Chinatown International District Resource Guide

This guide provides resources information for unhoused people and people with low and fixed income in the Chinatown International District (CID). All listed addresses are in Seattle. Visit this guide online at **https://bit.ly/CID-resource-guide** or scan this QR code with a smart phone camera:

If you would like to suggest changes to the guide or request printed copies, please contact **don_cec@seattle.gov** or call 206-437-3735.

City of Seattle

Last updated December 2025

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Key:

Free interpretation available*

Faith-based organization

Resource is in CID Neighborhood

*You will need to say the language you need in English when you contact an organization with the free interpretation icon next to it.

Acknowledgements

This guide has been provided in partnership with the Chinatown International District community, community-based organizations, and the City of Seattle. Much of this guide's information appears in **The Emerald City Resource Guide by Real Change**.

Phone Numbers to Help Navigate Resources and Services

REACH Outreach Care Coordinator: Ashley Shepherd

- Phone Number: 206-715-3795
- Email Address: **Ashleys@etsreach.org**
- REACH builds relationships with people experiencing homelessness and connects them to the help they need.
- Ashley helps you register for benefits, get IDs, phones, and Social Security cards, and find shelter if available.

211

- Phone Number: 211
- Hours: Mon - Fri, 8am - 5pm
- 211 provides information on all health and human services in King County, such as food, housing assistance, financial needs including utilities, and legal assistance.
- Spanish interpretation available. For interpretation in other languages, press 7. The system will ask you to enter your zip code

or press the # key to be connected to an operator.

- Wait times may exceed 20 minutes. Wait times may be longer during the first week of each month.

City of Seattle Customer Service Bureau (CSB)

- Phone Number: 206-684-2489
- Hours: Mon - Fri, 8am - 5pm
- Contact CSB or download the **Find It, Fix It Mobile App** to request a service to remove graffiti removal or illegal dumping clean-up or make a compliment, complaint, or comment.

Community Resource Center at Seattle Municipal Court

- Phone: 206-684-9291
- Address: 600 5th Avenue, 2nd Floor, Room 235
- Hours: Mon, Wed, 8:30am – 4:30pm (closed 12pm - 1pm)
- Walk-ins welcome, open to the public
- You could receive supplies and resources at the Community Resource Center including:
  - Emergency food and clothing
  - Housing/shelter and employment referrals

    - Health and hygiene
- Public Health staff is on-site Mon and Wed, 9am - 12pm
    - Food benefits and other Department of Social and Health Services (DSHS) resources
- DSHS is now on-site Mon – Fri, 8:30am - 3:30pm

Neighborhood Non-Emergency Safety Contacts

For emergencies or threats to life, call 911.

CID Community Safety Manager: Christopher Yip

- Phone Number: 206-202-8048
- Email Address: **christopher@cidbia.org**
- The Community Safety Manager helps community members and businesses connect with City of Seattle departments, community-based organizations, and service agencies to address public safety concerns. Additionally, Christopher manages the Ambassador Program and the CID Crime Prevention Through Environmental Design (CPTED) Intervention Project.

Chinatown International District Business Improvement Area (CIDBIA) Ambassadors

- Phone Number: 206-202-7314 (call or text)
- Hours: 2pm-10pm, daily
- When to call an Ambassador:
  - You feel unsafe or uncomfortable about a situation

- A person may need help (shelter, food, medical attention)
- You're unsure how to safely handle a situation
- De-escalation of conflict is needed

Hate or Bias Incident Reporting Line – Chinese Information and Service Center

- To anonymously report hate and bias incidents, contact the Chinese Information and Service Center (CISC) staff at:
  - Chinese or English: 206-886-2667
  - Russian or English: 425-326-9479
  - Ukrainian or English: 425-326-9479
  - Vietnamese or English: 206-294-9053
  - Korean or English: 425-381-2553
  - Samoan or English: 206-653-1936
  - Fijian or English: 206-653-1936
  - Tagalog or English: 206-722-9372
  - Or by email at **antihb@cisc-seattle.org**
- Hours: Mon - Fri, 8:30am - 5:30pm. Leave a message during off hours. It may take one business day to get back to you.
- CISC and the Coalition Against Hate and Bias are not an emergency service. If you are in danger, call 911.

Law Enforcement Assisted Diversion (LEAD)

- LEAD works with individuals whose unlawful or problematic behavior stems from unaddressed behavioral health issues and/or chronic poverty. LEAD uses long-term intensive case management in order to help clients. LEAD is currently able to accept community referrals if there is capacity after law enforcement referrals.
- Please email **LEADReferrals@wearepda.org** for more information on how to refer people for this program.

SEATTLE POLICE DEPARTMENT NON-EMERGENCY CONTACTS

Bias Crimes Coordinator

- Phone Number: 206-684-5621
- Email Address: **SPD_Hatecrimes@seattle.gov**
- Call 911 to report a bias crime to the Seattle Police Department. Once you receive a report number after calling 911, email **SPD_Hatecrimes@seattle.gov** for updates about the investigation of your case.
- The Bias Crime Unit provides education about what to expect when calling 911, resources

available through the police department, personal safety, and hate crime information.

CID Public Safety Liaison: Monica Ly

- Phone Number: 206-369-0489
- Email Address: **monica.ly@seattle.gov**
- Monica assists in the implementation of CID Public Safety Action Plan and facilitates communication between Seattle Police Department and the community. Contact Monica if you would like to schedule a safety training in-language, need help with online 911 reporting, or with general safety concerns.

Crime Prevention Coordinator: Barb Biondo

- Phone Number: 206-233-0015
- Email Address: **barbara.biondo@seattle.gov**
- Barb provides free crime prevention services for community residents, business, and property owners. Contact Barb for information including Building Security Assessments, Training on Personal Safety, calling 911, and starting a Neighborhood Watch.

Mental Health Crisis Phone Lines

988 Suicide and Crisis Lifeline

- Phone Number: 988
- Hours: 24 hours a day
- Available via call, text, or chat, to care and support for anyone experiencing mental health-related struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to.
- For chat services go to: **988lifeline.org**.

Crisis Connections Line

- Phone Number: 866-427-4747
- Hours: 24 hours a day
- Crisis Connections connects people who are in physical, emotional, and financial crisis to services that will be of help.

Crisis Text Line

- Phone Number: Text HOME to 741741
- Crisis Text Line serves anyone who is in any type of crisis and provides access to free, 24/7 support via text.
- English and Spanish supported.

Never Use Alone - Overdose Prevention Lifeline

- Phone Number: 877-696-1996
- Hours: 24 Hours
- Never Use Alone is a toll-free number that provides overdose prevention, detection, life-saving crisis response and medical intervention services for people who use drugs while alone.

Trevor Project Lifeline

- Phone Number: 1-866-488-7386
- Hours: 24 hours a day
- Trevor Project connects people with trained counselors who understand the challenges LGBTQ young people face. All conversations are confidential, and you can share as much or as little as you'd like.

Night Shelters

Bread of Life Mission Shelter

- Address: 97 S Main St
- Phone Number: 206-682-3579 ext. 100
- Hours: Request a bed by coming between 9am-3pm, Mon-Fri
    - Men's overnight shelter is available. Intake includes an assessment. No ID required.
    - Residents at shelter can access meals, mail services, and lockers.

King County Family Emergency Shelter Community Intake Line

- Phone Number: 206-245-1026
- Hours: Daily, 8:30am - 11:30pm
- Shelter locations vary
- This line offers intakes for emergency shelter for people who are pregnant or with children under the age of 18 living outside or in a car.

- You can call the intake line number to be added on a daily waiting list for a callback from a King County Shelter. ID and documentation requirements vary depending on the shelter location.
- Reserving a bed for the same day of requesting is not guaranteed.

Operation Nightwatch

- Address: 302 14th Ave S
- Phone Numbers:
  - Shelter information: 206-329-2099
  - General programs information: 206-323-4359
- Hours:
  - Dinner: 8pm - 9:15pm every night
  - Shelter referrals based on availability: check in at 7:45pm in person every night for men and Mon - Fri for women
- Operation Nightwatch offers a limited number of nightly shelter referrals. Valid ID is not required but appreciated.
- They also offer a nightly meal for up to 150 people and permanent housing for seniors aged 62 or older of all genders.

- Shelter and meal services are free. Permanent senior housing costs a low monthly rent.

Seattle's Union Gospel Mission

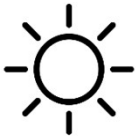
- Intake Phone Number: 206-501-4357, then press 1
  - Call this line for screening and potential referral to shelter. Shelters located in Downtown, Capitol Hill, and other areas.
  - Press 2 for assistance in Spanish.
- Hours: Mon - Fri, 8am - 5pm; closed on holidays

SOBERING CENTERS

Pioneer Human Services - King County Diversion Center

- Address: 400 Yesler Way
- Phone Number: 206-349-0165
- Hours: Daily, 5pm - 7am; self-referrals and hospital referrals stop at 1:30am
- This center provides a place for people who are chronically homeless and inebriated to get sober and sleep. There is no application process. Services include medically monitored

diversion center, place to sleep, food, substance use disorder and mental health assessment referrals, referrals for counseling offsite, intensive case management, and housing.



Day Centers

Day Centers provide space for unhoused people to rest during the day. Hours and services (including meals, showers, referrals to housing) vary by location. Call phone numbers listed for more information.

Compass Day Center

- Address: 210 Alaskan Way (look for the orange archway)
- Mailing Address: 77 S Washington St
- Phone Numbers:
  - Day Center: 206-474-1630
  - Hygiene Center: 206-474-1680
- Hours:
  - Day Center and Mail Services: Mon - Fri, 9am - 4pm
  - Hygiene Center: Mon - Fri, 8:30am - 4pm and
    Sat, 8am - 12pm
  - Closed holidays
- This center offers mail services, case management, shelter and housing referral,

showers and laundry, access to medical professionals, free lunch and dinner from Mon to Fri (lunch only on Sat), and more for people experiencing homelessness or housing instability. Single Adults 18+.

Downtown Emergency Service Center's (DESC) Lew Middleton Drop-In Center (216 James clinic)

- Address: 216 James St
- Hours: Mon - Fri, 9am - 2pm
- The Drop-in Center offers a warm meal, access to laundry, shower, and hygiene services for individuals experiencing homelessness who are enrolled, or wish to enroll, in one of DESC's mental health or substance use disorder programs.
- You can enroll in DESC's Support, Advocacy, Growth and Employment (SAGE) mental health program or Opioid Treatment Network here.

International District / Chinatown Branch Library

- Address: 713 8th Ave S
- Phone Number: 206-386-1300
- Hours: Sat - Thurs: 10am-6pm; closed Friday
- Amenities: free public computers, Wi-Fi, color copier, scanner, and printing, and single-occupant all-gender restrooms

Salvation Army Jefferson Day Center

- Address: 420 4th Ave
- Phone Number: 206-338-5707
- Hours: Daily, 7am - 5pm (including Holidays)
- Visit in person for first-come, first-served referrals to various Salvation Army enhanced shelters. Enhanced shelters provide case management, housing navigation, and meal services (which the day center does not offer).
- Shower, laundry, and shelter navigation services available during day center hours. Interpretation available only in person.

Severe Weather Shelter Navigation Hotline

- Phone Number: 206-245-1026
- Hours: Available 8am-11:30pm daily during severe/emergency weather activations

Anyone can use this hotline during severe weather activations for information on shelters and navigating to shelter locations.

YWCA - Angeline's Day Center

- Address: 2030 3rd Ave
- Phone Number: Front Desk: 206-436-8650
- Hours: Mon - Fri, 10am - 4pm; closed Saturday and Sunday
- Angeline's Day Center offers showers, laundry, and lunch. Walk-ins welcome on a first-come, first-served basis.
- You may be able to access overnight shelter in person (with meals provided) depending on availability.

Social Service Organizations

These organizations provide a variety of culturally appropriate services that may include meals, behavioral health and wellness, healthcare, case management, housing assistance, counseling, and more. Contact an organization for more information on specific programs and services they offer. Services are free unless otherwise noted.

Asian Counseling and Referral Service (ACRS)

- Address: 3639 Martin Luther King Jr Way S
- Phone Number: 206-695-7600
- Hours: 9am - 4pm, Mon - Fri by appointment only
- ACRS hosts services and programs for the entire Asian American and Pacific Islander community that provide job training service, mental health, and youth services.
- **Asian Counseling and Referral Service Food Bank**
  - Address: 800 S Weller St
  - Hours: Wed and Fri, 10am - 1pm

Chief Seattle Club

- Address: 410 2nd Ave Extension S
- Phone Number: 206-715-7536, please leave a voicemail if you call after 2pm
- Hours:
  - Drop-in services: Daily, 7am - 2pm
  - Breakfast: Daily, 8 – 9:15am
  - Lunch: Daily, 12pm - 12:45pm
  - Hygiene services: Daily: 7am - 1pm
- Chief Seattle Club is a Native-led agency supporting American Indian and Alaska Native people.

Chinese Information and Service Center (CISC)

- Address: 611 S Lane St
- Phone Number: 206-624-5633
- Hours:
  - Office: Mon - Fri, 8:30am - 5pm
  - Legal clinic: Tues, 5:30 - 7:30pm; call 425-289-8608 to make an appointment
- CISC offers Family Support Program, immigrant support and education, after school youth programs, and more.

Community Health Access Program (CHAP) - King County

- Address: Public Health — Seattle and King County;
  401 5th Ave, Suite 1000
- Phone Number: 1-800-756-5437
- Hours: Mon - Fri, 8am - 5pm (closed 1 - 2pm), 1st and 3rd Saturdays 10am – 2pm
- CHAP is a telephone assistance program serving King County residents. CHAP enrolls people into health insurance, discounted transportation, food, and other programs.

InterIm Community Development Authority Eviction Prevention

- Phone Number: 206-623-5132
- Hours: Mon, Tues, Thurs, Fri, 9am-5pm (closed 12:30-1:30pm)
- Address: 601 S King Street #305 (By appointment only)
- For renters facing eviction, please call us to see if you are eligible for rental assistance.

International Drop-In Center (IDIC) Filipino Senior and Family Services

- Address: 7301 Beacon Ave S
- Phone Number: 206-587-3735
- Hours:
  - Office: Mon - Fri, 9am - 5pm
  - Food Bank: Fri, 12:45 - 2pm
  - Hot Meals: Wed, Fri, 11am - 1pm
- IDIC is a Filipino organization that provides advocacy in healthcare and social services to people over 55 and immigrant families. Also serves adults with disabilities.

Seattle Indian Center

- Address: 624 S Dearborn St
- Phone Number: 206-329-8700
- Hours:
  - Office: Mon - Fri, 9:30am - 5:30pm
  - Food Bank: Tues and Thurs, 1 - 3pm
  - Hot meals offered Mon to Fri
    - Breakfast 9 -10am
    - Lunch 12 – 1:15pm
- This center offers a day center, food, and other support and is focused on serving

American Indian/Alaska Native community, people of color, as well as anyone in need.

Solanus Casey Center

- Address: 804 9th Ave
- Phone Number: 206-223-0907
- Hours: Mon - Thurs, 12 - 3pm
- Solanus Casey Center helps people acquire WA State ID, birth certificates, and vouchers for eyeglasses with prescription. There are telephones and computers available for use.

St. Vincent de Paul Helpline

- Phone Number: 206-767-6449
- Hours: Mon - Fri, 8am - 3pm
- Call this phone number for one-on-one support, rent assistance, utility assistance, and referrals for additional support. St. Vincent de Paul can often provide free vouchers for gasoline, clothing, food, and basic supplies. Call first to check on available vouchers and assistance.
- Wait times may exceed 30 minutes.
- Interpretation available in Spanish.

Food Assistance and Supplies

Basic Food in Washington

- Phone: 877-501-2233
- Address: 2106 2nd Ave
- Hours: Mon - Fri, 8am - 5pm
- The U.S. Department of Agriculture Supplemental Nutrition Assistance Program (SNAP) known as Basic Food in Washington, helps people with low income by providing monthly benefits to buy food. Benefits are based on your family size and income. To apply, call or visit the location listed above during open hours.
- You can also apply for Basic Food Assistance online at **https://www.washingtonconnection.org/** at any time.

Public Drinking Fountain Locations

- Hing Hay Park - Maynard Ave S and S King St
- Donnie Chin International Children's Park - 7th Ave S and S Lane St

PREPARED MEALS

ChuMinh Egg Rolls Weekly Meal

- Address: 720 8th Ave S, the courtyard of International Community Health Services (ICHS)
- Hours: Free community meal every Sunday from 11am - 12:30pm
- Email Address: **theeggrollcrew@gmail.com**
- Mandarin, Cantonese, or Spanish interpreters may sometimes be on site to assist.

Pike Market Senior Center

- Address: 85 Pike St #200
- Phone Number: 206-728-2773
- Hours: Mon - Fri, 8am - 4pm; Sat - Sun, 8am - 2pm, Closed the first Thurs of each month
- Meals served daily – Breakfast, 8:20 - 9am; Lunch, 12pm - 1pm (weekends 11:30am - 12:30pm)
- Services and activities for people age 55 and up.
- Call or visit in person. Services available in Spanish and Tagalog.

Recovery Café, SODO

- Address: 4202 6th Ave S
- Phone Number: 206-333-2314
- Hours: Mon - Fri, 9am - 3pm
- Recovery Café Members receive meals, recovery classes, peer support, and referrals. Visit to sign up for a New Member Introduction. Anyone can become a member.

St. James Cathedral Kitchen

- Address: 907 Columbia St
- Phone Number: 206-264-2091
- Meal Hours: Mon - Fri, 4:15pm; Meal line starts at 3pm

FOOD BANKS and SUPPLIES

Filipino Community of Seattle

- Address: 5740 MLK Jr Way S
- Phone Number: 206-430-7030
- Hours:
  - Food Bank: Mon, Tues, Thurs, 12:30 - 1pm
  - Senior Lunch and Food Bank: Mon, Tues, Thurs,
    11:45am - 12:30pm
- Languages: English, Tagalog

Pike Market Food Bank

- Address: 1531 Western Ave, Level 5 of Parking Garage
- Phone Number: 206-626-6462
- Walk-In Grocery Hours: Tues, 12 - 3pm; Wed, 3 - 7pm; Thurs, 12 - 3pm. Please do not come early.
- The Pike Market Food Bank serves any resident of 98101, 98104, or 98121 zip codes, in urgent need of food, and people who are homeless living in Downtown Seattle. ID is optional.

- You can only come for groceries once per week during open hours. Notify staff or volunteers if you have mobility issues and cannot stand in line.

SODO Community Market – Northwest Harvest

- Address: 1915 4th Ave S, near the corner of 4th Ave S and
  S Holgate St
- Hours: Mon, 1:30 - 7:30pm; Wed, 8am - 2pm; Fri, 8am - 2pm (hours subject to change)
- SODO Community Market is a no-cost grocery store that provides fresh produce, grocery staples, and a variety of food options to those in need. No ID, proof of income, or residency information is required to shop with us.

St. Francis House

- Address: 169 12th Ave
- Phone Number: 206-268-0784
- Hours: Mon - Fri, 10am - 2pm, arrive by 1:30pm for shopping
- St. Francis House distributes care packages with toiletries, snacks, underwear, hats and

gloves. They also have clothing for men, women and children, and household items (not furniture), that clients can shop for once every 30 days. They offer coffee and sandwiches in the hospitality room. You must have some form of ID.

Domestic Violence/Survivor Support Services

API Chaya

- Help line: 1-877-922-4292 or 206-325-0325
- Hours: Mon - Fri, 10am – 4pm
- API Chaya serves survivors of sexual abuse, assault, and human trafficking. They work with each individual within their own cultural context, including Asian and Pacific Islander communities.

Harborview Abuse and Trauma Center

- Address: 401 Broadway, Suite 2075
- Phone Number: 206-744-1600
- Hours: Mon - Fri, 8:30am - 5pm
- This center provides trauma counseling for children and adults (King County residents) by a Licensed Clinical Social Worker. They also provide sexual assault examinations. These services are billed to insurances and may be offered at no cost.
- They also provide crisis assistance, medical and legal advocacy, information and referrals. These services are free.

- Services are available in person, via telehealth, and by phone. If you call after hours, you will be given information to help you with next steps.

King County Sexual Assault Resource Center

- Phone Number: 888-998-6423
- Hours: 24 hours a day
- This resource center provides crisis intervention, information and referrals, and support for anyone who has experienced sexual assault, their families or friends, or anyone who is concerned about sexual assault or child abuse and safety in their community.
- For free and confidential help in Spanish, call 425-282-0324, Mon-Fri: 8am-5pm.

New Beginnings

- Phone Number: 206-737-0242
- Hours: 24 hours a day
- New Beginnings offers information and services including phone helpline, legal advocacy, counseling, support groups, and safety planning. The phone helpline is available for anyone who is experiencing abuse and/or is

worried about someone they know who may be experiencing abuse.

Healthcare and Medical Resources

Carolyn Downs Family Medical Center

- Address: 2101 E Yesler Way
- Phone Number: 206-299-1900
- Hours:
  - Primary Care Clinic: Mon, Thurs, Fri, 8am - 5pm; Tues - Wed, 8am - 8:30pm
  - Urgent Care/After Hours Clinic: Mon - Fri, 6pm - 9pm; Sat, Sun, 11am - 5pm. Walk-ins are welcome.
- This community health center offers primary care services and an on-site pharmacy. Accepts Medicare, Apple Health (Medicaid) insurance, and uninsured patients. They use a sliding scale to charge for fees based on income.

Entre Hermanos

- Address: 1621 S Jackson, Ste. 202
- Phone Number: 206-322-7700

- Hours: Free HIV and STI testing: Mon - Fri, around 10am – 5pm, closed on holidays and weekends
- Entre Hermanos promotes the health and well-being of the Latino LGBTQ community in a culturally appropriate environment.

International Community Health Services (ICHS)

- Address: 720 8th Ave S
- Phone Numbers and Hours:
  - Dental Clinic: 206-788-3700, Mon - Sat, 8 am - 6 pm
  - Medical Clinic: 206-788-3700, Mon - Sat, 8am - 5pm
  - Vision Clinic: 206-788-3505, Mon, Tues, Thurs, 9am - 5pm; Wed, 9am - 1pm
  - Pharmacy: 206-788-3770, Mon - Fri, 8am - 5pm; Sat, 9am -5pm (closed for lunch 1-2pm)
  - Acupuncture: 206-788-3700, Mon - Thurs, 9am - 5pm
- New patients are welcome. ICHS offers culturally and linguistically appropriate health services for patients in more than 70 languages.

Call to schedule an appointment (same-day appointments available).

- ICHS accepts Apple Health (Medicaid), Medicare, and offers a sliding scale to charge for fees for uninsured patients depending on your family income. Photo ID and proof of insurance will be required for billing insurance.

Neighborcare Health at Pacific Tower

- Address: 1200 12th Ave S, 4th floor (Suite 401)
- Phone Number: 206-548-5850
- Hours: Mon - Fri, 7am - 6pm; closed on holidays
- Neighborcare at Pacific Tower offers comprehensive general dentistry and emergency dental care to patients of all ages.
- Apple Health (Medicaid), Medicare and most private insurance accepted. They can help you to enroll in insurance and other assistance programs. They offer a sliding scale to charge for fees based on household size and income.

Neighborcare Health at Pike Place Market

- Address: 1930 Post Alley
- Phone Number: 206-728-4143
- Hours: Mon - Fri, 8am - 5pm (every 1st Wed, 9:30am - 5pm)
- Neighborcare at Pike Place Market provides adults with primary medical care, behavioral health services, substance use disorder services, and pharmacy.
- Apple Health (Medicaid), Medicare and most private insurance accepted. They can help you enroll in insurance and other assistance programs. They offer a sliding scale to charge for fees based on household size and income.

Public Health - Seattle & King County – Downtown Public Health Center

- Address: 2124 4th Ave
- Phone Number: 206-477-8300
- Phone Number Hours: Mon - Fri, 8am - 5pm. Call phone number to verify hours for in-person services.
- The center offers services including adult healthcare, urgent dental care, suboxone or

buprenorphine clinic, maternity support services, and pharmacy.

Public Health - Seattle & King County Street Medicine Program

- Phone Number: 206-840-8737
- Email Address: streetmedicine@kingcounty.gov
- This program provides medical outreach directly to people living unsheltered and mobile clinics at homeless service sites throughout the county.
- Services are free, no insurance required.
- Check kingcounty.gov/streetmed for current schedule and information about making a referral.

Pioneer Square Medical Clinic

- Address: 206 3rd Ave S
- Phone Number: 206-744-1500
- Hours: Tues, Thurs, Fri, 8:15am - 4pm; Wed, 9am - 4pm
- Pioneer Square Medical Clinic's services include podiatry/foot care, social services, dietician consultations, and health education. There is an on-site pharmacy that fills

prescriptions. The clinic serves adults 18 and older who are low income, homeless, or without health insurance. Free for people experiencing homelessness.

- You can request an interpreter when you make
  the appointment.

Seattle Indian Health Board (SIHB)

- Addresses:
  - International District Clinic: 611 12th Ave S
  - Pioneer Square Clinic: 410 2nd Ave Ext S
- Phone Number: 206-324-9360
- Hours: Mon, Wed, Thurs, Fri, 8am - 5pm; Tues, 9am - 5pm
- SIHB is a community health center that provides health and human services to its patients and specializes in the care of Native people. Medical, dental, mental health, substance use disorder services, Traditional Indian Medicine, Native Elders Program, and outpatient services. Offers maternal and infant health services as well as the Women, Infants, and Children Nutrition (WIC) Program.

Depending on your income, you may receive a discount.

Seattle/King County Clinic

- 2026 clinic dates: April 23 - 26
- Address: Fisher Pavilion at Seattle Center at the corner of Lenny Wilkens Way and Sue Bird Court N
- Seattle/King County Clinic is a free health clinic that occurs four days yearly at Seattle Center. The Clinic welcomes anyone who struggles to access and/or afford healthcare.
- Limited admission tickets are on a first come, first served basis.
- Distribution of tickets starts at 5:30am.
- All services are free including dental, vision, and medical. No ID or any other documentation is required.
- For more information, you can call 206-684-7200 or visit seattlecenter.org/patients.

SUBSTANCE USE AND ADDICTION RESOURCES

Harborview Medical Center - Mental Health and Addiction Services

- Address: 401 Broadway, 1st Floor
- Phone Number: 206-744-9600
- Hours: Mon - Fri, 8am - 5pm
- Mental Health and Addiction Services offer services including crisis intervention, psychiatric evaluation, psychotherapy, group treatment, case management, and geriatric psychiatry services, as well as treatment for individuals for co-occurring chemical dependency and mental health disorders and patients with comorbid medical issues.

Hepatitis Education Project

- Address: 1621 S Jackson St, #201
- Phone Number: 206-732-0311
- Hours:
  - Testing for Hepatitis B and C: Mon - Thurs, 12:30 - 4:30pm
  - Buprenorphine/Suboxone Clinic: Mon - Thurs, 12:30 - 4:30pm, cutoff time for new intakes is 3:30pm

- Syringe Services Program: Mon - Thurs, 12:30 - 5:30pm
- The Hepatitis Education Project offers free syringe services, clean injection supplies, overdose prevention training, and harm reduction services for everyone. Visit in person. Call ahead to confirm there is a provider available.

Public Health - Seattle & King County Needle Exchange

- Address: 2124 4th Ave
- Phone Number: 206-263-2000
- Hours:
  - Mon, Wed, Thurs, Fri, 9am - 5pm; Tues, 1-5pm
  - Downtown Needle Exchange Medical Clinic: Walk-ins welcome! Mon, 1 - 4:30pm; Wed, Fri, 9am - 4:30 pm
- They offer:
  - HIV, sexually transmitted infection (STI) and Hepatitis testing
  - Hepatitis C treatment
  - Abscess treatment and wound care
  - Antibiotics

- Care for colds and upper respiratory infections
- Connection to primary care
- Resources and referrals (example: detox)
- Narcan available (an antidote medicine to opioid drug overdose)

Seattle Public Utilities Sharps Collection Program

- Chinatown International District (CID)
  Disposal Box Address:
  S King St and 10th Ave S
- Hours: Available outdoors, 24 hours a day
- Seattle Public Utilities Sharps Collection Program provides safe disposal of "sharps" (syringes, needles, and lancets).

Bathrooms and Showers

ARTS at King Street Station Restrooms

- Address: 303 S Jackson St
- Hours: Wed - Sat, 11am - 5pm and until 8pm First Thursdays
- ARTS at King Street Station has public ADA-compliant, all-gender restrooms.
- Follow the stairs or elevator to the 3rd floor and enter the gallery space. The restrooms are located through the living room, to your right.

City of Seattle Shower Hotline

- Phone Number: 206-386-1030 – Call phone number first for instructions and weekly updated locations.
- **Current Sites and Hours:**
  - **Site 1:** Roy St – open 7 days a week, 9am-4:30pm at 157 Roy St
  - **Site 2:** Rainier Warehouse – open 7 days a week, 9am-4:30pm at 2901 27th Ave S, right behind Mt. Baker Light Rail Station
- Come to the site starting at 9:00am for appointments. Appointments are provided

on a first-come, first-served basis. No ID required.

- Each free shower is up to 30 minutes. Clean towels, soap, shampoo, and conditioner are provided. There is an area for your belongings; however, it is not secure. Animals are not allowed in the trailers. The trailers contain a shower, toilet, and sink for one person to use at a time and are thoroughly sanitized between each use.
- **Note:** Hours and operations may be adjusted during periods of severe or inclement weather.

Low Income Housing Institute (LIHI) Urban Rest Stop, Downtown

- Address: 1924 9th Ave
- Phone Number: 206-332-0110
- Hours: Mon-Fri, 6:30am - 5pm, last sign-up 4pm; Sat-Sun, 8:30am - 5pm, last sign-up 2:30pm (closed 12 - 1pm)
- The Urban Rest Stop offers free restrooms, showers with toiletries, and laundry facilities for adults and youth of all genders. Showers

are wheelchair accessible. No intoxication allowed.

Seattle Public Utilities RV Wastewater Pump-out Program

- Phone Number: 206-641-6991
- The Pump-out Program offers collection service to dispose of toilet water and grey water from Recreational Vehicles (RVs). Once enrolled, the collection truck will come to your RV regularly. Call to schedule appointment.

Union Station Restrooms

- Address: 401 S Jackson St
- Hours: Mon - Fri, 8am - 5pm
- Restrooms in the Joni Earl Great Hall are open to the public.

Pet Care

Seattle Animal Shelter Spay and Neuter Clinic

- Address: 2061 15th Ave W
- Phone Number: 206-386-4260
- Hours: Mon-Fri, 9am-5:30pm
- Seattle Animal Shelter Spay and Neuter Clinic provides low-cost spay and neuter surgeries to any dog or cat in need.
- Financial assistance is available with the Pet Population Control Fund.
- To schedule an appointment, call the number listed above or email **spayneuterclinic@seattle.gov**.
- When available, free vaccine pop-ups are announced on their website: **https://www.seattle.gov/animal-shelter**

Storage

SHARE/WHEEL, Storage Lockers

- Address: 711 Cherry St
- Phone Number: 206-448-7889
- Hours: Tues and Thurs, 7 - 9am; Sat and Sun, 8 - 10am
- SHARE/WHEEL provides day and long-term storage lockers that can fit a large duffle bag for anyone who is homeless and can provide labor.
- You will be required to complete one 2-hour labor shift and attend a Sunday meeting every month.
- Apply in person during operation hours. No fees. ID required.

Transportation Assistance

Hope Link - to medical appointments

- Reservation Phone Number: 800-923-7433; TDD/TTY Line: 800-246-1646
- Hours: Mon - Fri, 8am - 5pm
- Hope Link provides rides (bus fare, gas reimbursement, or vehicle depending on situation) to and from places where individuals receive Medicaid-funded services.
- To schedule a ride, call one the numbers above 48 hours prior to appointment and have the following information readily available: Provider One Number (Medicaid), name of medical provider, name, address and phone number of medical facility, appointment date and time, and reason for the appointment.
- Wait times may exceed 15 minutes.

Hyde Shuttle - Sound Generations

- Phone Number: 206-727-6262
- Scheduling hours: Mon - Fri; 8am - 4:30pm, Rides provided: Mon - Fri; 8am - 4pm
- The Hyde Shuttle is a free lift-equipped, door-to-door transportation service for people 55 and older; and also younger persons with disabilities. Rides must be scheduled at least three days before they are needed. Residential address required (includes shelters, churches, etc.).
- When calling, press the 1 button twice to get connected with a live representative to request interpretation.

King County Emergency Service Patrol

- Phone Number: 911, request for Detox Van
- Hours: 24 hours a day
- Emergency Service Patrol (ESP) offers transportation for inebriated people seeking services such as sobering services, transportation to supportive housing, to and from hospital facilities (non-emergency) and crisis care centers. ESP operates in the downtown Seattle area.

- The transportation services are for people who are under the influence of alcohol and or substance use. ESP staff will screen individuals and determine appropriateness of transport.

King County Metro Transit Discounted Fares

- Phone Number: 206-477-4200
- Hours: Mon - Fri, 8:30am - 4pm
- Address: 201 S Jackson St; Hours: Mon - Fri, 8:30am - 4:30pm (closed 1 - 2pm)
- Regional Reduced Fare Permit (RRFP) allows eligible senior riders (ages 65+), riders with disabilities and Medicare card holders to receive discounted fares on public transit.
- Residents of King County, who are enrolled in one of six state benefit programs, qualify for a subsidized annual pass to ride local transit for free.
- ORCA LIFT provides reduced transit fare for low-income adults. Citizenship is not required. Save up to 50 percent or more on public transportation. Apply in person, online, or call for more information on enrollment locations and documents required.

Solid Ground - Transportation Services:

- Phone Numbers:
  - Circulator Bus Schedule: 206-753-4801
  - Metro Access Eligibility: 206-263-3113
  - Metro Access Scheduling: 206-205-5000
- Downtown Circulator Route: This free, fixed route shuttle bus connects riders to various health and human service providers Downtown. The shuttle is free and ADA accessible. It runs from 7am - 4pm, Mon - Fri, on a fixed, one-way, 30-minute loop. Look for the green Circulator bus stop signs downtown!
  - Stop 1: 9th Ave and Alder
  - Stop 2: 4th Ave and Yesler
  - Stop 3: 1st Ave and Marion
  - Stop 4: 1st Ave and Pine
  - Stop 5: 1st Ave and Bell
  - Stop 6: 9th Ave and Virginia
  - Stop 7: Boren and Seneca

- Solid Ground ACCESS provides pick-up and drop-off service available 7 days a week, 24 hours a day for people not able to ride the regular bus.

Immigration Resources

The following programs provide legal consultations, Know Your Rights trainings, family safety planning and hotline to report immigration and customs enforcement (ICE) activity.

- **Legal Consultations & Application Support:** Up to 10 hours of free legal guidance on immigration enforcement changes, removal defense and visa issues.
- **Know Your Rights (KYR) Trainings:** Free workshops to help immigrants understand their legal rights.
- **Immigrant Safety Planning:** Help to create plans for childcare and legal preparations in case of detention or deportation.
- **Policy Information Sessions:** Briefings for legal service providers to provide communities information on shifting federal policies.

Council on American Islamic Relations-Washington (CAIR-WA)

- **Services:** Legal consultations, Know Your Rights Trainings
- **Contact: http://cairwa.org/gethelp**, 206-367-4081

Catholic Immigration Legal Services (CCSWW-CILS)

- **Services:** Legal consultations, Know Your Rights Trainings
- **Contact:** Phone: 206-328-6314

Colectiva Legal del Pueblo (CLP)

- **Services:** Legal help, Family Safety planning, Know Your Rights Trainings
- **Contact:** Email: **info@colectivalegal.org**

Entre Hermanos (EH)

- **Services:** Legal consultations, Know Your Rights Trainings
- **Contact:** Phone: 206-434-0948

Horn of Africa Services (HOAS)

- **Services:** Legal consultations
- **Contact:** Phone: 206-451-0322 or 206-760-0550

Legal Counsel for Youth and Children (LCYC)

- **Services:** Immigrant Safety Plan workshops
- **Contact:** Registration Form: **https://www.lcycwa.org/isp**
  Email: **isp@lcycwa.org**

Get Help Now – Deportation Defense Hotline

You can report immigration enforcement activity through this statewide hotline and get connected to emergency support and other resources. Available Monday to Friday, 6 AM to 6 PM.

Call 1-844-724-3737 to:

- Report ICE or U.S. Customs and Border Protection activity
- Get connected to emergency resources – do not call for emergency situations.

Find an Immigration Lawyer

The American Immigration Lawyers Association (AILA) is a professional association whose members are individual lawyers for legal help.

- **AILA's Immigration Lawyer Search** – English and Spanish Available

Other Neighborhood Resources

International District / Chinatown Community Center

- Address: 719 8th Ave S
- Phone Number: 206-233-0042
- Hours:
  - Mon, Wed, Fri, 11am-9pm; Tue and Thu, 9:30am-6pm; Sat, 9am-5pm; closed Sun
  - July - August: Mon, Wed, Fri 11am-9pm; Tue and Thu, 10:30am - 7pm; Sat, 9am-5pm; closed Sunday
- Amenities: Free health and well-being recreation programs for teenagers, adults, and people aged 50 and older, free fitness room, free special programs and events, and air conditioning.

Real Change

- Address: 96 S Main Street
- Phone Number: 206-441-3247
- Hours: Mon, Tues, Thu, 8:30am - 2pm; Wed and Fri, 8:30am - 4pm
- Real Change provides a work opportunity for all. You can earn an income immediately by selling the weekly newspaper. No ID required.