

CLOTHING

• Overlake Service League

Provides emergency financial assistance, educational grants, food and clothing to Bellevue residents.

www.overlakeserviceleague.org; 425-451-1175; osl@overlakeserviceleague.org

• Teen Closet

Free clothing for teens; operated by Bellevue Youth Link, in partnership with Plato's Closet and the World Impact Network.

www.youthlink.com/teencloset.html; 425-643-8246

• YWCA Dress for Success Program

Provides professional attire, a network of support and the career development tools to help women thrive in work and in life.

www.dressforsuccess.org; 206-325-3453; seattle@dressforsuccess.org

• Bellevue Seventh-Day Adventist Church

Free clothing and small household items to anyone in need.

bellevuesda.adventistnw.org; 425-746-1763

EMPLOYMENT ASSISTANCE

• WorkSource

Provides services for job seekers and employers in a one-stop setting.

www.worksourceskc.org; 425-861-3700

• YWCA Family Village

Offers job search skills and assistance, training and job interview clothing.

www.ycaworks.org; 425-556-1352

• Lake Washington Technical College Employment Resource Center

Provides help with resumes, job interviews and access to Internet resources.

Conducts career choice workshops.

www.lwtc.ctc.edu/erc; 425-739-8113

• King County Library System

Provides on-line resources for new career options, interviewing techniques, and on-line employment sites.

www.kcls.org/looktoyourlibrary

• State Unemployment Office

Provides unemployment insurance if you lost your job through no fault of your own.

www.go2ui.com; 800-318-6022

FINANCIAL COUNSELING/FORECLOSURE ASSISTANCE

If you are having difficulty making your mortgage payment, one of the most important things to do is to seek assistance. The following organizations may be able to help:

• ClearPoint Financial Solutions

A national non-profit organization that helps consumers gain perspective of their financial situation through credit, housing and bankruptcy counseling and education.

www.clearpointfinancialsolutions.org; 9709 Third Ave. NE, Suite 210, Seattle, 877-818-5929

• Consumer Counseling NW

Help people learn to manage money, balance their budgets and get out of debt through comprehensive personal finance education and credit counseling.

www.apprisen.com; 425-451-8195; 800-355-2227

• Housing & Urban Development (HUD)

Information about housing news, home owning, buying, renting and financing.

www.hud.gov; 800-569-4287

• Solid Ground

Information on eviction and foreclosure statutes; assistance negotiating with landlords and lenders; modest financial assistance to prevent housing loss; reverse equity mortgage counseling for senior homeowners.

www.solid-ground.org; Mortgage Counseling: 206-694-6766; Landlord/Tenant: 206-694-6767; Predatory Lending: 206-694-6864; housingcounseling@solid-ground.org

• Urban League of Seattle

Assists African Americans, other people of color, and disadvantaged individuals in becoming self-sufficient.

www.urbanleague.org; 105 14th Ave., Seattle; 206-461-3792, Ext. 5; Foreclosure Hotline - 1-800-368-1455

FINANCIAL EMERGENCY ASSISTANCE

• Overlake Service League

Provides emergency financial assistance to Bellevue residents.

www.overlakeserviceleague.org; 425-451-1175; osl@overlakeserviceleague.org

• Catholic Community Services

Provides financial assistance for low-income families, seniors, and disabled adults in crisis through the following: motel vouchers, utility assistance, rent and move-in assistance, gas and food vouchers.

www.ccsww.org; 425-213-1963, by appointment only

• Hopelink Emergency Services

Serves low-income families and individuals residing in north and east King County, offering a wide range of services including food, financial assistance for eviction prevention, first month's rent, and utility assistance.

Rental Assistance: www.hope-link.org/gethelp/housing; 425-556-9289

Energy Assistance: www.hope-link.org/gethelp/energy; 800-348-7144

• The Salvation Army Eastside Corps

Providing temporary financial assistance, counseling services, referrals and information, and general support for individuals experiencing a personal emergency or crisis.

www.salvationarmynw.org; 425-452-7300 ext 205, Monica Scott

• Solid Ground Housing Stability Program

One-time loans/grants to homeowners and tenants in danger of eviction or foreclosure; provides loans/grants to homeless families and individuals needing assistance moving to permanent housing, and limited assistance for other types of moves.

www.solid-ground.org; 206-461-3200; housingcounseling@solid-ground.org

FOOD ASSISTANCE

Food Banks

• Hopelink

Helps provide basic services to homeless and low income families, children, seniors, and people with disabilities. Provides weekly food bank and emergency food bags.

www.hope-link.org; 425-869-6000; hopelink@hope-link.org

• World Impact Network: Renewal Food Bank

Provides a food bank to low income families, children and individuals

www.worldimpactnetwork.org; 425-643-8246, 1-866-793-6512; gaby@worldimpactnetwork.org

Food Vouchers

• Catholic Community Services

Provides food vouchers

www.ccsww.org; 425-213-1963 Extension 2; info@ccsww.org

• DSHS

Provides food stamps

www.foodhelp.wa.gov; 877-514-FOOD

Meal Programs

• The Salvation Army Eastside Corps

Provides a hot meal at dinner time 5 days week at Eastside facility in Crossroads

www.salvationarmynw.org; 425-452-7300 ext 205, Monica Scott

Emergency Food Bags

(Containing 2-3 meals with non-perishable food items for 1-4 people. Call to determine locations and hours.)

• Hopelink Emergency Feeding Service

www.hope-link.org; 425-250-3021; jennifer@hope-link.org

• Emergency Feeding Program of Seattle & King County

www.emergencyfeeding.org; 425-617-1511; brian@emergencyfeeding.org

HEALTH CARE ASSISTANCE

Medical

- **HealthPoint**

Registered Nursing Healthcare visits for the homeless, primary medical care, dental care, and naturopathic medicine available for low income residents in North and East King County.

www.HealthPointCHC.org/; 425-882-1697

- **Washington Women in Need (WWIN)**

Provide grants through a written application process to low income women in Washington for health care and education. No walk-in service.

425-451-8838; wwininfo@wawomeninneed.org

- **Eastgate Public Health**

Assistance with basic health insurance program, health insurance for kids under 19, and pregnancy medical program.

www.kingcounty.gov/healthServices/health/locations/eastgate; 1-800-244-4512

Service available at Mini City Hall, Mondays, 10am–1pm

MENTAL HEALTH/CHEMICAL DEPENDENCY

- **Asian Counseling & Referral Service**

Offers bilingual, bicultural counseling and community-based mental health services to the Asian-Pacific Islander communities.

www.acrs.org/; 206-695-7600

- **Crisis Clinic**

The 24-Hour Crisis Line provides emergency telephone intervention for all King County residents in crisis or emotional distress 7/24/365, also 2-1-1 Community Information Line, and Teen Link (teen crisis intervention line).

www.crisisclinic.org; 866-4CRISIS

- **NAMI Eastside**

Provide support to families and individuals whose lives are impacted by mental illness, through support groups, in-depth classes, monthly educational forums, a speaker's bureau, newsletter, website, and referral service.

www.nami-eastside.org; 425-885-6264; info@nami-eastside.org

- **Sound Mental Health**

Offers children, adults and families strength-based mental health, psychiatric, and chemical dependency assessment integrated into individualized, collaborative recovery-oriented services.

www.smh.org/; 425-653-4900

- **Therapeutic Health Services**

Provides outpatient chemical dependency services.

www.therapeutichealth.org; 425-747-7892

- **Youth Eastside Services**

Offers counseling services for youth and their families experiencing personal conflict, as well as problems in the school or community.

www.youtheastsideservices.org; 425-747-4937

SHELTER AND TRANSITIONAL HOUSING ASSISTANCE

- **Catholic Community Services: Harrington House**

Harrington House provides a safe transitional housing and comprehensive goal-oriented case management to homeless women 18 years or older, who are pregnant and/or parenting children <18 months of age.

www.ccsww.org; 425-643-1434

- **Eastside Domestic Violence Program: My Sister's Home**

Safe, confidential, emergency shelter that provides services for domestic violence survivors and their children.

www.edvp.org; 425-746-1940

- **Eastside Interfaith Social Concerns Council (EISCC)**

EISCC's Congregations for the Homeless Emergency Shelter program provides a service-enhanced emergency shelter with 30 beds, 3 meals, and case management.

www.cfhomeless.org; 425-749-8369; davidj@cfhomeless.org

- **Friends of Youth: The Landing**

The Landing is an overnight shelter for homeless young adults ages 18-24, five nights a week.

www.friendsofyouth.org/shelters.aspx; 425-449-3868; keri@friendsofyouth.org

- **Hopelink Emergency Shelter and Transitional Housing**

Provides housing and comprehensive services to homeless families and individuals to help them gain permanent housing and the skills necessary for long-term self-sufficiency.

www.hope-link.org/gethelp/housing; 425-556-9289

- **Kirkland Interfaith Transitions in Housing**

Provides transitional housing and services for homeless families with children, and permanent housing with case management services.

www.kithcares.org; 425-576-9531

- **Sophia Way**

Provides supportive services, overnight shelter, and one-bedroom apartments to women as they transition from homelessness to permanent housing

www.sophiaway.org/; 425-463-6285; info@sophiaway.org

BelleVue Cares

Help in these tough economic times



With local social services agencies reporting a dramatic jump in demand with the recession, Bellevue offers this listing of places to turn for help with food, clothing, shelter and more.

In addition to the Bellevue-area resources presented here, you can check a comprehensive database of area resources by calling the Crisis Clinic's help line. Just dial 2-1-1.

For more information, call 2-1-1, Bellevue services at 425-452-6800, or visit www.bellevuewa.gov/recession-community-resources.htm