

## SOUTH SNOHOMISH COUNTY SERVICES GUIDE– Updated 1/2022

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A. COVID Specific Resources		
Washington 2-1-1	Information or answers to your questions and concerns re: coronavirus	Call: 800-525-0127 or text <i>Coronavirus</i> to 211-211
Snohomish HD	Sign up for up-to-date health alerts/information. Línea telefónica COVID-19 del condado de Snohomish: 425-388-7120	Phone: 425-339-5278 Webpage: <a href="http://www.snohd.org">www.snohd.org</a>
CDC	Center for Disease Control (multiple languages)	<a href="https://www.cdc.gov/">Centers for Disease Control and Prevention</a>
Snohomish County Resource Portal	Maps and links to community resources: healthcare access, food locations, childcare locations, rental assistance, donations, and more. <a href="#">Snohomish County COVID-19 Response &amp; Community Resource Hub</a>	Phone: 425-388-3944 Webpage: <a href="https://tinyurl.com/SnoCoCOVIDHUB">https://tinyurl.com/SnoCoCOVIDHUB</a>
WA Law Help	Resources related to COVID, housing, family, public benefits, health care	Webpage: <a href="http://www.washingtonlawhelp.org">www.washingtonlawhelp.org</a>
Lynnwood Connects	Check-in program aimed at helping members of the community stay socially connected. Provided in 7 languages.	Phone: 425-670-5035 Webpage: <a href="http://lynnwoodwa.gov">lynnwoodwa.gov</a>

B. Food		
Washington 2-1-1	Information regarding food access and other community resources in the county including rental assistance, utility discounts and more.	Phone: 211 Webpage: <a href="http://www.WA211.org">www.WA211.org</a>
Foodbank Coalition	List of foodbanks in Snohomish County. <a href="#">Food Locations Map</a> <a href="#">Bus Service to Food Banks</a>	<a href="http://www.snohomishcountyfoodbankcoalition.org">www.snohomishcountyfoodbankcoalition.org</a>
Homage	Meals on Wheels. Other Senior related nutritional resources.	Phone: 425-513-1900 Webpage: <a href="http://www.homage.org/nutrition/dining-sites">www.homage.org/nutrition/dining-sites</a>
Edmonds	Address: 828 Casper St, Edmonds Hours: Monday 3:00-6:00pm; Tuesday 9am-12pm	Phone: 425-778-5833 Website: <a href="http://edmondsfoodbank.org">edmondsfoodbank.org</a>
Edmonds (Senior Center)	Address: 220 Railroad AVE, Edmonds Hours: Monday through Friday 11:00am - 2:00pm	Phone: 425-774-5555 Webpage: <a href="http://www.homage.org/nutrition/dining-sites">www.homage.org/nutrition/dining-sites</a>
Lynnwood (Food Pantry)	Address: VOA drive through food pantry at 6215 196 <sup>th</sup> ST SW, Lynnwood Hours: Every Thursday from 11a-2pm	Webpage: <a href="mailto:idonovan@voaww.org">idonovan@voaww.org</a>
Lynnwood (City)	Address: 5320 176 <sup>th</sup> ST SW, Lynnwood Hours: Wednesdays 11a-5p and Fridays 10a-1pm	Phone: 425-745-1635 Webpage: <a href="http://www.lynnwoodfoodbank.org">www.lynnwoodfoodbank.org</a>
Lynnwood (Trinity Lutheran)	Address: 6215 196 <sup>th</sup> ST SW, Lynnwood Hours: Thursdays 11:00am-2:00pm	Phone: 425-212-3218 Webpage: <a href="mailto:office@trinitylutheranchurch.com">office@trinitylutheranchurch.com</a>
Lynnwood (Senior Center)	Address: Multicultural Senior Center 5026 196 <sup>th</sup> ST SW, Lynnwood Hours: Tuesdays – Friday, 12:00pm	Phone: 425-347-1229 Website: <a href="http://www.homage.org/nutrition/dining-sites">www.homage.org/nutrition/dining-sites</a>

MLT (Concern Neighbors)	Address: 4700 228 <sup>th</sup> ST SW, Mountlake Terrace Hours: Tuesday's 9:30am-11:30am	Phone: 425-778-7227 Webpage: <a href="https://www.concern4neighborsfb.org/">https://www.concern4neighborsfb.org/</a>
MLT (Senior Meals)	Address: Creekside Church 7011 226 <sup>th</sup> PL SW, MLT Hours: Tuesdays at 5:00pm. Drive up meal service.	Webpage: <a href="http://www.homage.org/nutrition/dining-sites">www.homage.org/nutrition/dining-sites</a>
MLT (Calvary Church)	Address: 23302 56 <sup>th</sup> AVE W, MLT Hours: Thursdays from 10-12:00pm	Phone: 206-883-5132 Website: <a href="https://calvary.online/food-pantry">https://calvary.online/food-pantry</a>
MLT (Senior Center)	Address: 23000 Lakeview Drive, MLT Hours: Tuesday & Friday, 12:00pm	Phone: 425-672-2407 Webpage: <a href="http://www.mltseniorcenter.net">www.mltseniorcenter.net</a>
Mukilteo Foodbank	Address: 5824 84 <sup>th</sup> ST SW, Mukilteo Hours: Second & fourth Monday 3-5pm/second and fourth Tues 9-10:30am	Phone: 425-366-8229 Website: <a href="http://www.legacy.mukilteofoodbank.org">www.legacy.mukilteofoodbank.org</a>
Catholic Community Services	Diapers, wipes, and baby formula. While supplies last.	Phone: 425-259-3191 (South Everett - VOA) Phone: 206-487-2414 (MLT – St Pius X Church)
<b>Grocery Store Delivery Options</b>		
Albertsons/Safeway	Pick up or delivery	Webpage: <a href="http://safeway.com">safeway.com</a>
Fred Meyer	Pick up	Webpage: <a href="http://FredMeyer.com">FredMeyer.com</a>
Walmart	Pick up	Webpage: <a href="http://walmart.com/grocery">walmart.com/grocery</a>
Amazon	Free delivery over \$25	Webpage: <a href="http://Amazon Delivery">Amazon Delivery</a>
Costco	Groceries delivered same day	Phone: 425-697-1062 Webpage: <a href="https://www.costco.com/logon-instacart">https://www.costco.com/logon-instacart</a>
Target	Pick up	Phone: 425-670-1435 Webpage: <a href="http://www.target.com">www.target.com</a>
Whole Foods	Grocery delivery and pick up	Phone: 425-775-1320 Website: <a href="http://www.wholefoodsmarket.com">www.wholefoodsmarket.com</a>
Pet Food	Multiple Snohomish County locations	Webpage: <a href="#">full list</a>

School District (SD) Meal Distribution Program		
SNAP Program	Applications in multiple languages.	Webpage: <a href="#">Basic Food Benefits</a>
Everett SD	Apply for the Free and Reduced-Price Meal Program at any time during the school year	Phone: 425-385-4380 Webpage: <a href="http://www.everettsd.org/page/31175">www.everettsd.org/page/31175</a>
Edmonds SD	Apply for the Free and Reduced-Price Meal Program at any time during the school year	Phone: 425-431-7228 Webpage: <a href="http://www.edmonds.wednet.edu">www.edmonds.wednet.edu</a>
Monroe SD	Apply for the Free and Reduced-Price Meal Program at any time during the school year	Phone: 360-804-2599 Webpage: <a href="http://www.monroe.wednet.edu">www.monroe.wednet.edu</a>
Mukilteo SD	Apply for the Free and Reduced-Price Meal Program at any time during the school year	Phone: 425-356-1212 Webpage: <a href="http://www.mukilteoschools.org">www.mukilteoschools.org</a>
Snohomish SD	Students must complete an online application to be eligible for free or reduced meals	Phone: 360-563-7314 Webpage: <a href="http://www.sno.wednet.edu">www.sno.wednet.edu</a>

C. Pharmacy		
Axis	Accepts Medicaid and Medicare Part D	Phone: #425-672-5800 Webpage: <a href="https://www.axispharmacynw.com/">https://www.axispharmacynw.com/</a>
CVS [Target]	Order, free delivery within 24-48 hours (by mail)	Phone: 425-670-1435 Webpage: <a href="https://www.cvs.com/content/delivery">https://www.cvs.com/content/delivery</a>
Costco	Pick up and mail order options	Phone: #800-607-6861 Webpage: <a href="https://www.costco.com">Costco.com</a>
Bartell's	Drive through pick up; mail order at select locations	Phone: #425-743-1136 Webpage: <a href="https://www.bartelldrugs.com/delivery/">https://www.bartelldrugs.com/delivery/</a>
Kaiser Permanente	Pick up and mail order options	Phone: #800-245-7979 Webpage: <a href="https://www.kaiserpermanente.org">KaiserPermanente.org</a>
Safeway	Pickup and delivery options	Phone: 425-670-9723 Webpage: <a href="https://www.safeway.com">Safeway.com</a>
Amazon Pill Pack	Call to and to transfer prescriptions	Phone: #1-855-745-5725 Webpage: <a href="https://www.pillpack.com">pillpack.com</a>
Walgreens	Free service calls your local store to check availability and insurance coverage	Phone: 425-741-4302 Webpage: <a href="https://www.walgreens.com">Walgreens.com</a>

D. Housing		
Mortgage Relief	Call your lender right away to work out details.	Phone: 877-894-HOME Webpage: <a href="https://www.fhfa.gov">fhfa.gov</a>
Rental Assistance	Communities of Color Coalition offers up to 12 months of rent assistance. Espanol assistance.	Phone: 206-468-0501 Email: <a href="mailto:covid19@c3coalition.org">covid19@c3coalition.org</a>
Rental Assistance	Programs designed to prevent homelessness and assistance in negotiating payment arrangements with landlords.	Phone: 425-259-3191 Webpage: <a href="https://www.voaww.org">voaww.org</a>
Cocoon House	Serving homeless youth.	Email: <a href="mailto:Dylan.tipps@cocoonhouse.org">Dylan.tipps@cocoonhouse.org</a>
Interfaith Resources	Homeless to housing for families. Rental Assistance.	Webpage: <a href="https://www.interfaithwa.org">www.interfaithwa.org</a>
Shelter	Need help with housing? Visit the listed webpage for a list of services in Snohomish County.	Phone: 2-1-1 or 425-290-8499 Webpage: <a href="https://www.housingandcommunityservices.org">Housing-and-Community-Services</a>

E. Medical		
Dispatch Health	Get quality care in the comfort of your home. Can treat everything that an urgent care can. <a href="https://www.dispatchhealth.com">What We Treat   DispatchHealth</a> Accepts most insurance	Phone: 888-908-0553 Webpage: <a href="https://www.dispatchhealth.com">www.dispatchhealth.com</a>
Swedish Edmonds	Online physician appointment, covered by most insurances	Phone: 425-640-4000 Webpage: <a href="https://www.virtual.swedish.org">www.virtual.swedish.org</a>
Providence Everett	Online physician appointment, covered by most insurances	Phone: 425-261-2000 Webpage: <a href="https://www.virtual.providence.org">www.virtual.providence.org</a>
Community Health	Nurse Advice Line	Phone: #1-866-418-2920
Everett Clinic	Online physician appointment, covered by most insurances	Phone: #425-257-1400 Webpage: <a href="https://www.everettclinic.com">www.everettclinic.com</a>

Medical Insurance	Find out if eligible for free coverage through Washington Apple Health.	Webpage: <a href="http://www.Healthplanfinder.org">www.Healthplanfinder.org</a>
Multi-Care	Online physician appointment	Webpage: <a href="https://www.multicare.org/virtualcare/">https://www.multicare.org/virtualcare/</a>
South County Fire Paramedics	Community Resource Paramedic (CRP) Program can help provide support to you and/or your family by directing you to services	Phone: 425-551-1239 Webpage: <a href="http://www.southsnofire.org">http://www.southsnofire.org</a>

F. Mental Health		
Distress Helpline	Talk to someone to help relieve the stress. Confidential	Phone: #1-800-985-5990 text <i>TalkwithUs</i> to 66746
Crisis Line -- VOA	Free and confidential chats for Snohomish & Whatcom Counties	Phone: #800-584-3578 Webpage: <a href="http://www.imhurting.org">www.imhurting.org</a>
Suicide Prevention	Confidential National Hotline open 24/7/365 for all ages	Phone: #1-800-273-8255 Webpage: <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
Catholic Comm.	Mental health counseling	Phone: 425-257-2111
Distress Helpline	Free, confidential hotline	Phone: 800-985-5990 or text TalkWithUs to 66746
Crisis Line	Free, confidential hotline	Text: HOME to 741741 Phone: 866-427-4747
Domestic Violence	Free local resources for those who need help	Phone: #425-25-ABUSE (425-252-2873) Webpage: <a href="https://dvs-sno.co.org/">https://dvs-sno.co.org/</a>
Mental Health America	Support for all members of the community to include financial, mental, acts of violence, etc. Open to all members of the community	Webpage: MHA's <a href="#">webpage</a>
WA Recovery Help	Substance use, problem gambling, and mental health challenges	Webpage: <a href="#">Washington Recovery Helpline</a>
Caregiver Help	A support team is staffed 11a-10p	Phone: 855-227-3640
Emotional Support	Open 24 hours a day, 7 days a week	Phone: #1-866-342-6892
YWCA Shelter	Confidential Hotline	Phone: #206-461-4882 Webpage: <a href="https://www.ywcaworks.org/">https://www.ywcaworks.org/</a>
Veterans Crisis Line	24-hour help for services members and their families	Phone: #800-273-8255 Webpage: <a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a>
LGBTQ Youth Suicide Line	24-hr confidential suicide hotline	Phone: 866-488-7386 or text START to 678678
Trans Lifeline	A peer support service run by trans people, for trans people	Phone: 877-565-8860
ARC of Snohomish County	Resources for those with developmental disabilities and their families	Phone: 425-258-2459 Webpage: <a href="https://www.arcsno.org">https://www.arcsno.org</a>
SnoCo Crisis	Crisis responder are available 24/7. Free, confidential service	Phone: 425-388-7215 Webpage: <a href="http://snohomishcountywa.gov">snohomishcountywa.gov</a>
Apple Health Crisis	Free tools for subscribers to include stress & anxiety support (Medicaid)	Phone: 800-584-3578
Therapeutic Health Services (THS)	Staff provide culturally sensitive individual, family and group counseling and youth mental health treatment. Care Crisis Line <a href="tel:1-800-584-3578">1-800-584-3578</a>	Phone: 425-347-5121 Website: <a href="https://ths-wa.org/youth-programs/">https://ths-wa.org/youth-programs/</a>
UW Psychiatry	UW Medicine has expanded a statewide psychiatric consultation service to 24/7 designed for healthcare providers caring for adults with behavioral health problems. No fee	Phone: #877-927-7924 Webpage: <a href="http://uwpsychiatry.org/pcl">uwpsychiatry.org/pcl</a> Email: <a href="mailto:PCLWA@uw.edu">PCLWA@uw.edu</a>

G. Utilities		
Low Income Assistance Program	The <a href="#">Low-Income Home Energy Assistance Program (LIHEAP)</a> makes energy payment assistance available to residents of Washington through a network of community action agencies and local municipalities	Phone: 360-725-2857 Webpage: <a href="#">LIHEAP page</a> Email: <a href="mailto:LIHEAP@commerce.wa.gov">LIHEAP@commerce.wa.gov</a>
Snohomish County Energy Assistance	if you have received an overdue bill and/or disconnect notice, you will not be shut off – call immediately.	Phone: 425-388-3880 Webpage: Energy Assistance's <a href="#">webpage</a>
Snohomish County PUD	PUD will not disconnect customers for late payment at this time but advises customers to continue regular payments to avoid falling behind	Phone: #425-783-1000 Webpage: <a href="http://snopud.com">snopud.com</a>
PSE Natural Gas	PSE will work with our customers on options such as payment plans. Apply for a 1-time bill credit (up to \$1000). Learn more at PSE's <a href="#">FAQ page</a>	Phone: 888-225-5773 Webpage: <a href="http://www.pse.com">www.pse.com</a>
MLT Water/Sewer	Contact for payment arrangements	Phone: #425-744-6214

H. Phone/Internet	
Community Health Plan	<a href="https://www.chpw.org/for-members/member-center/featured">https://www.chpw.org/for-members/member-center/featured</a> Free phones for those who qualify
Sprint	<a href="https://www.sprint.com/en/landings/covid-19.html">https://www.sprint.com/en/landings/covid-19.html</a> Free next day shipping, no activation fees
Lifeline	<a href="http://www.freegovernmentcellphones.net/states/washington-government-cell-phone-providers">http://www.freegovernmentcellphones.net/states/washington-government-cell-phone-providers</a>
Access Wireless	<a href="https://www.freegovernmentcellphones.net/free-cell-phone-providers/access-wireless">https://www.freegovernmentcellphones.net/free-cell-phone-providers/access-wireless</a>
Assurance Wireless	<a href="https://www.assurancewireless.com">https://www.assurancewireless.com</a>
Budget Mobile	<a href="https://www.freegovernmentcellphones.net/free-cell-phone-providers/budget-mobile">https://www.freegovernmentcellphones.net/free-cell-phone-providers/budget-mobile</a>
enTouch Wireless	<a href="https://www.entouchwireless.com/states/washington-lifeline-free-phone-service">https://www.entouchwireless.com/states/washington-lifeline-free-phone-service</a>
Kroger Wireless	<a href="https://krogerwireless.com/wireless-rewards">https://krogerwireless.com/wireless-rewards</a>
Life Wireless	<a href="https://www.freegovernmentcellphones.net/free-cell-phone-providers/life-wireless">https://www.freegovernmentcellphones.net/free-cell-phone-providers/life-wireless</a>
Q Link Wireless	<a href="https://qlinkwireless.com/">https://qlinkwireless.com/</a>
Safe Link	<a href="https://www.safelink.com/wps/portal/home/h/tandc">https://www.safelink.com/wps/portal/home/h/tandc</a>
Solix/Assurance Wireless	<a href="http://www.assurancewireless.com/public/moreprograms.aspx">http://www.assurancewireless.com/public/moreprograms.aspx</a>
Tag Mobile	<a href="https://www.tagmobile.com">https://www.tagmobile.com</a>
YourTel America	<a href="https://www.freegovernmentcellphones.net/free-cell-phone-providers/yourtel-wireless">https://www.freegovernmentcellphones.net/free-cell-phone-providers/yourtel-wireless</a>
Lifeline is available to eligible low-income consumers in every state, commonwealth, territory, and on Tribal lands. Limit 1 per household. Choose from a landline or a cell phone. The following companies participate Call: #855-282-2740 or <a href="https://www.assurancewireless.com/lifeline-services/what-lifeline">https://www.assurancewireless.com/lifeline-services/what-lifeline</a>	

I. Transportation		
Find A Ride	List of local ride services to include Community Transit (Dial-a-ride)	Webpage: <a href="http://www.findaride.org">www.findaride.org</a>
Dial-A-Ride (DART)	Call ahead service. Power wheelchair friendly	Phone: 425-347-5912
Everett (Para)transit	Call ahead service. Foldable wheelchair friendly. Discounts	Phone: 425-257-8801
Homage	Call ahead service. Foldable wheelchair friendly. Discounts	Phone: 425-740-3797
Homage	Call ahead service. Power wheelchair friendly	Phone: 425-423-8517

J. Misc.		
Hygiene Station	Shower + services. Mobile laundry coming soon. Behind Sprouts at 67 <sup>th</sup> & 196 <sup>th</sup> in Lynnwood	
Hygiene Station	Showers, hygiene kits. YMCA 2720 Rockefeller AVE Everett	Phone: 425-285-7700
Catholic Community Services	Diapers, wipes and baby formula	Phone: 425-259-3191 (South Everett - VOA) Phone: 206-487-2414 (MLT – St Pius X Church)
Verdant Health	Provides resources and support for the health and well-being of our community	Phone: #425-582-8600 Webpage: <a href="https://verdanthealth.org">https://verdanthealth.org</a>
Hand in Hand	Children and families in crisis [food, clothes, temporary housing, diapers, and other services]	Phone: #425-374-3400 Webpage: <a href="http://www.handinhandkids.org">www.handinhandkids.org</a>
Volunteers of America	Diapers, wipes, toiletries, shoes, and clothing assistance	Phone: 425-259-3191 Webpage: <a href="https://www.voaww.org/acrc">https://www.voaww.org/acrc</a>
ChildStrive	Assistance for Snohomish County households needing assistance with housing, healthcare, food, transportation, education and legal advice	Phone: 425-530-8907 Email: <a href="mailto:jazmin.lopezibarra@childstrive.org">jazmin.lopezibarra@childstrive.org</a>
Unemployment	M-F from 8a-4p or visit	Phone: #800-318-6022 Webpage: <a href="https://esd.wa.gov">https://esd.wa.gov</a>
Childcare Aware	The online Child Care Referral Search	Phone: #800-446-1114 Webpage: <a href="http://childcareawarewa">childcareawarewa</a>
Alzheimer’s Foundation	Helpline is open 7 days a week, staffed by licensed caregivers	Phone: #866-232-8484 Webpage: <a href="http://www.alzfdn.org">www.alzfdn.org</a>
Human Rights Commission	Under the law, everyone has the right to be free of discrimination at work, housing, in public and when seeking credit & insurance	Phone: 800-233-3247 Webpage: WSHRC’s <a href="#">webpage</a>
Job Training	WorkSource job training and assistance. Must be 16 and older to apply	Phone: 360-416-3510 Email: <a href="mailto:kbursell@esd.wa.gov">kbursell@esd.wa.gov</a>
Undocumented Families	Hotline for all kinds of resources for noncitizens.	Webpage: <a href="https://www.waisn.org/">https://www.waisn.org/</a> Webpage: <a href="#">WA State Healthcare Authority</a>

For an updated list visit: [South County COVID-19 Services Guide](#) or call 425-320-5800