

WHO TO CALL FOR ASSISTANCE

2-1-1 is the phone number to call for health and human service information and referrals and other assistance such as housing, legal, emergency food and financial assistance, material goods, health services, employment, mental health and substance abuse services, transportation plus more. All information is also available on their website: <http://win211.org>. **8:00 AM to 6:00 PM Mon-Fri.**

Senior Information and Assistance: a one-stop portal to more than 2000 services. Advocates help callers understand the best solution for their situation. A resource for people 60 and older or disabled of any age and those caring for them. **206 448-3110, 8:00 AM to 6:00 PM Monday-Friday.** www.seniorservices.org

Report Abuse of Child or Adult: 1 866-363-4276.

Transportation: Hyde Shuttle is a free bus service that operates Monday through Friday in Shoreline and Lake Forest Park as a local circulator. Call at least a day in advance to schedule pickup and return trip. Available to disabled and anyone 55 and older. No application required. Bus makes trips outside Shoreline and Lake Forest Park to Northgate area for medical appointments only or to bring residents of North Seattle to the Shoreline Lake Forest Park Senior Center and back. **206 727-6262.**

Minor Home Repair, low cost home repairs for carpentry, electrical and plumbing for eligible Shoreline homeowners of all ages. **206-448-5751.**

Major Home Repair, deferred interest loans and emergency grant program administered by King County for eligible homeowners. Accessibility improvements for disabled. **206 263-9095**

Financial Counseling: Apprisen Financial Advocates: A non-profit service agency providing comprehensive financial counseling, debt management and HUD certified housing counseling. Also provides courses on managing personal finances. **1-800 255-2227, www.apprisen.com.** Hopelink, (see below) also provides financial education.

Emergency Food, Utility or Financial Assistance

Hopelink, **206 440-7300, www.hope-link.org** (food and financial assistance)

St Vincent de Paul **206 447-9944** (financial assistance)

Shoreline Community Cares 206 517-0373 (financial assistance)

Seattle City Light, (206) 684-3000, www.seattle.gov/light/accounts/assistance (utility bills)

King County Veterans Program (206) 296-7656 (Need DD 214 to apply, financial assistance)

OVER

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Self Help Legal Services and Information: www.washingtonlawhelp.org. Free legal assistance for a non-criminal matter is available by calling 2-1-1. Services listed by categories.

Geriatric Crisis Services, free, comprehensive psychiatric, medical, social and functional assessments of people 60 and older who appear vulnerable, at-risk or are experiencing a crisis, **425 899-6300**. Response is within three business days. Goal is to stabilize and connect person with needed assistance.

Homeless Services –

Hopelink Kenmore Family Shelter **206 -292-8037**. For list of other shelters call 2-1-1.

Bridges Program- outreach to people who are homeless and experiencing a mental health and or substance abuse problem and are not connected to services. Administered by Valley Cities Counseling and Consultation **(206) 407-5569**. Goal is to connect person to services.

POPY's Café, free community meal 5:00 PM Wednesday's, Prince of Peace Lutheran Church, 20th NE and 145th NE.

Mental Health and Substance Abuse Treatment (Service agencies located within Shoreline)

Center for Human Services: individual and group counseling, sliding scale, **(206) 362-7282**

Therapeutic Health Services: provides opiate substitution therapy under medical supervision, plus a full range of mental health and substance abuse treatment services. **(206) 546-9766**.

Domestic Violence: *New Beginnings*, a nonprofit agency, provides services to those whose lives have been affected by domestic violence - physical, emotional, or sexual abuse. A resource for those in physical danger and or living with a controlling partner in an emotionally abusive relationship. **(206) 522-9772 24 hour line**.