

ADDICTION SERVICES

AA, Alcoholics Anonymous (24 hours) 425-454-9192
 Alcohol/Drug 24-Hour Hotline
 Email: support@ADHL.org 206-722-3700
 DSHS assessment and treatment services 800-662-6715
 Friends of Youth
 Issaquah: 425-392-6367
 Snoqualmie: 425-888-4151
 Duvall: 425-844-9669
 Internet Addiction Recovery Program 800-682-6934
 Raging River Recovery Center, Snoqualmie Tribe 425-831-5425
 Sound Mental Health, Snoqualmie 425-653-4950

COUNSELING / MENTAL HEALTH

Cancer Lifeline 800-255-5505
 Catholic Community Services 206-643-1937
 Fairfax Hospital, Behavioral Health 24/7 800-435-7221
 Friends of Youth
 Issaquah 425-392-6367
 North Bend 425-888-4151
 Duvall 425-844-9669
 Griefshare Support Group (Sno Valley Senior Center) 425-333-4152
 Problem Gambling 800-547-6133
 Sound Mental Health, Snoqualmie 425-653-4950
 Sea Mar Monroe 360-805-3122
 YWCA at Encompass, North Bend 425-922-6192

CULTURAL / ETHNIC SUPPORT

Eastside Cultural Navigator Program
 Chinese 425-647-0913
 Languages of India 425-289-8609
 Spanish 425-289-8608
 Russian 425-502-0883
 Eastside Literacy (Hopelink ESL services) 425-643-1912
 El Centro de la Raza 206-951-4654
 Jewish Family Services 425-643-2221
 Refugee Women's Alliance 206-721-0243
 Snoqualmie Tribe 425-888-6551
 WA State Migrant Education Program 800-274-6084

DENTAL

HealthPoint 866-893-5717
 Lake Wash. Technical College Dental 425-739-8130
 Seattle King County Dental 206-443-7607
 Seattle King County Health Child Dental 206-205-0577
 UW Emergency 206-543-5850

DISABILITY

ARC of King County 206-364-6337
 Dept. of Services for the Blind 800-552-7103
 Encompass (birth to 3 years) -
 *PT is available for older kids 425-888-2777
 National Alliance on Mental (NAMI) 425-885-6264
 Supplemental Social Security Income (SSI) 800-772-1213
 Washington Partnership for Action Voices for
 Empowerment (PAVE) education advocacy
 and healthcare resources 800-572-7368

EARLY CHILDHOOD EDUCATION

Bellevue College Co-op Preschools (Carnation) 425-564-2365
 Childcare Resources 877-512-3948
 Encompass (Preschool, ECEAP, infant/toddler, parent education) 425-888-2777

EARLY CHILDHOOD EDUCATION CONT.

Riverview ECEAP 425-844-4785
 Riverview Stepping Stone Preschool 425-844-4548
 Snoqualmie Valley School District 425-831-8015

EDUCATION

Ask KCLS 425-462-9600
 King County Library System
 Carnation 425-333-4398
 Duvall 425-788-1173
 Fall City 425-222-5951
 North Bend 425-888-0554
 Snoqualmie 425-888-1223
 Office of Education Ombudsman 866-297-2597
 Puget Sound Educational Service District 425-917-7600
 Riverview School District 407 425-844-4500
 Snoqualmie Valley School District 410 425-831-8000

EMPLOYMENT / VOCATIONAL SERVICES

Bellevue College Women's Career Center 425-564-2279
 Services for the Blind 800-552-7103
 Work Source, Redmond 425-861-3700
 Hopelink, Carnation 425-333-4163

FINANCIAL ASSISTANCE

American Red Cross (fire, flood, disaster) 206-323-2345
 Credit Counseling 800-646-0042
 DSHS (welfare, food stamps, medical) 800-662-6715
 Hopelink
 Food, Clothing, Housing, Power Went Off 425-333-4163
 Energy Assistance (if power is still on) 800-348-7144
 North Bend Community Church 425-888-2711
 Our Lady of Sorrows 425-888-2974
 (North Bend, Snoqualmie, Fall City, Carnation)
 St. Anthony Catholic Church (Carnation) 425-333-4930
 Tolt Congregational United Church (Fall City, Carnation) 425-333-4254
 U.S. Social Security Administration 800-772-1213
 Valley Christian Assembly (Fall City) 425-222-5284
 Free Pet Food-King Co Humane Society 425-333-4152

FOOD AND CLOTHING

Fall City Food Pantry 425-222-5458
 Hopelink 425-333-4163
 Snoqualmie Valley Foodbank 425-888-7832
 Mount Si Helping Hand Food Bank 425-888-0096
 Raging River CC Food Bank (Preston) 425-222-5573
 Salvation Army (gas, food, vouchers)
 Hopelink 425-333-4163
 North Bend PD 425-888-4433
 Snoqualmie PD 425-888-3333
 North Bend Community Church 425-888-2711
 Snoqualmie Tribe 425-333-6560
 Snoqualmie Valley Shelter Services 425-505-0038

HOUSING / SHELTER / MAINTENANCE

Acres of Diamonds 425-788-9999
 Friends of Youth (shelter) 206-236-5437
 Safe Place (under age 18) 800-422-8336
 The Landing (adult overnight) shelter 425-449-3868
 Transitional Living 206-409-6009
 Catholic Community Services 800-872-3204
 Hopelink 425-333-4163

HOUSING / SHELTER / MAINTENANCE CONT.

King County Information & Referral 211
 King County Repair/Weatherization 206-296-7640
 Mamma's Hands/House of Hope 206-915-2073
 (women's/children's shelter)
 Snoqualmie Valley Shelter Services 425-505-0038
 Solid Ground 206-694-6836
 Tenants' Union 206-723-0500
 YWCA Family Village (Redmond) 425-556-1350

LEGAL SERVICES (low income)

Catholic Community Services 206-324-6890
 Eastside Legal Services 425-747-7274
 Senior Rights Assistance
 Carnation 425-333-4152
 North Bend 425-888-3434
 Washington Law Help 206-623-2551

MEDICAL SERVICES

Bastyr Naturopathic Clinic at Sno-Valley Senior Center, 425-333-4152
 Care Net Pregnancy & Family Services 425-837-3643
 Carepoint (free medical care @ SVA church) 425-478-6627
 Community Health Access Program (CHAP) 800-756-5437
 Department of Social and Health Services 800-337-1835
 TTY service 888-833-4191
 Diabetes Association 800-628-8808
 Eastgate Public Health Center 800-244-4512
 Encompass: Pediatric Therapy 425-888-3347
 (Including speech, occupational, and physical)
 Evergreen Care Network 425-899-3200
 Evergreen Hospital 425-899-1000
 HealthPoint 425-882-1697
 Meadowbrook Clinic and Urgent Care 425-831-2380
 National AIDS Hotline 800-342-2437
 North Bend Family Clinic 425-888-5511
 Free walk-ins, teen clinic, family planning 206-296-9814
 Overlake Clinic 425-747-1050
 Overlake Hospital 425-688-5000
 Planned Parenthood, Issaquah 425-369-0301
 Providence Marionwood Nursing Facility 425-391-2800
 Sno-Valley Healthy Start (teen parents to age 21) 425-831-5543
 Snoqualmie Valley Hospital & Clinics 425-831-2300
 Snoqualmie Ridge Medical Clinic 425-396-7682
 Snoqualmie Valley Clinic 425-888-2299
 Swedish Physicians Snoqualmie Clinic 425-888-2016
 Teen Clinic 206-477-8000
 Tolt Family Clinic (Snoqualmie Tribe) 425-333-6924
 Valley Clinic, Carnation 425-788-4889
 Washington Basic Health Plan 800-826-2444
 Women, Infants, Children, schedule appointment 800-562-2956

SENIOR SERVICES

Adult Protective Services 866-END HARM 866-363-4276
 Caregivers Support, Mt. Si Senior Center 425-888-3434
 Eastside Friends of Seniors 425-369-9120
 Elder and Adult Day Services, Mt. Si Senior Center 425-213-9447
 Encompass Kinship Care Support 425-888-2777
 Evergreen Care Network 425-899-3200
 Interfaith Volunteer Caregivers 425-391-2817
 Long-Term Care Ombudsman Program 800-562-6028
 (Info & Complaint line for people in LTC facilities)

SENIOR SERVICES CONT.

Meals on Wheels	888-308-6325
Regency – North Bend	425-888-2129
Mt. Si Senior Center	425-888-3434
Senior Information and Referral	888-435-3377
SHIBA (Statewide Health Insurance Advisors)	800-562-6900
Sno Valley Senior Center	425-333-4152
Adult Day Health, The Old Friends' Club (Carnation)	425-681-9776
AntiCoagulation Clinic Sno-Valley Senior Center	425-333-4152
Volunteer Outreach Program for Homebound Seniors	425-333-4152

SUICIDE INTERVENTION

King County Crisis Clinic (24/7)	206-461-3222
National Suicide Prevention Lifeline	800-273-TALK
National Youth Crisis Hotline	800-273-8255
Suicide Hotline	800 784-2433

TRANSPORTATION

Access/Metro	206-205-5000
DART (Metro Dial-a-Ride)	866-261-3278
DSHS Medical Coupon Transportation	800-923-7433
Hopelink: Medicaid transportation	800-923-7433
To Learn about Travel Programs	425-943-6760
Hyde Shuttle Services	425-333-4009
Metro Rider Info (TTY)	800-246-1646
Salvation Army (gas, food, vouchers)	
Kym Smith, North Bend PD	425-888-4433
Becky Kemp, Snoqualmie PD	425-888-3333
North Bend Community Church	425-888-2711
Snoqualmie Valley Transportation	425-888-7001
Senior Services Volunteer Ride (Medical for Seniors)	800-282-5815

VETERANS SERVICES

American Legion Carnation	206-225-5369.
American Legion Snoqualmie	425-888-1206
King County Veterans Services	877-904-8387
Valley Veterans Services	206-612-2816
U.S. Department of Veterans Affairs	800-827-1000
VA Crisis Line	800-273-8255 dial 1

VICTIMS SERVICES

Address Confidentiality Program	800-822-1065
Adult Protective Services	206-341-7750
Child Protective Services	800-962-0073
Children's Response Center	425-688-5130
Lifewire	425-746-1940
King County Sexual Assault Resource Center	888-998-6423
Snoqualmie Tribe	425-333-5425
Washington Domestic Violence/Shelter Line (24 hrs)	800-562-6025

VOLUNTEER OPPORTUNITIES:

Please visit www.SnoValleyVolunteerMatch.org

YOUTH AND FAMILY SERVICES

Child Care Resources	206-329-1011
Encompass	425-888-2777
Friends of Youth (shelter, foster care, parent support, counseling)	
Duvall	425-844-9669
Issaquah	425-392-6367
North Bend	425-292-0743
Si View Park District	425-831-1900
Sound Mental Health Snoqualmie	206 302 2300
TeenLink 6pm-10pm (teen-to-teen)	888-431-8336
The Trail Youth (mentorship, leadership development, connections)	425-635-9535

CRISIS / EMERGENCY SERVICES**Fire, Police & Medical Emergency**

911

Alcohol & Drug 24-Hour Help Line

206-722-3700

24-Hour Crisis Line

866-4-CRISIS, 866-427-4747, or 206-461-3222

Email: support@ADHL.org

National Suicide Prevention Lifeline (24-hour)

800-273-8255

Poison Center

800-222-1222

Red Cross

800-462-9029

Teen Link

(Teen-to-Teen, 6pm-10pm)

866-833-6546

Teen Safe Place

Teens text the word "safe" and your current location (street, city, state) to: 69866 or 888-290-7233 for immediate help. Within seconds you will receive a text with the closest Safe Place location.

King County 2-1-1

(M-F, 8am - 6pm)

Information & Referral for Health and Social Services in King County including: food, shelter, housing, rent and utility assistance, legal assistance, governmental assistance programs, healthcare, employment, education, and family support programs.

Dial 2-1-1 or 206-461-3210, TDD 206-461-3219

QUICK RESOURCE GUIDE

Health & Human Services available in the Snoqualmie Valley



For the most current version of the Quick Resource Guide including website information visit:

SnoqualmieValleyCommunityNetwork.org/ResourceGuide

This Guide is Published by the Snoqualmie Valley Healthy Community Coalition and the Snoqualmie Valley Community Network
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