

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

Washington State Hotlines

[CrisisConnections](http://www.crisisconnection.org) 206-461-3222
Care Crisis Line 24 Hour Hotline (425) 258-4357 or (800) 584-3578
24 Hour Buprenorphine Line (206) 289-0287
[I'm Hurting Crisis Chat Line](http://imhurting.org/) <http://imhurting.org/>
[988 Suicide & Crisis Lifeline](http://www.988lifeline.org) 24 Hour Hotline - (800) 273-8255
[Teen Link \(Crisis Connections\) Hotline](http://www.teenlink.org) (866) 833-6546
[Adult Protective Services](http://www.adultprotectiveservices.org) (877) 734-6277
[Child Abuse Hotline](http://www.childabusehotline.org) (800) 422-4453
[DCYF 24 Hour Hotline](http://www.dcyf.wa.gov) (866) 829-2153 or (800) 562-5624
[Compass Health Crisis Response](http://www.compasshealth.org) (425) 349-7289 or (800) 584-3578
WA Recovery Help Line (866) 789-1511
Never Use Alone 24 Hour Hotline (877) 696-1996
Washington Warm Line Crisis/Emergency Services (877)500-9276

Substance Use Disorder and Behavioral Health

[Pierce County Alliance](http://www.piercecountyalliance.org) 510 Tacoma Ave S, Tacoma | 253-572-4750
[ACTS Behavioral Health and Recovery Services](http://www.actsbehavioralhealth.org) 8811 S. Tacoma Way, Ste. 106, Lakewood | 253-302-3826
[Rainier Recovery](http://www.rainierrecovery.org) 4909 108th St. SW, Lakewood | 253-544-4772
[Prosperity Wellness Center](http://www.prosperitywellnesscenter.org) 12201 Pacific Ave S, Tacoma | 253-531-4750
[Comprehensive Life](http://www.comprehensive.life) 610 S Yakima Ave, Tacoma | 253-396-5800
[Crossroads Treatment Center](http://www.crossroadstreatmentcenter.org) Inc 8717 S Hosmer St, Tacoma | 253-473-7474
[TDC Substance Abuse Treatment](http://www.tdcsubstanceabuse.org) 14801 Spring St SW Ste 493, Tacoma | 866-513-1374
[MDC Detox Tacoma](http://www.mdc-detox.com) 721 Fawcett Ave, Tacoma | 253-593-2413
[Consejo Counseling and Referral Services](http://www.consejocounseling.org) Orchard St W, Tacoma | 253-414-7461
[Lakeside-Milam Recovery Center](http://www.lakeside-milam.org) 72nd and Portland, Tacoma | 866-818-9051
Recovery Response Center 2150 Freeman Rd E, Fife | 253-942-5644
[MultiCare Behavior Health](http://www.multicarebehavioralhealth.org) 325 Pioneer, Puyallup | 253-697-8400
[Greater Lakes Mental Healthcare](http://www.greaterlakesmentalhealthcare.org) 9330 59th Ave, Lakewood | 253-581-7020
Gig Harbor Behavior Health 3208 St NW C, Gig Harbor | 253-280-9888
Puyallup Behavioral Health Center Services 12812 101st Ave CT E, Puyallup | 253-864-4770
MDC Mental Health Clinic 721 Fawcett Ave, Tacoma | 253-593-2740

[Healing Places Counseling Center](#) 621 Pacific Ave St 102, Tacoma | 253-564-4233
[Prosperity Wellness Center](#) 12201 Pacific Avenue South, Tacoma | 253-527-5109
[South Sound Behavioral Hospital](#) 605 Woodland Square Loop SE, Lacey | 844-949-8888
[Tacoma Treatment Center](#) 1415 Center St, Tacoma | 253-280-9870

Transportation

[Pierce Transit Transportation](#) 3701 96th St. SW, Lakewood | 253-581-8000
[Pierce Transit Shuttle Transportation](#) Pierce County | 253-581-8100
[United Way of Pierce County Transportation](#) Pierce County | Dial 211
Around the Sound Transportation Pierce County | 253-8587088
First Transit 2310 104th St. Ct S, Lakewood | 253-589-9080
Paratransit Tacoma | 1-800-933-3468 ext 399

Basic Needs and Resources

[Catholic Community Services](#) 7050 S. G St, Tacoma | 253-383-3697
[The REACH Center](#) 714 South 27th St, Tacoma | 253-573-6590
[Salvation Army](#) 1501 6th Ave, Tacoma | 253-572-8452
[Korean Women's Association](#) 123 E. 96th St, Tacoma | 888-508-2780
[The RISE Center](#) 2136 Martin Luther King Jr. Way, Tacoma | 253-267-1383
[Tillicum Community Center](#) 14916 Washington Ave. SW, Lakewood | 253-584-1280
[Tacoma Recovery Café](#) 1321 Martin Luther King JR Way, Tacoma | 253-533-9361
[Tacoma Detox](#) 721 Fawcett Ave Ste. 100, Tacoma | 253-383-3921
[Crystal Judson Family Justice Center](#) 718 Court E, Tacoma | 253-798-4166
[Pierce County Energy Assistance Program](#) Tacoma | 855-798-4328
Hilltop Regional Clinic 1202 MLK jr way, Tacoma | 253-441-4702
[Neighborhood Clinic](#) 1323 S Yakima Ave, Tacoma | 253-627-6353
Spanaway Family Medical Center 134 188th Street S, Spanaway | 253-847-2304
SeaMar Clinic 1112 S Cushman, Tacoma | 253-593-2144
Tillicum Medical Clinic (SeaMar) 14916 Washington Ave, Lakewood | 253-280-9890
[Pierce College Dental Hygiene Clinic](#) 9401 Farwaest Dr, Lakewood | 253-964-6500
[Puyallup Tribal Health Authority](#) 2209 East 32nd St, Tacoma | 253-593-0232
Community Health Care 1708 E 44th St, Tacoma | 253-572-7002
Hilltop Regional Health Center 1201 MLK jr Way, Tacoma | 253-441-4743
[Tacoma Dental Clinic](#) 1215 11th St, Tacoma | 253-280-9840
[Puyallup Dental Clinic](#) 10217 125th St Ct E, Puyallup | 253-864-4760

Shelters

Comprehensive Life Resources Youth Shelter 415 South 13th St, Tacoma | 253-256-3087
[Associated Ministries](#) 901 S. 13th St, Tacoma | 253-383-3056
[YWCA Pierce County](#) 405 Broadway, Tacoma | 253-272-4181
[Rescue Mission](#) 2909 S. Adams St, Tacoma | 253-343-6020
[Catholic Community Services](#) South 14th Street, Tacoma | 253-502-2770
[Tacoma Rescue Mission](#) 425 S Tacoma Way, Tacoma | 253-383-4493
[Korean Women's Association](#) 123 East 96th St, Tacoma | 253-359-0470
YWCA Emergency Shelter Tacoma | 253-383-2593
[Crystal Judson Family Justice Center](#) 718 Court E, Tacoma | 253-798-4166

[Nativity House Homeless Shelter](#) 702 s 14th St, Tacoma | 253-502-2780

MLK Sanctuaries 3574 E Howe St, Tacoma | 253-981-5832

[Oasis Youth Center](#) 2215 Pacific Ave, Tacoma | 253-671-2838

[Tiny House Village at 6th and Orchard](#) 609 N Orchard St, Tacoma

Food Services

[Eloise's Cooking Pot](#) 3543 E. McKinley Ave, Tacoma | 253-426-1994

[Nourish Pierce County](#) 1702 S. 72nd St., Ste. E, Tacoma | 253-383-3164

BASH Food Bank 118 141st St CT S, Tacoma | 253-531-9600

Fife/ Edgewood/ Milton Food Bank 2303 54th Ave E, Fife

Edgewood Community NOURISH, 3607 122 Ave E suit B, Edgewood | 253-826-4654

St Leo Food Connection, 1323 S Yakima Ave, Tacoma | 253-383-5048

My Sister's Pantry 621 Tacoma Ave S, Tacoma | 253- 627-1186

[CARE Food Pantry](#) 7310 12th Ave E, Tacoma | 253- 970-4150

[Lakes Area Nourish Food Bank](#) 6900 Steilacoom Blvd, Lakewood | 253- 581-1116

[Puyallup Food Bank](#) 217 W Stewart Ave, Puyallup | 253- 848-5240

Spanaway FISH Food Bank 16001 A St, Spanaway