**ADDITION RECOVERY SERVICES**

Alcoholics Anonymous (AA, Adults & Teens) **24 hours**: 360-352-7344  
Alternatives Professional Counseling (For Domestic Violence Victims Also): 360-357-7986  
Celebrate Recovery at Turning Point Church: 360-489-0378  
Evergreen Treatment (Counseling, Methadone Program): 360-413-6910  
Gambling Hotline (WA) **24 hours**: 800-547-6133  
Narcotics Anonymous (NA) (spana.org): 360-754-4433  
Nisqually Substance Abuse Program: 360-413-2727  
Northwest Resources (Addiction Counseling/Outpatient Rehab): 360-943-8810  
Olympia Bupe Clinic (Low Barrier Buprenorphine): 360-349-0033  
Providence St. Peter Chemical Dependency Center: 360-456-7575  
Sea Mar Behavioral Health (incl. Spanish-Speaking Services): 360-704-7590  
Syringe Services (Thurston County Health): 360-490-9155  
Telecare (Crisis Relating to Drug Abuse or Mental Health): 360-754-2423  
The Harvest Program - BHR (for Mothers and Expecting Women): 360-754-5729  
True North Student Assistance & Treatment Services (Tumwater/Yelm): 360-464-6867  
Washington Recovery Help Line (Substance Abuse, Gambling, Mental Health): 866-789-1511  
Washington State Problem Gambling Hotline **(24 hours)**: 800-547-6133  

**COUNSELING / MENTAL HEALTH**

Behavioral Health Resources (BHR, Counseling Services): 360-704-7170  
Capitol Recovery Center (Substance Abuse & Mental Health): 360-357-2582  
Catholic Community Services (Family Behavioral Health Services): 360-878-8248  
Designated Crisis Responders (Involuntary Detention) **24 hours**: 360-754-1338; 800-270-0041  
NAMI Helpline (Nat'l Alliance for Mental Illness: Info. & Support): 360-493-6021  
Suicide Prevention: 800-273-8255
Nisqually Mental Health Program: ______________________ 360-413-2728
Olympic Health Recovery: ___________________________ 360-763-5828
Olympia Free Clinic (Mental Health, Mon & Wed 5-7pm) Message Line: 360- 890-4074
Providence St. Peter Hospital Psychiatry (Med. Mgmt, no counseling services): 360-493-7064
Providence St. Peter Intensive Outpatient Program (Identify Psychiatry): 360-493-7060
Sea Mar Behavioral Health (Includes Spanish-Speaking Services): 360-704-7590
South Sound Behavioral Hospital (Free Assessments) 24 hours: 360-764-8400
Telecare Thurston/Mason (8am-8pm weekdays, 11:30am-8pm weekends): 360-754-2423
Turning Point Church Counseling Services: ___________ 360-489-0378
WA Warm Line (Peer Support for Mental Health Challenges, 12:30pm-9pm daily): ____________________________ 877-500-9276 (& 866-427-4747 for King Co Crisis)

DISABILITIES - PHYSICAL & MENTAL

Adult Protective Services, DSHS (Report Abuse of Vulnerable Adults): ____________ 877-734-6277
Arc of WA (Advocates for Citizens with Intellectual/Developmental Disabilities) ______ 360-357-5596
Blind Services of WA: __________________________________________________________ 360-725-3846
Braille & Talking Book Library: ___________________________________________________ 800-542-0866
Deaf & Hard of Hearing Services, WA (DSHS): __________________________ 800-422-7930 TTY 360-725-3450
Dial-A-Lift (IT Bus Services): ____________________________________________________ 360-754-9393
Disability Rights (Seattle): ________________________________________________________ 206-324-1521
Exceptional Foresters Inc. (Independent Living Service; Employment): _____________ 360-426-0077
Long Term Care Pro, Catholic Community Services (In-Home Assistance): __________ 360-586-2960
Morningside (Vocational Development/Employment Services): ______________________ 360-943-0512
Parent to Parent (Supporting Parents of Individuals with Special Needs): ____________ 360- 352-1126
PAVE (Advocacy for Families & Individuals w/ Disabilities): _________________________ 253-565-2266
Thurston County Specialized Recreation: ____________________________________________ 360- 867-2588
Childcare Action Council (Public Health/Social Service): ___________________________ 360-754-0845
Social Security Information Line (SSI/Medicare): _________________________________ 800-772-1213
Vocational Rehabilitation (Division of DSHS): ______________________________________ 360-664-3060

EMPLOYMENT – EDUCATION - LITERACY

Family Education & Support Services (DSHS, Parenting Support/Child Development): 360-754-7629
Job Corps (Vocational Education & Life Skills: 16-24): ____________________________ 360-754-7409
Pacific Mountain Workforce Development: __________________________________________ 360-704-3568
Sound Learning (Tutoring for Reading, Writing, ESL, GED): ________________________ 360-426-9733
Work First, SPSCC (Pre-Employment Training/Support for Those on TANF): ___________ 360- 596-5401

EMERGENCY NEEDS – CLOTHING, UTILITIES

Adventist Community Services (Clothing, Emergency Foods): _______________________ 360-043-1518
City Gate Ministries (Food, Clothing, Hygiene, Furniture): _________________________ 360-705-0291
Clothing Bank (Sacred Heart Church): _____________________________________________ 360-491-0890
Community Action Council (Housing/Utility Assistance & Emergency Food Assistance): 360-438-1100
Community Service Office at DSHS (Medicine Coupons/Food Stamps) ______________ 877-501-2233
Emergency Outreach Program at Sacred Heart Church (Food; Utility Assistance): _____ 360-923-0929
Olympia Free Store @ Olympia Food Co-Op (Clothing): _____________________________ 360-754-7666
Red Cross (Tacoma): ____________________________________________________________ 253-474-0400
Saint Vincent De Paul at St. Mike’s Church (Pregnancy Aid, Utility Assistance): _____ 360-352-7554
Salvation Army (Emergency Shelter, Meals, Utilities/Rent Assistance as Funds Avail.): 360-352-8596
Union Gospel Mission (Clothing, Blankets, Hygiene Supplies, etc.): ____________________ 360-709-9725
Yelm Community Services (Food, Clothing, Utilities Assistance, Emergency Shelter): ____________________________ 360-458-7000
FOOD AND NUTRITION

Food Banks: ____________________ Olympia 360-352-8597; Tenino 360-264-5505 Yelm 360-458-7000
Food Stamps (DSHS Community Service Office): ____________________ 877-501-2233
Garden Raised Bounty (GRuB): ____________________ 360-753-5522
Meals on Wheels by Senior Services (Lunches to Anyone 60+ and Home Bound): 360-586-6181
Union Gospel Mission (Meals, Showers, Shelter): ____________________ 360-709-9725
ROOF Community Services (Rochester Food Bank): ____________________ 360-273-6375
Salvation Army (Community Kitchen): ____________________ 360-352-8596
Women, Infants & Children (WIC) Nutrition Program at Sea Mar: 360-754-2936
YWCA of Olympia (for Supplies that Food Stamps Won’t Cover): 360-352-0593
Senior Nutrition Program (Meals on Wheels) Senior Services: ____________________ Shelton 426-9726

HEALTH CARE - HOSPITALS - CLINICS

AIDS Foundation – Oly Office (Case Management for People w/AIDS): 360-352-2375
Assured Home Health: ____________________ 360-236-9204
Capital Medical Center and ER Dept: ____________________ 360-754-5858
CHOICE Regional Health Network (Low-Income Insurance): 360-539-7576
Dental Clinic (Sea Mar): ____________________ Olympia 570-8016 Lacey 359-4860 Yelm 400-4840
Health Department, Thurston County: ____________________ 360-867-2500
HIV/AIDS Hotline, WA: ____________________ 800-272-2437
Homecare Referral Registry (In-Home Care for Medicaid Client Only): 360-664-3162 Ext 143
Hospice (Assured): ____________________ 360-352-0711
Hospice (Providence St. Peter): ____________________ 360-486-2999
Medical Assistance, Coupons (CSO, DSHS): ____________________ 877-501-2233
Nisqually Health Services (Medical and Dental): 360-459-5312
Olympia Free Clinic (M & W 5-7pm): ____________________ 360-890-4074
Options Pregnancy Clinic (Counseling/Testing, Ultrasound, No Birth Control): 360-753-0061
Planned Parenthood (Birth Control, Pregnancy Testing/Counseling): 360-754-5522
Paratransit Services (Transportation to Medical Appointments): ____________________ 800-846-5438
Poison Center, WA 24-hours: ____________________ V/TDD: 800-222-1222
Providence St Peter Hospital: ____________________ 360-491-9480
Sea Mar Medical: ____________________ Olympia 360-491-1399; Lacey 360-359-4840; Yelm 360-400-4800
SHIBA (State Health Insurance Benefit Advisers: Medicare, Suppl. Ins. Info): ____________________ 800-562-6900
Union Gospel Mission Clinic (for Uninsured): ____________________ Vision: 360-709-9725; Dental: 360-943-6400; Public Health: 360-867-2900

HOUSING ASSISTANCE - EMERGENCY SHELTERS

Coordinated Emergency Shelter Entry Line - 24 hours: ____________________ 844-628-7343
Community Action Council: ____________________ 360-438-1100
Community Youth Services: ____________________ 360-943-0780
Drexel House (Housing Programs & Shelter) 24 hours: ____________________ 360-753-3340
Eviction Defense Screening Line: ____________________ 855-657-8387
Family Support Center (Housing Diversion Program) 24 hours: 360-754-9297
Haven House (Shelter/Crisis Center for Teens 12-17) 24 hours: ____________________ 360-754-1151
Housing Authority of Thurston County (for Low Income, Disabled, Elderly): 360-753-8292
Housing Rehabilitation, City of Olympia (Rehabilitation Loans for Homeowners): 360-753-8314
Interfaith Works at Unity Commons (Shelter for 18+, pets OK) 24 hours: 360-918-8424
Rosie’s Place (Drop-In Day Shelter for Youth/Young Adults 12-24): 360-943-0780 Ext 186
Safeplace (Shelter for Abused Women) 24 hours: ____________________ 360-754-6300
Salvation Army (Emergency Shelter/Rental Assistance): ____________________ 360-352-8596
SideWalk Support Center (M-Th 10-3): ____________________ 360-515-5587
Union Gospel Mission: ____________________ 360-709-9725
SAFETY - LEGAL - CONSUMER ASSISTANCE AND SUPPORT

Child Support Enforcement Office: __________________________ 800-442-5437
CLEAR Hotline (Coordinated Legal Edu Advice & Referral): __________________________ 888-201-1014
Consumer Protection Division (Attorney General, Unfair Business): __________________________ 800-551-4636
Crime Victim Advocacy Network (Victim Help Line): __________________________ 360-786-5601
Disability Rights, Washington (Developmentally Disabled/Mentally Ill): __________________________ 800-562-2702
Dispute Resolution Center (Mediation Services): __________________________ 360-956-1155
Domestic Violence Advocates (Thurston County): __________________________ 360-754-2989
Family Court Facilitator (Thurston County Juvenile and Family Court): __________________________ 360-709-3269
Family Support Center (Coordinated Family Services): __________________________ 360-754-9297
Human Rights Commission of WA: __________________________ 360-753-6770
Long Term Care Ombudsman (Mediation/advocacy in Nursing Homes): __________________________ 360-943-6018
National Domestic Violence Hotline 24 hours: 800-799-7233 or TTY 800-787-3224
PFLAG Olympia (Support for LGBTQIA Community and Family): __________________________ 360-207-1608
Safe Haven (Needing to Surrender Newborn Anonymously) 24 hours: __________________________ 866-992-2291
SafePlace (Sexual and Domestic Violence Helpline) 24 hours: __________________________ 360-754-6300
Tenant Rights Hotline (Seattle): __________________________ 206-723-0500
Thurston County Family Justice Center: __________________________ 360-754-9297
Victim Assistance (Thurston County Prosecuting Attorney): __________________________ 360-786-5540
Volunteer Legal Services: __________________________ 360-705-6194
Legal Shield: __________________________ 253-896-5252

SENIORS

Adult Protective Services (DSHS, Report Abuse of Vulnerable Adults): __________________________ 877-734-6277
Area Agency on Aging (Info & Case Management): __________________________ 360-664-3162
Catholic Community Services (Home Care): __________________________ 360-586-2960
Homecare and Hospice (by Providence Sound): __________________________ 360-459-8311
Home & Community Services (DSHS, Long-Term Care): __________________________ 360-725-2300
In-Home Care Coordination (by South Sound Care): __________________________ 360-586-4491
Medical Equipment Loan Bank (Message Line): __________________________ 360-456-8810
Older Adult Services (BHR, Counseling/Case Management): __________________________ 360-704-7170
RSVP (Retired Senior Volunteer Program): __________________________ 360-943-2773 ext. 20
Senior Centers:
Yelm 455-7733; Lacey 407-3967; Rainier 446-2258; Tumwater 754-4160; Olympia (for transportation ext. 128) 586-6181
Social Security Office (Olympia): __________________________ 866-807-1160
South Sound Care Connection (Care Coordination): __________________________ 360-586-4491

SPECIFIC POPULATIONS - SERVICES AND ASSISTANCE

Cielo Olympia (Latino Educational; Legal Advocates; Mental Health Services): __________________________ 360-709-0931
Downtown Ambassadors (Street Outreach; Business Support; Hospitality): __________________________ 360-338-2853
KWA: Korean Women’s Association (Asian, Pacific Islander, and Elders): __________________________ 253-535-4202
Nisqually Indian Tribal Services: __________________________ 360-456-5221
PIPE (Aid & Counseling for Houseless Youth/Young Adult): __________________________ 360-522-5536
South Puget Intertribal Planning Agency (SPIPA – Five Tribes): __________________________ 360-426-3990
Veterans Assistance Fund (Rent, Utilities, Food, Bus Passes): __________________________ 360-867-2625
Veterans Benefits and Services (WA State): __________________________ 800-562-2308

PEER SUPPORT CRISIS LINES

Alcoholics Anonymous 24 hours: __________________________ 360-352-7344
Psychedelic Peer Support (3pm-3am) Call or Text: __________________________ 623-473-7433
Suicide Lifeline **24 hours** (for Veterans Crisis Line: Press 1): _______________ 800-273-8255
The Trevor Project Hotline (Suicidal 25 and Younger, Straight or LGBTQIA) **24 hours:** 866-488-7386
Trans Lifeline **24 hours:** _______________ 877-565-8860
WA Warm Line (Peer Support for Mental Health Challenges) **24 hours:** 877-500-9276 & 866-427-4747

Volunteers: If you have any suggestions to add to this list, please contact the Volunteer Coordinator.