenatchee 900 Eastmont Ave | (509) 662-6000

General medical clinic. Now provides telehealth.

Grace House 291 2nd St NE | (509) 888-4864

Grace House is a Christ-centered, faith-based transitional home for woman and children.

Gospel House 810 S Wenatchee Ave | (509) 664-6775

Provides the needy through physical means that includes, but is not limited to; operating a soup kitchen, food distribution, emergency and transitional shelter, a preschool program, mentoring, education, and financial services.

<u>Confluence Health</u> 820 N. Chelan Ave. Wenatchee, WA 98801 | (509) 663-8711 Primary care.