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

Substance Use/Alcohol Use Disorder Resources

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

Peer Olympia - 522 Franklin St SE, Olympia, WA 98501 | (360) 522-9060
Highly recommend reaching out to them! Place to hang out, sober activities, different types of meetings, 1:1 peer support, help with employment, transportation, and housing

Behavioral Health Resources - 3857 Martin Way E, Olympia | 6128 Capitol Blvd. SE, Tumwater | 360-704-7170 or 800-825-4820 | Adult Mental Health, Youth Mental Health, Pregnant/Parenting Women, Substance Use Disorder Medicaid OK

Providence St. Peter Hospital Chemical Dependency Center - 413 Lilly Road NE, Olympia | 360-493-7060 or 360-456-7575 | Adult & Older Adult Mental Health Adult Substance Use, SUD Assessments

Capital Recovery Center - 1000 Cherry St SE, Olympia | 360-357-2582 | Peer support, sober activities

Prosperity Wellness Center - 5001 112th St E, Tacoma | 253-536-6425 | Inpatient, Medicaid

Royal Life Centers - 8645 Martin Way E, Lacey 98516 | 360-559-2547 / 1-877-732-6837 | Inpatient, Amerigroup, CHPW, Tribal/indigenous or Veterans, has the lowest cash rate in the state

South Sound Behavioral Hospital - 605 Woodland Square Loop SE, Lacey, WA 98503 | (844) 949-8888
Detox, inpatient, and a step down program, accepts all Medicaid. Walk-ins only.

First Things First IOP - 1905 4th Ave E B, Olympia, WA 98506 | (360) 388-0600 – IOP and outpatient counseling. Accepts Amerigroup, CHPW, UHC, and CC, no Molina

Pinnacle Peak Institute - 1822 Black Lake Blvd SW #101, Olympia, WA 98512 | (360) 704-0086 –IOP, counseling, DUI, mental health, accepts all Medicaid/Apple Health

HarborCrest - 1006 N H St, Aberdeen, WA 98520 | 1-(877) 346-8253
Great inpatient and aftercare for pregnant women on opioids, they will send a van to pick up patients. Doesn't accept methadone patients. Takes anyone, regardless of insurance.

SeaMar Behavioral Health - 6334 Littlerock Rd. SW Tumwater, WA 98512 | 360.704.7590
South Sound Methadone Clinic - 6700 Martin Way E #117, Olympia, WA 98516 | (360) 413-6910

General Resources (housing, food, financial, etc)

Thurston/Mason County Crisis Line – 24/7 Crisis Line: 360-586-2800 | Mental health, SUD, resources like housing, benefits
Find your nearest open Food Bank in Thurston County with updated hours: 360-352-8597
Olympia Free Clinic - 225 State Ave NE, Olympia, WA 98501 | 360-890-4074
Coordinated Emergency Shelter Entry Line - 24 hours 844-628-7343
SeaMar Walk-In Medical Clinic - 3622 Ensign Rd NE Suite A, Olympia, WA 98506 | 360.742.5000
Drexel House - 604 Devoe St SE, Olympia, WA 98501 | 24 hours 360-753-3340
Housing programs & Shelter
Family Support Center - 3545 7th Ave SW, Olympia, WA 98502 | 360-754-9297 | Family Shelter
Rosie's Place - 520 Pear St SE, Olympia, WA 98501 | 360-918-7879 or 943-0780 Ext 186 |
Drop-in day Shelter Youth/Young adults 12-24
Safeplace - 521 Legion Way SE, Olympia, WA 98501 | 360-754-6300 | shelter for abused women - 24 hours
Salvation Army – 1505 4th Ave E, Olympia, WA 98506 | 360-705-2850 | food, emergency shelter/rental assistance, clothing, utilities
WorkSource - 1570 Irving St SW, Tumwater, WA 98512 | (360) 704-3600
Olympia has received extra funding to assist people returning to work
CTAP – Funding and support for people incarcerated in the past 12 months, flyer in our lobby
Emily Program - 673 Woodland Square Loop SE, Suite 330 Lacey, WA 98503 | 1-888-364-5977
Programs for eating disorders, Medicaid/Apple Health accepted

Lewis and Greys Harbor Counties

Lewis County 24 Hour Crisis Line:
800-803-8833 | 360-807-2440 | text "NAMI" to 741741
You can call the Mobile Crises Team 24/7 if you or your loved one is experiencing a mental health crises.
You can call them anytime to locate mental health services in Lewis County, or just to discuss how to deal with mental health problems or issues. A professional counselor will be there 24 hours / 7 days a week to help you and answer questions.
Eugenia Treatment Center - 405 N Park St, Aberdeen, WA 98520 | (360) 660-1011
SUD and Mental Health help, Medicaid/Apple Health accepted
Cascade Community Healthcare – Chehalis - 135 W. Main St. Chehalis, WA 98532 | 360-748-4339
Community Integrated Health Services – locations in Aberdeen and Centralia –
CIHS Main Line: 360.261.6930 | 855.303.4834, mental health and SUD services, Medicaid/Apple Health accepted
Gather Church - 100 S Rock St, Centralia | (360)827-0264 - many services provided including food bank, clothing bank, housing assistance, and help with SUD

Ideal Option

COMMUNITY RESOURCES

Behavioral Health Resources - 205 8th St, Hoquiam, WA 98550 | (360) 236-5328
Mental health and counseling, Medicaid/Apple Health accepted

Coastal Community Action Program - 101 E Market St, Aberdeen, WA 98520 - 360-533-5100
Walk in for many different resources like help with bills and housing