Washington State 211 (Mon-Fri 9am – 3pm) ________ call 211 or visit https://search.wa211.org/
Mason County Sheriff Non-Emergency Line ___________ 360-426-4441

CHILDRN / YOUTH / TEENS

Big Brothers / Big Sisters of SW, WA (children matched w/ adult volunteers) _______ 360-943-0409
Boys and Girls Club of North Mason County ___________________________ 360-362-1855
Child Care Action Council (resource & referral line) ________ 360-754-0810 or __ 800-446-1114
Children's Crisis Stabilization 24 hours __________________________ 360-480-5721
Child Protective Services _____________________________ 866-764-2233 or 866-363-4276
Children and Parents First (parenting skills/child care) BHR switchboard __________ 360-704-7170
Children's Mental Health Program, BHR ______________________________ 360-704-7170
Coffee Oasis, Youth Programs (shelter; counseling) 24 hours __ text “help” _____ 360-377-5560
Division of Children and Family Services, DSHS ____________________________ 360-432-2050
Community Youth Services (shelter, resource info. & services for at risk youth) _______ 360-943-0780
National Runaway Safe line 24 hours ___________________________ 800-786-2929
Parent to Parent (families caring for someone w/special needs) ________________ 360-352-1126
Shelton Family Center/ Youth Connection ____________________________ 360-462-0125
South Puget Intertribal Planning Agency - Children & Family Services_________ 360-426-3990
Teen Link (peer support) _______ texting avail. 6-9:30pm __________________ 866-833-6546
Youth Help Line (Crisis Clinic) 24 hours ____________________________ 360-586-2777

ADDICTION RECOVERY SERVICES

Alcoholics Anonymous (alanon & alateen) peer support 24 hours ___________ 360-352-7344
Alternatives Professional Counseling (Olympia) ______________________________ 360-357-7986
Celebrate Recovery (support group) ________________________________________ 360-426-2758
Evergreen Treatment (counseling; methadone program) ______________________ 360-413-6910
Gambling Help Line (WA) 24 hours _______________________________ 800-547-6133
Narcotics Anonymous (NA) (spana.org) ______________________________________ 360-754-4433
Northwest Resources in Shelton (addiction counseling/outpatient rehab) _______ 360-426-0890
Recovery Services at BHR (chemical dependency outpatient program), ________ 360-704-7170
Recovery Help Line (WA) _______ (substance abuse, gambling, mental health) __ 866-789-1511
Sea Mar Behavioral Health (incl. Spanish speaking services) _______________ 360-704-7590
Snohomish Tribe: alcohol and chemical dep. __ 360- 877-2008 ______ re.TANF 360- 877-2200
Telecare (crisis relating to drug abuse & mental health) ________________________ 360-754-2423
The Harvest Program, BHR (for mothers and expecting women) ________ 360-426-1696

COUNSELING - MENTAL HEALTH

Behavioral Health Resources (BHR) counseling services __________________________ 360-704-7170
Catholic Community Services (family behav. health services) ____________ 360-878-8248
Community Youth Services (counseling & services for at risk youth) __________ 360-943-0780
Consejo Counseling and Referral Service ________________________________ 360-763-5610
Designated Crisis Responders (involuntary detention) **24 hours** 360-754-1338
Mason Clinic (behavioral health) __________________________ 360-426-2653
Mental Health Professionals LLC, Shelton (psychiatry) _______ 360-462-3320
NAMI Thurston/Mason (Nat’l Alliance for Mental Illness: info. & support) ______ 360-493-6021
Peninsula Community Health Services ______________________ 360-377-3776
Sea Mar Behavioral Health (incl. Spanish speaking services) ___________ 360-704-7590
Skokomish Tribal Mental Health Clinic ______________________ 360-426-5755
South Sound Behavioral Hospital (free assessments) **24 hours** 360-764-8400
Squaxin Island Tribe – Behavioral Health Program ____________ 360-426-1582
Telecare, Shelton (evaluation and treatment center) _________ 360-205-8001
WA Warm Line (peer support for mental health challenges) **24 hours** ______ 866-427-4747 & 877-500-9276

**DISABILITIES - PHYSICAL & MENTAL**

Adult Protective Services, DSHS (report abuse to vulnerable adults) _______ 877-734-6277
Arc of WA State (advocates for citizens with intellectual/develop.disabilities) ______ 360-357-5596
Blind Services of WA _____________________________ 360-725-3846
Braille & Talking Library ____________________________ 800-542-0866
Deaf & Hard of Hearing Services, WA (DSHS) _______ 800-422-7930______ TTY 360-725-3450
Exceptional Foresters (independent living service; employment) _______ 360-426-0077
Gift for Special Children (financial/referral assistance) _______ 360-427-7058
Long Term Care Program, Catholic Community Services (in-home assistance) ______ 360-427-2230
Parent to Parent (supporting parents of individuals with special needs) _________ 360-352-1126
Shelton School District - Special Services (birth-21 years) ____________ 360-426-2151
Social Security Information Line (SSI/Medicare) ________________ 800-772-1213
Vocational Rehabilitation (division of DSHS) ______________________ 360-664-3060

**EMPLOYMENT - EDUCATION - LITERACY**

Career Quest (employment services for adults w/ disabilities) ___________ 360-427-7300
CHOICE High School (alternative high school for ages 14-21) _____________ 360-426-7664
Family Education & Support Services (parenting support/child dev.) _______ 360-754-7629
Gravity Learning Ctr. (help for students: GED prep., transp., supplies) _______ 360-426-1200
Job Corps (voc. ed. & life skills training, ages 16-24) _________________ 360-754-3668
North Mason School District _________________________________ 360-277-2300
Olympic College Shelton (basic college/GED prep/adult basic education) _______ 360-432-5400
Pacific Mountain Workforce Development ____________________________ 360-704-3568
Shelton School District ________________________________________ 360-426-1687
Shelton Timberland Library ________________________________________ 360-426-1962
Sound Learning (tutoring for reading, writing, ESL, GED) ______________ 360-426-9733
Work First Program, SPSCC (pre-employmt. training/support for those on TANF) 360-596-5401

**EMERGENCY NEEDS**

Community Action Council (limited utility assistance, food) _____________ 360-426-9726
Community Lifeline (food, emergency shelter, showers) **24 hours** ______ 360-462-4439
Community Service Office, DSHS _________________________________ 877-501-2233
Crazy Love Ministries (hot meals, clothing, support) _________________ 360-358-3355
Crossroads Housing (emergency shelter, rent assist.) _________________ 360-427-6919
Mason Transit Authority (Dial-A-Ride and bus routes) _________________ 360-427-5033
North Mason Resources (rental and utility assistance and more) _______ 360-552-2303
Turning Point (domestic violence shelter) **24 hours** _________________ 360-432-1212
Red Cross (Tacoma) _____________________________________________ 253-474-0400
South Puget Intertribal Planning Agency (assistance for tribal members) _______ 360-426-3990
United Way of Mason County ________________________________________ 360-426-4999
FOOD & NUTRITION

Food Banks
- Saints Pantry 427-8847; Hood Canal 877-6507, North Mason 275-4615
- Matlock 426-1903 Shelton United Methodist Church 426-4174

Food Stamps, DSHS 877-501-2233

Garden Raised Bounty (GRuB) 360-753-5522

Meals on Wheels by Senior Services (lunches to anyone 60+ and home bound) 360-426-3697

Women, Infants, Children (WIC) nutrition program 360-426-9726

HEALTH CARE - HOSPITALS - CLINICS

AIDS Foundation (case mgmt. for people with AIDS) 360-352-2375

Assured Home Health 360-236-9204

CHOICE Regional Health Network (low income insurance) 360-539-7576

Dental Clinic (Sea Mar) for low income __Olympia 570-8016 / Lacey 359-4860 / Yelm 400-4840

Family Health Hotline (Watch Me Grow Washington) 800-322-2588

Health Care Center (urgent care; Spanish avail.) 360-426-9717

Health Department, Mason County __Shelton 427-9670 ___ Belfair 275-4467 __ Elma 482-5269

HIV/AIDS Hotline, Washington State 800-272-2437

Homecare Referral Registry (home care for medicaid clients only) 360-664-3162

Mason Clinic (walk-in, non-emergency illnesses/minor injuries) 360-426-2653

Mason General Hospital 24 hours 360-426-1611

Medical Assistance (coupons), CSO (DSHS) 877-501-2233

Olympia Free Clinic (M & W 5-7pm) 360-890-4074

Paratransit Services (transportation to medical appointments) __ 800-756-5438 TDD 800-934-5438

Peninsula Community Health Services 24 hours 360-377-3776

Planned Parenthood (birth control, pregnancy testing, counseling) 360-754-5522

Poison Center, WA (info for poison/overdose) 24 Hours 800-202-2222

Providence Sound Home Care & Hospice 360-459-8311

Sea Mar Medical (low income/Hispanic) __ Olympia 491-1399 / Lacey 359-4840 / Yelm 400-4800

Senior Case Management (Area Agency on Aging) 360-427-2225

SHIBA (State Health Ins. Benefit Advisers: medicare & suppl. ins. info.) 800-562-6900

Skokomish Indian Tribe Health Clinic 360-426-5755

Union Gospel Mission (dental/vision for uninsured) 360-943-6400

HOUSING ASSISTANCE - EMERGENCY SHELTERS

Community Action Council (rental & utilities assist, WIC) 360-426-9726

Community Lifeline (single adult shelter, no children) 24 hours 360-462-4439

Crossroads Housing (emergency shelter) 360-427-6919

Bremerton Housing Auth., serves Mason Co. (low-income, disabled, elderly) 360-373-0420

Haven House (shelter/crisis center for teens 12-17) 24 hours 360-754-1151

Housing Options for Students in Transition (for youth ages 16-21) 360-426-7664

Kitsap Community Resources (shelter) 360-377-0053

North Mason Resources (rental assistance, utility assistance and more) 360-552-2303

South Puget Sound Intertribal Planning Agency (tribal housing) 360-426-3990

Turning Pointe (domestic violence shelter) 24 hours 360-432-1212

SAFETY - LEGAL - CONSUMER ASSISTANCE & SUPPORT

Child Support Enforcement Office, DSHS 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 Service Center of Lewis and Mason Counties 360-426-9726 ext. 3105

Department of Health, Mason County 360-427-9670

Disability Rights Washington (dev. disabled/mentally ill) 800-562-2702 or 206-324-1521
Dispute Resolution Center (mediation services in Olympia) ___________________ 360-956-1155
Human Rights Commission, WA State __________________________________________ 360-753-6770
Long-Term Care Ombudsman (mediation/advocacy in nursing homes) __________ 360-943-6018
Mason Transit Authority ______________________________________________________ 360-427-5033
National Domestic Violence Hotline 24 hours _____________________________ 800-799-7233 or TTY 800-787-3224
P.O.W.E.R. (parents organizing for welfare & economic rights) __________________ 360-352-9716
Safe Haven (needing to surrender newborn anonymously) 24 hours _____________ 866-992-2291
Tenant Rights Hotline (Seattle number) ______________________________________ 206-723-0500
Thurston County Family Justice Center ______________________________________ 360-754-9297
Turning Pointe (domestic violence advocates) 24 Hours __________________________ 360-432-1212

SENIORS

Adult Protective Services, DSHS (report abuse of vulnerable adults) ____________ 877-734-6277
Area Agency on Aging (info. and case management) ___________________________ 360-427-2225
Care Connection ___________________________________________________________ 360-586-4491
Catholic Community Services (home care) ____________________________________ 360-586-2960
Faith in Action (supporting independent living) ______________________________ 360-275-0535
Older Adult Services, BHR (counseling/case management) ______________________ 360-704-7170
Paratransit Services _________________________________________________________ 800-756-5438 TDD 800-934-5438
Senior Activities Association (meeting place/lunches) __________________________ 360-426-7374
SHIBA (State Health Ins. Benefit Advisers) medicare & sup. ins. info. __________ 800-562-6900
South Sound Care Connection, Olympia (care coordination) ___________________ 360-586-4491

SPECIFIC POPULATIONS: SERVICES & ASSISTANCE

Cielo Project (Latino educational; legal advocates; mental health services) _______ 360-709-0931
Immigrant Student’s Rights (Superintendent’s Office) _________________________ 360-725-6147
Mason Veterans Family Assistance Program (case management) _________________ 360-426-4546
Skokomish Indian Tribe - Social & Health Services _____________________________ 360-426-4232
Tuwaduq Family Services (SkokomishTribe – Domestic Violence Advocates) _______ 360-426-7788
Squaxin Island Tribal Center ______________________________________________ 360-426-9781
Squaxin Community Support (Squaxin Island Tribe – Domestic Violence Project/Advocates) 360-432-3927
South Puget Intertribal Planning Agency (social services for five tribes) __________ 360-426-3990
Veterans Benefits and Services (WA State) _________________________________ 800-562-2308

PEER SUPPORT CRISIS LINES

Alcoholics Anonymous 24 hours ______________________________________________ 360-352-7344
Suicide Lifeline 24 hours _________________________________________________ 800-273-8255
Trans Lifeline (24-hour crisis line) __________________________________________ 877-565-8860
Trevor hotline (suicidal 25 and younger, straight or LGBTQIA) 24 hours ___________ 866-488-7386
WA Warm Line (peer support for mental health challenges) 24 hours _____________ 866-427-4747 & 877-500-9276