## Emergency Contact Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pierce County RSN</td>
<td>253-798-7202</td>
</tr>
<tr>
<td>Serving Pierce County</td>
<td></td>
</tr>
<tr>
<td>3580 Pacific Ave</td>
<td></td>
</tr>
<tr>
<td>Tacoma, WA 98418-7915</td>
<td></td>
</tr>
<tr>
<td>Toll Free</td>
<td>800-531-0508</td>
</tr>
<tr>
<td>24-hour Crisis Line</td>
<td>800-576-7764</td>
</tr>
<tr>
<td>Ombudsman Services</td>
<td>800-531-0508</td>
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<tr>
<td>Emergency</td>
<td>911</td>
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<tr>
<td>United Way, Pierce County</td>
<td>211</td>
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<tr>
<td>Suicide Prevention</td>
<td>800-273-8255</td>
</tr>
<tr>
<td>Child Protective Services</td>
<td>800-422-7517</td>
</tr>
<tr>
<td>Statewide Domestic Violence</td>
<td>800-562-6025</td>
</tr>
<tr>
<td>Pierce Co. 24-Hour Crisis Line</td>
<td>253-798-4333</td>
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<tr>
<td>Pierce Co. Domestic Violence</td>
<td>253-798-4166</td>
</tr>
<tr>
<td>(24-Hour Help)</td>
<td>800-764-2420</td>
</tr>
<tr>
<td>(TDD)</td>
<td>253-798-6050</td>
</tr>
<tr>
<td>YWCA Crisis Line</td>
<td>253-383-2593</td>
</tr>
<tr>
<td>YWCA Women's Shelter (24-hr.)</td>
<td>253-272-4181</td>
</tr>
<tr>
<td>Pierce Co. Sexual Assault (24-hr.)</td>
<td>253-474-7273</td>
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<tr>
<td>Family Renewal DV Safe House</td>
<td>253-475-9010</td>
</tr>
<tr>
<td>City of LKWD. DV (24-hr.)</td>
<td>253-589-2489</td>
</tr>
<tr>
<td>Tacoma Legal Dept DV</td>
<td>253-591-5508</td>
</tr>
</tbody>
</table>

## Food

### Emergency Food Network 253-584-1040
Information and referral service for individuals/families [http://www.efoodnet.org](http://www.efoodnet.org)

### FISH Food Banks 253-383-3164
Contact Person: Beth Elliott Executive Director
Providing food for Pierce County residents in need on a non-discriminatory basis. Each food bank offers a three-day supply of nutritionally balanced food. No one needing food is turned away. There are several locations throughout Pierce County, call for the nearest one. [http://www.fishfoodbanks.org](http://www.fishfoodbanks.org)

### All Saints Community Services 253-848-2000
Must live within zip codes 98371-98375, delivers food, fills Rx, rent and utilities assistance, bus tickets. Open M-Th, 10am-noon, 1-3pm. [www.allsaintsparish.com](http://www.allsaintsparish.com)

### Love, Inc. 253-531-2365 253-838-8829
Provides referrals to a network of volunteers to help with food, rent utilities, car repair, home repair. Available M-W 9am-4pm.

### STOWW 253-589-7101
(Small Tribes of Western WA.)
Food bank for tribes in WA state.

### Tacoma Seventh Day Adventists Comm. 253-272-8289
Assists with food for medical needs such as cancer, diabetes, AIDS heart disease, etc. Open M-Th, 10am-2pm.

### Prince of Peace Church 253-584-2565
10333 Bridgeport, LKWD. - serving Lakewood residents only, T-F, 9am-4pm. Commodities 1st Tuesday of each month, noon-3pm.

### LC3 Bread of Life Food Bank 253-582-2515
Serves residents in the Lakewood and "Tillicum areas, Thursdays, 1-5:15pm.
**Household/Furniture**

- **St Vincent de Paul** 253-474-0519
  Church ministered clothing bank. Some prescription, rent and utility assistance. Open M-Sat 9am-5pm and Sun, 10am-2pm. Will refer to church working in home zip code.

- **LASA** 253-581-8689
  (LKWD. Area Shelter Association)
  Outreach Program: M-Th, 10am-noon
  Referral to shelters for families with children. Gas vouchers, bus tickets, and prescription assistance offered for Lakewood residents only. Outreach program available for Lakewood or Steilacoom residents. Outreach provides emergency relief for utility and rental assistance based on funds available.

- **Francis House** 253-848-3618
  Serves most of Pierce County residents (Puyallup, Fife, Bonney Lake Spanaway Parkland, Graham, Eatonville, Shelishan), Clothing, bedding, kitchen utensils, and appliance items provided when available. Offers ESL classes.

- **Pregnancy Aid of Tacoma** 253-383-4100
  Baby furniture, clothing/food bank - Also, some money may be available for rent utilities, gas for emergency appointments. Open M-F, 10am-1:30pm.

**Housing**

- **Pierce County Housing Authority** 253-620-5400
  [www.pchawa.org](http://www.pchawa.org)

- **Associated Ministries Housing Assistance** 253-682-3401
  [http://www.co.pierce.wa.us/services/assist/housing/shelternow](http://www.co.pierce.wa.us/services/assist/housing/shelternow) or [www.associatedministries.org](http://www.associatedministries.org) click on “what we do”, “housing and shelter info,” this brings you to an updated vacancy report by the Tacoma/Pierce County Coalition for the homeless.

- **Shared Housing Services** 253-272-1532
  Matches individuals and families who are in need of housing with those who have housing but are unable to live on their own (financial or health reasons) [http://www.sharedhousing-tacoma.org/homepage.html](http://www.sharedhousing-tacoma.org/homepage.html)

**Housing cont.**

- **Phoenix Housing Network** 253-471-5340
  (transitional & shelter)
  All services are for families with children only, although they do not provide emergency services. A Catholic Community Service program (intakes must be completed) Five families served at a time. Call Monday mornings.

- **Helping Hand House** 253-848-6096
  For transitional (up to 2 years) and homeless (up to 3 months) families only, must complete application and follow strict guidelines. [http://www.helpinghandhouse.org](http://www.helpinghandhouse.org)

- **MLK Housing Development Assoc.** 253-627-7171
  [www.mlkhda.org](http://www.mlkhda.org)

- **Pierce County Housing Programs** 253-798-7038
  Provides housing/counseling services, landlord/tenant info, and housing resources. Free, confidential service to low income Pierce County residents; M-F, 1:30am-4:30pm. This is NOT Pierce County Housing Authority. [http://www.co.pierce.wa.us/pc/abtus/ourorg/comsvcs/housing/html/cs_home5htm](http://www.co.pierce.wa.us/pc/abtus/ourorg/comsvcs/housing/html/cs_home5htm)

**Medical Insurance**

- **Statewide Health Ins. Benefits Advisor (SHIBA)** 800-562-6900
  Provides free health insurance education, assistance, advocacy for Washington residents. Can help locate prescription and health insurance programs that one may be eligible for. [www.insurance.wa.gov](http://www.insurance.wa.gov)

- **Washington Basic Health Plan** 800-660-9840
  Call to apply, income based program. More info @ [www.basichealth.hca.wa.gov](http://www.basichealth.hca.wa.gov)

- **Summit America Insurance Svc.** 877-955-1991
  Available to students of Washington State Community College [www.summitamerica-ins.com](http://www.summitamerica-ins.com)

- **Community Health Care Clinics** 253-589-7030
  Various clinics throughout Pierce County; accept patients with or without health insurance. [www.commhealth.org](http://www.commhealth.org)

- **Pierce College Dental Hygiene Program** 253-964-6694
  Offers tree dental exams and low cost cleanings, x-rays, fillings and sealants. [http://www.pierce.ctc.edu/community/dental.php3](http://www.pierce.ctc.edu/community/dental.php3)
**Medical Insurance cont.**

**Within Reach** 877-923-6779
Essential Resources for Family health. Will help pregnant women find medical care and get information on other free services. Formerly

*Healthy Mothers, Healthy Babies Program.*
[www.hmhbwa.org](http://www.hmhbwa.org)

**Prescription Assistance**
Cannot be on Medicaid, have prescription insurance or earn more than $16,000/year (single person) $24,000/year (couple).
[www.rxhelpforwa.org](http://www.rxhelpforwa.org)

**Rent**

**United Way Pierce County** 211
Provides referrals to various community resources for housing availability, child & youth development and access to healthcare.
[www.uwpc.org](http://www.uwpc.org)

**Pierce Cnty Housing Authority** 253-620-5400

**Rental Assistance Information** 253-620-5423
Waiting list for section 8 eligibility, must complete application.

**Pierce County Community Srvs.** 253-798-7240
Provides help with rent utilities
[www.co.pierce.wa.us](http://www.co.pierce.wa.us) (go to county directory and then scroll to community services)

**Lakewood Area Shelter Assoc.** 253-581-8689
(LASA) Provides emergency help once per year, M-F, 10am-noon.

**All Saints Community Services** 253-848-2000
Assistance to residents with zip codes 98371-98375. Will pay rent with proof of eviction notice. Also provides: food deliveries to eligible, prescriptions filled, electric bills, and bus tickets; M-Th, 10am-noon, and 1-3pm, closed Fridays.

**Shelters**

**Metropolitan Devel. Council Prgm.** 253-627-5445
Free services and clinics for homeless people; Medical Clinic open M-T-Th; Mental Health Clinic open on M & Th only; Wound Care Clinic open M-T-Th; Laundry and Shower facility open M-Th.

**MLK Housing Development Assoc.** 253-627-7171
Community-based organization that provides affordable housing, emergency shelter, supportive services and promotes self-sufficiency, homeownership, neighborhood revitalization, and economic development. Overnight shelters including family, and men or women only.
[www.mlkhda.org](http://www.mlkhda.org)

**Helping Hand House** 253-848-6096
Family shelter (at least child) can stay up to 90 days, also have transitional housing program for families, can stay up to 2 years.

**Tacoma/Pierce Co. Coalition for the Homeless**
[www.associatedministries.org](http://www.associatedministries.org).
Click on "what we do," then click on "vacancy report for shelters".

**Lakewood Area Shelter Assoc.** 253-581-8689
(LASA) [www.lakewoodareashelter.com](http://www.lakewoodareashelter.com)

**Domestic Violence Shelters**

**YWCA Women’s Support Shelter** 253-272-4181
405 Broadway, Tacoma, 98402
Provides shelter for up to 12 weeks, interpreters available.

**The Caring Place** 253-272-3011
Provides transitional housing, education, employment assistance, and immigration assistance to DV victims.

**Family Renewal Shelter** 253-475-9010
Provides confidential lodging, 24-hour crisis help.

**Washington State Domestic Violence Hotline** 800-562-6025
24/7 hotline which provides info and referral DV shelters in Washington.

**Korean Women's Assoc. Crisis:** 253-359-4856
123 E. 96th st Tacoma, 98445 253-535-4202
Transportation

**St. Vincent de Paul** 253-474-0519
Will refer inquirers to the nearest church in their home area.

**Pierce Transit Ride Info** 253-581-8000
800-562-8109
Provides shuttles and discount passes for those who qualify. [www.piercetransit.org](http://www.piercetransit.org)

**Love, Inc.** 253-531-2366
M-W, 9am-4pm; Th 9am-6pm; Closed Fridays; Sat 9am-1pm. Resource and Referral Services. Love, Inc. provides services for auto/home maintenance and repair.

Utilities

**Pierce County Community Action** 253-798-3800
800-562-0336
Apps: 866-233-1068
Call for an appointment and guidelines, for low income families not living in the city of Tacoma, weatherization and energy assistance, responds quickly to shut off notices if elderly or children involved.

**Metropolitan Development Council** 253-572-5557
Call for an appointment and guidelines, for low income families not living in the city of Tacoma, weatherization and energy assistance, responds quickly to shut off notices if elderly or children involved.

**St. Vincent de Paul** 253-474-0519
Refers inquirers to local churches that may provide help.

**Salvation Army** 253-572-8452
Puget Sound Energy only.

**All Saints Community Services** 253-848-2000
Puyallup residents living within the 98371-98375 zip codes only.

**Lakewood Area Shelters Assoc.** 253-582-5320 (LASA) Call this number for assistance with utility bills. Provides emergency help once per year.

Counseling

Assistance needed in determining services, please contact Women and Family Services

**Pierce College** Options for crisis on campus: Faculty Counselors, Security, and 911

**Faculty Counselors:**
Family Services: Joanne Cummings 253-964-6525
Puyallup: Liz Scott 253-840-8443
The Women &. Family Services office provides a range of services; referrals to counseling agencies in the community and 1:1 coaching.

**24-Hour Crisis Line** 253-798-4333
Can be anonymous if desired. 800-576-7764

**Crisis Triage** 253-798-4357
Immediate overnight respite (48 hr max) for mental health issues where observation, medication stabilization, and counseling are provided.

**Greater Lakes Mental Health** 253-581-7020
Tacoma, Lakewood, Olympia area: Adult, Older Adult, and Child and Family services. [www.glmhc.org](http://www.glmhc.org)

**Good Samaritan Behavioral Healthcare** 253-445-8120
Puyallup, Graham, Bonney Lake area: adult older adult child and family services; domestic violence counseling for victims; Asian Cslg Svcs. [www.goodsamhealth.org](http://www.goodsamhealth.org)

**Child & Family Guidance Center** 253-565-4484
Divorce counseling, child and family counseling, eating disorder team. [www.cfgpca.org](http://www.cfgpca.org)

**PLU Marriage & Family Therapy** 253-535-8782
Individual, family, and couples counseling. [www.plu.edu/~mft/couple-family/home.html](http://www.plu.edu/~mft/couple-family/home.html)

**Catholic Community Services** 253-502-2696
Individual and family counseling, housing services, and hospitality kitchen. [www/ccsw.org](http://www/ccsw.org)

**Bridges** 253-272-8266
A child-centered grief-counseling program.
**Disabilities**

**Pierce College Access and Disability Services**  253-964-6526
(voice) 253-964-6468
(TTY) 253-964-6228

Provides a wide range of services to ensure equal access for qualified students with disabilities.
Email: dssaccess@pierce.ctc.edu

**State of WA Div. of Vocational Rehab (DVR)**  253-983-6500
253-548-2420
253-445-7260

[http://www.1.dshs.wa.gov/dvr/](http://www.1.dshs.wa.gov/dvr/)

**Supported Education**
Contact: Deanne Gilmur  253-756-2767
A program offered at both Pierce College Fort
Steilacoom and Puyallup campuses to assist and
support consumers of mental health services in
the process of continuing their education at any
post-secondary school.


**TACID**  253-565-9000
“Promoting the independence of individuals with
disabilities.”

**Center for Independence**  253-582-1253
“Serving people with disabilities and senior
citizens with senior related disabilities.”

**Tacoma Goodwill Industries**
Contact: Ambrosia Hand  253-284-0018
“Helping people find employment is Tacoma
Goodwill’s primary mission. People who want to
work often need help overcoming a variety of
barriers, and that’s why Goodwill is here.”

**Medical Clinics**

**Tacoma-Pierce County Health Dept**  253-798-6500
800-992-2456
(Ext. 6500)

**Public Health Info line**  253-798-2987

**Community Health Care Clinics**
[www.commhealth.org](http://www.commhealth.org)

**PW Wellness Clinic**  253-535-7354

**Cedar River Clinics**  253-473-6031
(Formerly known as Cascade Family Planning)
Free birth control through the Take Charge”
program.

**Medical Clinics cont.**

**Lakewood Clinic**  253-589-7030
(Free to low cost health care and meds.)
Program contact: Daniela J. Sorokovska, MD

**Multi Care Medical Group:**  253-403-2900

**Care Net Pregnancy Centers**
- **Tacoma** 253-383-2988
- **Lakewood** 253-984-6222
- **Puyallup** 253-770-8697

**Planned Parenthood**
- **Lakewood** 253-582-4144
- **Tacoma** 253-779-3900

**Washington Women in Need (WWIN)**
Not an emergency program. Must be pre-screened.
Health insurance assistance available only if
current insurance is active and must meet poverty
guidelines. See file folder “Washington Women in
Need.” For details or go to:
[http://www.wawomeninneed.org](http://www.wawomeninneed.org)

**Basic Health Plan**  800-826-2444
Download application @

**Pierce Co. Aids Foundation (PCAF)** 253-383-2565
[www.piercecounty aids.org](http://www.piercecounty aids.org)

**Lions Club**  253-582-7129
Eye exams - click on English and then State to find
local club(s).

**Legal**

**Neighborhood Legal Clinic**  253-572-5134
Volunteer attorney services for Pierce County
residents, 30 minutes free legal advice on the first
Monday of each month, by appointment
[www.piercecountywa.org/pc/services/lawjust/library/neighborhoodlegalclinic.htm](http://www.piercecountywa.org/pc/services/lawjust/library/neighborhoodlegalclinic.htm)

**Pierce County Law Library**  253-798-7494
Law information available
[www.piercecountywa.org/pc/services/lawjust/library/legalinfoservices.htm](http://www.piercecountywa.org/pc/services/lawjust/library/legalinfoservices.htm)

**Tacoma-Pierce County Bar Assoc.**  253-383-3432
Lawyer referral service
[www.co.pierce.wa.us/pc/services/lawjust/library/links4.htm](http://www.co.pierce.wa.us/pc/services/lawjust/library/links4.htm)
Legal cont.

NW Women’s Law Center 206-621-7691
Lawyer referral, case law info on various subjects, and self-help packets.  www.nwwlc.org

Columbia Legal Services 206-464-5911
800-542-0794

My Service Mind Legal Clinic 253-584-5615
Free clinic every Thursdays, first come - first serve basis. Must complete paperwork before Thursday clinics.  www.tacomaprobono.org/nk.html

NW Justice Project’s Coordinated Legal Education Advice & Referral Line www.nwjustice.org

CLEAR 888-201-1014
Telephone assistance free for eligible, low-income residents outside of King County.

CLEAR*SR 888-387-7111
Telephone assistance free for 60 and over regardless of county.

Websites

www.aarp.org
www.findlaw.com
www.washingtonlawhelp.org
www.courts.wa.gov

Domestic Violence Legal Help
(See Domestic Violence resource page)

YWCA Legal Advocacy 253-272-4181
www.ywca.org