

RISE UP RESOURCE SHEET (WASHINGTON)

Crisis • Housing • Safety • Healing Support

Trauma-informed community resource guide

Free & low-cost services

CRISIS SUPPORT — CALL FIRST IF YOU NEED IMMEDIATE HELP

- **911** – Emergency
- **988 Suicide & Crisis Lifeline:** (Call/Text 988)
- **King County Crisis Connections:** 1-866-427-4747
- **National DV Hotline:** 1-800-799-7233
- **WA State DV Hotline:** 1-800-562-6025
- **Sexual Assault Hotline (RAINN):** 1-800-656-4673
- **Human Trafficking Hotline:** 1-888-373-7888
- **StrongHearts Native Helpline:** 1-844-762-8483
- **Teen Link WA:** 1-866-833-6546
- **Trans Lifeline:** 877-565-8860

You are not alone. If one resource doesn't work, try another.
Support exists across many pathways.

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HOUSING • SHELTER • BASIC NEEDS

- **211 Washington (Statewide):** Dial 211 / 1-877-211-9274
- **Food Banks:** 2-1-1 (Crisis Connections)
- **New Beginnings (DV Shelter):** 206-522-9472
- **LifeWire (DV Shelter):** 425-746-1940
- **DAWN (South King County):** 425-656-7867
- **Reclaiming Our Greatness:** 425-524-5101
- **Black Community Alliance:**
info@blackcommunityalliance.org
- **WA NA WARI:** 206-485-7563

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HOUSING • SHELTER • BASIC NEEDS

- **Northwest Harvest:** 206-625-0755
- **St. Leo Food Connection:** 253-383-5048
- **The Agape House:** 206-579-6648
- **YWCA Seattle King | Snohomish:** 206-490-1900
- **Mary's Place:** 206-621-8474
- **Solid Ground:** solid-ground.org

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DOMESTIC VIOLENCE

- **After Midnight Comes:** <https://aftermidnightcomes.org/>
- **DAWN – Domestic Abuse Women’s Network:** 425-656-7867
- **API Chaya:** 1-877-922-4292
- **Refugee Women’s Alliance (ReWA):** 206-721-0243
- **Harborview Abuse & Trauma Center (HATC):** 206-744-1600
- **Northwest Family Life – DV Services:** 206-363-9601
- **Korean Women’s Association (KWA):** 253-359-0470
- **Our Sisters’ House (Tacoma):** 253-272-4181
- **YWCA Pierce County:** 253-383-2593
- **POCAAN:** 206-322-7061
- **Urban League of Metropolitan Seattle:** 206-461-3792

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HUMAN TRAFFICKING

- **The Genesis Project:** 206-592-2362
- **Washington Anti-Trafficking Response Network (WARN):** <https://watraning.org>
- **API Chaya:** 1-877-922-4292
- **Harborview Abuse & Trauma Center (HATC):** 206-744-1600
- **Take It Down (NCMEC):** <https://takeitdown.ncmec.org>
- **Free to Fly:** info@free-to-fly.org
- **Innovations HTC:** innovationhtc.org
- **U.S National Human Trafficking Hotline:** 1-888-373-7888

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YOUTH SUPPORT

- **IAMU:** info@iamucommunity.org or 425-285-7475
- **Wellness Beyond:** contact@wellnessbeyondlljc.org,
<https://www.wellnessbeyondlljc.org/>
- **Everstrong:** <https://www.everstrong.org/>
- **YouthCare:** 206-694-4500
- **Odessa Brown Children's Clinic:** 206-987-7210
- **Community Passageways (Seattle / King County):** 206-905-1820
- **REWA Youth Programs:** 206-721-0243
- **Asian Counseling & Referral Service (ACRS):** 206-695-7600
- **POCAAN Youth Services:** 206-322-7061
- **Seattle Children's Hospital:** 206-987-2000
- **Childhelp National Child Abuse Hotline:** 800-422-4453

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SEXUAL ASSAULT + TRAUMA SPECIALIZED SUPPORT

- **King County Sexual Assault Resource Center (KCSARC):** 888-998-6423
- **Sexual Violence Law Center:** 206-832-1297
- **Her Voice Matters Foundation:**
<https://hervoicemattersjustice.org>
- **Rebuilding Hope Sexual Assault Center:** 253-474-7273
- **Providence St. Peter's Hospital Sexual Assault Clinic:** 360-493-7469

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FREE / LOW-COST MENTAL HEALTH

- **Crisis Connections:** 1-866-427-4747
- **Odessa Brown Children's Clinic:** 206-987-7210
- **Sound Health:** 206-302-2300
(**Crisis:** 206-461-3222)
- **Navos Mental Health:** 206-248-8226
- **Valley Cities (Pierce County):** 253-833-7444
(**Crisis:** 253-372-7112)
- **Sea Mar Community Health Centers:** 855-289-4503
- **Asian Counseling & Referral Service:** 206-695-7600
- **Consejo Counseling & Referral Services:** 206-461-4880

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INDIGENOUS-SPECIFIC SERVICES

- **Seattle Indian Health Board:** 206-324-9360
- **StrongHearts Native Helpline:** 1-844-762-8483
- **Daybreak Star Indian Cultural Center / United Indians of All Tribes Foundation:** 206-285-4425
- **Mother Nation:** 206-722-2321
- **Native Action Network:** 206-451-7298
- **Chief Seattle Club:** (206) 715-7536 or 206-677-0912
- **NAMI Seattle (Mother Nation / SIHB referral network):** 425-298-5315
- **Healing Hearts Northwest:** 253-686-5513
- **Puyallup Tribe Domestic Violence Program:** 253-680-5499
- **National Center for Missing and Exploited Children (NCEMC):** 1-800-843-5678

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- **United Indians of All Tribes Foundation / Daybreak Star:** 206-285-4425
- **Seattle Indian Health Board — Domestic Violence Advocates:** 206-324-9360 — ask for a DV Advocate
- **Cowlitz Indian Tribe — Behavioral Health:** 360-397-8228
- **Cowlitz Indian Tribe — Main Office / Help connecting to services:** 360-577-8140
- **Duwamish Tribal Wellness — Counseling:** 206-268-4840
- **Native & Strong Lifeline:** 988, press 4
- **WA MMIWP Cold Case Unit:** 1-844-770-7900
- **WA State Patrol Missing & Unidentified Persons Unit (MUPU):** 1-800-543-5678

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LGBTQ+ • TRANS • QUEER AFFIRMING CARE

- **Ingersoll Gender Center:** 206-849-7859
- **Gay City:** 206-860-6969
- **Peer Seattle:** 206-322-2437
- **Trans Lifeline:** 877-565-8860
- **YouthCare:** 206-694-4500
- **Northwest Network of Bi, Trans, Lesbian Survivors of Abuse:** 206-568-7777

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LEGAL + PROTECTION

- **NW Justice Project:** 1-888-201-1014
- **NW Immigrant Rights Project:** 206-587-4009 or 253-383-0519
- **Sexual Violence Law Center:** 844-991-7852
- **KCSARC:** 1-888-998-6423
- **King County Legal Clinics:** 206-267-7070
- **ADWAS (Deaf/DeafBlind):** 206-812-1001
- **Institute for Black Justice (IBJ):** 253-271-6859

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- **El Centro de la Raza – Free Bilingual Legal Clinic:** info@elcentrodelaraza.org
- **Refugee Women’s Alliance (ReWA):** 206-721-0243
- **Northwest Immigrant Justice Project + Detention Support Line:** 253-383-0519
- **Tacoma Community House:** 253-383-3951
- **Catholic Community Services – Immigration Legal Services:** 206-328-6314

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