

**EMERGENCY FOOD, RENT, AND UTILITY ASSISTANCE:****WA State's COVID-19 website:**

<https://coronavirus.wa.gov/you-and-your-family#foodhousing>

Statewide Food Map: <https://foodlifeline.org/need-food/>**Women, Infant and Child Nutrition Program (WIC):**

1-800-322-2588; text "WIC" to 96859; <https://www.doh.wa.gov/youandyourfamily/wic>

Supplemental Nutrition Assistance Program (SNAP)

Enrollment: 1-877-501-2233;

<https://www.washingtonconnection.org/home/>

Call 2-1-1 or text ZIP code to 877-211-9274

GENDER-BASED VIOLENCE, VIOLENCE AGAINST CHILDREN, AND HUMAN TRAFFICKING:**National Domestic Violence**

Hotline: 1-800-799-7233 / TTY 1-800-787-3224; text "LOVEIS" to 22522; <https://www.thehotline.org/>

Children's Administration/Child

Protective Services (CPS) Hotline: 1-866-ENDHARM (1-866-363-4276), 24-hour, 7 day-a-week hotline for suspected child abuse (including physical, emotional, and sexual abuse) or neglect

API Chaya: Empowers survivors of Gender-Based Violence and Human trafficking to gain safety, connection and wellness: 1-877-922-4292 /206-325-0325, Monday-Friday 10am-4pm; <https://www.apichaya.org/>

UNEMPLOYMENT BENEFITS:**WA State Employment Security Department:**

<https://esd.wa.gov/unemployment>

Worker resources:

<https://www.wslc.org/covid-19/>

HEALTHCARE:**COVID-19 health resources:**

1-800-525-0127, for interpretative services, press # when they answer and say your language; <https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/HealthEducation>

Washington Health Plan Finder:

<https://www.wahealthplanfinder.org>

Apple Health (Medicaid):

<https://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage>

Asian and Pacific Islander American Health Forum:

<http://bit.ly/AANHPI-COVID19-Resources>

MENTAL HEALTH, CRISIS SUPPORT, AND ADDICTION SERVICES:**National 24hr crisis hotline**

(suicide prevention): 1-800-273-TALK (8255); text 741741 to hotline number

National Alliance on Mental Illness Washington:

text "NAMI" to 741741; <http://www.namiwa.org/>

SAMHSA National Helpline:

1-800-662-HELP (24/7/365 Treatment Referral Information Service)

National Institute on Drug abuse resources:

<https://www.drugabuse.gov/related-topics/covid-19-resources>

IMMIGRANT RIGHTS AND PROTECTION:**Northwest Immigrant Rights Project:**

for the Seattle area, call 206-587-4009 or 800-445-5771; <https://www.nwirp.org/resources/community-information/>
Protecting Immigrant Families:
<https://protectingimmigrantfamilies.org/know-your-rights/>

REPORTING DISCRIMINATION AND HATE CRIMES:

WA State Human Rights Commission: <https://www.hum.wa.gov/file-complaint>

WA State Commission on Asian Pacific American Affairs:
<https://capaa.wa.gov/resources/report-hate-discrimination/>

SERVICES FOR SENIORS AND PEOPLE WITH DISABILITIES:**Washington Community Living**

Connections: 1-855-567-0252;

<https://www.washingtoncommunitylivingconnections.org/consite/index.php>

AARP Washington: <https://states.aarp.org/washington/information-for-washingtonians-during-covid-19-outbreak>

This is a sample set of emergency resources available and does not represent a full list of services.

