

**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 / MAINENANCE 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	425-333-4125
Volunteer Outreach Program for Homebound Seniors	425-333-4125

**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](http://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	425-888-4151
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](mailto: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](http://SnoqualmieValleyCommunityNetwork.org/ResourceGuide)

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