

### 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 - Sober/transitional housing across Washington State

#### → **Royal Life Centers** | (360) 515-0070

Locations in Sumner, Lacey, and Spokane. Detox/Inpatient, takes some Medicaid and has a 28-day program for veterans which includes transportation up to 100 miles

#### → **Towns Bridge Detox** 16410 Smokey Point Blvd #112, Arlington, WA 98223 | (360) 512-3641

45-60-day inpatient residential treatment facility for all substances. Also offers behavioral health, and 24-hour nurse care. No Medicaid **Temporarily closed**.

#### → **Smokey Point Behavioral Hospital** - 3955 156th St NE, Marysville, WA 98271 | (844) 202-5555

Inpatient SUD treatment for people who are gravely disabled by mental health issues.

### General Resources (housing, food, financial, etc.)

#### → **Arlington Community Resource Center** 103 E 3<sup>rd</sup> St (2<sup>nd</sup> Floor) Arlington, WA 98223 | (360) 322-6988

The ACRC is a one-stop hub of services for people in need. From help with basic needs like food, clothing, and shelter, to assistance with other kinds of resources and programs | M-Th 9am-12pm & 1pm-4pm

#### → **Arlington Community Food Bank** - 19118 63rd Ave NE., Arlington, WA 98223 | (360) 435-1631

Need photo ID for yourself and everyone in family, also need to bring utility bill that shows that you live in the Arlington area. Operates Mondays 5:00-6:00pm Wednesdays 5:30-7:00pm Fridays 11:30am-1:00pm.

#### → **DSHS Community Services** - 3704 172nd St NE Suite P., Arlington WA 98223 | (877) 501-2233

Food stamps, TANF (Temporary Assistance for Needy Families), Cash, Medical, Vocational Rehabilitation

#### → **Carnegie Resource Center** - 3001 Oakes Ave., Everett, WA 98201 | (425) 434-4680

Appointment only as of right now, call 425-285-7700 | Connection to service providers such as DSHS, housing navigators, 211, inpatient treatment facilities and more.

**General Resources (cont.)**

→ **Cocoon House** - 3530 Colby Ave., Everett, WA 98201 | (425) 259-5802

Services homeless/at risk youth up to 25. Two emergency shelters for people 12-17. Drop-in center for youth and young adults for youth from 12-24. Hot meal, wifi, clothing, hygiene materials, etc. 2-6:30 Monday-Friday 10-1:00pm Sat Sunday. Housing crisis line: 425-877-5171

→ **Lifelong** - 3501 Colby Ave #100, Everett, WA 98201 | (425) 219-4800

Services for HIV/AIDS. Can provide case management, food and nutrition, connection to medical care, health insurance, housing and more.

→ **Volunteers of America W. WA** - 2802 Broadway Ave., Everett, WA 98201 | (425) 259-3191

One-time eviction prevention assistance, help with housing, food, child assistance

→ **Human Services Dept.** - 3000 Rockefeller Ave. M/S305, Everett, WA 98201 | (425) 388-7200

Help with housing, rapid rehousing, shelter. Connection to other resources in the area.

→ **St Vincent De Paul** - 6424 Broadway Ave, Everett, WA 98203 (425) 355-3504

Monday- Friday (9:30 am- 4 pm). Utility assistance, motel vouchers, housing deposit, one-time costs like a new bed, clothing, food. Depending on funds available.

→ **WorkSource**

Customers can get help through Live Chat on WorkSourceWA.com or by calling 833-572-8400

→ **Get help with your PSE Bill** [www.pse.com/covidhelp](http://www.pse.com/covidhelp)

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