

SNOHOMISH COUNTY HUMAN AND SOCIAL SERVICES

Mental Health/Personal Counseling

**2-1-1 is the first point of contact for mental health services in Snohomish*

Community Resources

- *Volunteers of America Western Washington*
425-259-3191 (24hr Crisis Care Response)
 - *Catholic Community Services:* 425-257-2111
 - *Compass Health:* Everett, Lynwood, Marysville, Monroe, Smokey Point and Snohomish locations:
425-349-6200
 - *Snohomish County Family Center:* 425-374-6358
 - *County Designated Mental Health Professional:*
425-584-3578
 - *See Mar Counseling & Social Services:* 425-347-5415
- *Spanish Translators available*

***For a Mental Health Provider list:**

http://www.nsmha.org/Consumer_Services/Providers/Default.htm

National Alliance on Mental Illness Support Groups:

- *NAMI Family and Friends Mental Health and Spiritual Support Group for Snohomish County*
This group is for individuals who wish to share their life experiences, spirituality, and coping skills in living with a mental illness. This *interfaith* group is open to caregivers and those living with a mental illness, including family members and loved ones. This group meets on the **1st and 3rd Tuesdays of each month from 7pm–8:30pm.** North Sound Church, 404 Bell St. Edmonds WA. Contact Ronn Larpenteur at 206-679-8892 or ronnlarpenteur@msn.com.

- *Family Support Group*
 A group for family and friends of individuals with mental illness, who provide support and hope through a collective group exchange. The group is facilitated by trained family member peers. Meets monthly on the **second Monday from 7:30 to 9pm** at Mountain View Presbyterian Church, 5115 100th St., NE, Marysville, WA, 98270-2022. Contact Wendy Anderson at (206) 790-0162 or Email: wendyha@isomedia.com.

- *Family/Friends of the Incarcerated Support Group*
 Family members and friends (teenagers or older) of those currently incarcerated at the Snohomish County Jail are welcome to participate. **6pm on the 4th Thursday of the month** (starting January 22) at Snohomish County PUD, Room TC-2A, 2320 California St., Everett, WA 9820-Room TC-2A. For more information, contact NAMI of Snohomish County at (425) 339-3620

Health Care Services

*Planned Parenthood at Everett Health Center
 1509 32nd Street. Everett, WA 98201
 Phone Number: 800-769-0045*

Planned Parenthood offers the following services

- Abortion Services, Birth Control, General Health Care, HIV Testing, Men’s Health Care, Contraception, Pregnancy Testing & Services, STD Testing, Treatment & Vaccines & Women’s Health Care

Adult Alcohol and Drug Resources

Catholic Community Services Recovery Center:

- *Everett: 425-258-5270*
- *Marysville: 360-651-2366*

Evergreen Manor:

- *Everett: 425-493-5310*
 - *Lynnwood: 425-248-4900*
 - *Detoxification Services: 425-258-3255*
- Therapeutic Health Services Outpatient:*
- *Everett: 425-347-5121*

Domestic Violence Resources

Shelters

Domestic Violence Services of Snohomish County

- Offers temporary shelter services in emergency situations, call 425-252-2873(24 hour hotline)

YWCA Housing and Shelter for Snohomish County

- Offers various types of housing for women and their children, call 425-258-2766.

Toll Free Hotlines

*Free of charge, and available 24/7

- *CARE Crisis Line: 800-584-3578 or 425-258-4357*
- *Eastside Domestic Violence Program: 800-827-8840*
- *National Domestic Violence Hotline: 800-799-SAFE (800-799-7233)*
- *Providence Sexual Assault Center: 425-252-4800*
- *Washington State Domestic Violence Hotline: 800-562-6025*

Child Abuse Resources

Hotlines

- *866-ENDHARM (866-363-4276)*
- *Daytime: Local Child Protective Services 866-829-2153 Nights and Weekends: 800-562-5624 TTY Callers: 800-624-6186*
- *Compass Health Children's Advocacy Program- 425-349-7300*

Resources for Veterans'

- *Crisis Hotline: 800-273-8255*
- **Regional Assistance**
 - *Everett Vets Centers: 425-252-9701*
 - *VA Medical Center: 800-329-8387*
 - *Snohomish County Veterans Assistance Program: 425-388-7255*

Resources for Specific Needs:

- *VA Alcohol and Drug Intake: 206-277-3600*
- *VA Disability Claims(Rene Taculad): 425-304-1223*
- *VA Disability Claims (NABVETS): 425-218-0034*
- *VA Healthcare for Homeless Veterans: 206-746-2007, ext. 61551*
- *Work Source Veterans Program: 425-258-6322*
- *Other Housing, Food and Shelter Assistance: 2-1-*
- *For Veterans' Fund Eligibility Information: 425-388-7255*

Housing, Food and Community Resources

Volunteers of America Western Washington 425-259-3191

- *Services Offered: Care Crisis Response Services, Personal Support Services, Dispute Resolution Services, Child & Youth Services, Food & Bank Resources, Housing*

Food Pantries

- *VOA Everett Food Bank: 425-259-3191 (Open Monday-Thursday from 9am-11: 45am, and again 12:30pm-3:00PM)*
- *Everett United Church of Christ Food Pantry: 425-252-*

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(Open last two Mondays of the month, excluding holidays from 9:30am to 12:30pm)

- *Snohomish Food Bank*: 360-568-7993
- *Marysville Food Bank*: 658-1054

Housing Authority of Snohomish County (Everett)

425: 290-8499

Food Help: 1-877-501-2233