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:
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:

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:

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

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