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 32\(^{nd}\) 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-
7224
(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