

# 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:



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## Key:



Free interpretation available\*



Resource is in CID Neighborhood



Faith-based organization

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

# Phone Numbers to Help Navigate Resources and Services

## REACH Staff

- As an outreach and case management organization, REACH builds relationships with people experiencing homelessness and connects them to the help that they need.



## Outreach Care Coordinators:

Ashley Shepherd

- Phone Number: 206-715-3795
- Email Address: [Ashleys@etsreach.org](mailto:Ashleys@etsreach.org)

Alex Vitagliano

- Phone Number: 206-247-2510
- Email Address: [alexv@etsreach.org](mailto:alexv@etsreach.org)

Ashley and Alex help you register for benefits, get IDs, phones, and Social Security cards, and find shelter if available.

## 211

- Phone Number: 211
- Hours: Mon - Fri, 9am - 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.



## City of Seattle Customer Service Bureau

- Phone Number: 206-684-2489
- Hours: Mon - Fri, 8am - 5pm
- Contact the Customer Service Bureau or download the [Find It, Fix It Mobile App](#) to request a service such as graffiti removal, illegal dumping clean-up, or make a suggestion, 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 - 4pm (closed: 12pm - 1pm)
- Walk-ins welcome, open to the public
- You could receive supplies and resources at the Community Resource Center including:
  - Food and clothing
  - Housing/shelter referrals
  - Health and hygiene
  - Food benefits and other Department of Social and Health Services (DSHS) resources
  - Employment referrals and more



## Neighborhood Non-Emergency Safety Contacts

*For emergencies or threats to life, call 911.*

**CID Community Safety Coordinator:** Natalie Hutson

- Phone Number: 206-491-7327
- Email Address: [Natalie@seattlechinatownid.com](mailto:Natalie@seattlechinatownid.com)
- The CID Community Safety Coordinator helps community members connect with City departments, community-based organizations, and service agencies to address public safety concerns, and provide updates about crime-related trends.



### 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
- 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](mailto:LEADReferrals@wearepda.org) for more information on how to refer people for this program.

## SEATTLE POLICE DEPARTMENT NON-EMERGENCY CONTACTS

### CID Public Safety Liaison: Monica Ly

- Phone Number: 206-369-0489
- Email Address: [monica.ly@seattle.gov](mailto: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](mailto: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.

### Bias Crimes Coordinator: Detective Beth Wareing

- Phone Number: 206-684-5621
- Email Address: [SPD\\_Hatecrimes@seattle.gov](mailto: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, you can contact Detective Wareing for updates about the investigation of your case.
- The Bias Crime Unit provides education about what to expect when calling 911, resources that are available through the police department, personal safety, and hate crime and incident information.



## 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 distress.
- Text and chat services are available in English only. For chat services go to: [988lifeline.org](https://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.
- Interpretation available upon request.



### 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

### King County Family Emergency Shelter Community Intake Line



- Phone Number: 206-245-1026
- Hours: Daily, 8am - 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.
- Beds are never guaranteed as spaces are limited. Visitors do not need social service connection to initiate the waitlist and intake process.
- Interpretation available upon request.

### Operation Nightwatch



- Address: 302 14th Ave S
- Phone number: 206-323-4359
- Hours:
  - Dinner: 8 - 9:30pm every night
  - Shelter referrals: 7:30 - 10:30pm in person every night
- Operation Nightwatch offers nightly shelter referrals for men with valid state ID and full Covid vaccination.
- They also offer a nightly meal for up to 150 people and permanent housing for seniors age 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, call this line for screening and potential referral to shelter.
- Hours: Mon - Fri, 8am - 5pm

### Hope Place Shelter – Women and Children's Shelter

- Address: 3802 S Othello St
- Phone Number: 206-628-2008
- For women and women with children who are in recovery or have experienced domestic violence.

## **Union Gospel Mission – Men’s Shelter**

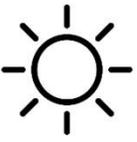
- Address: 318 2nd Ave Ext S
- Phone Number: 206-622-5177



## **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)
- Phone Numbers:
  - Day Center: 206-474-1630
  - Hygiene Center: 206-474-1680
- Hours:
  - Day Center: Mon - Fri, 9am - 4:30pm
  - Hygiene Center: Mon - Fri, 7am - 4pm and Sat, 8am - 2pm
  - Closed on Washington State 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, free lunch on Sat, and more for people experiencing homelessness or housing instability.



### 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.



### Inclement/Extreme Weather Shelters

- Phone Number: Call 211 for information on severe weather planning and temporary shelters.
- Address and Hours vary



## International District / Chinatown Branch Library

- Address: 713 8<sup>th</sup> Ave S
- Phone Number: 206-386-1300
- Hours: Mon, Fri, Sat, Sun: 10am-6pm;  
Tues, Wed, Thurs: 10am-8pm
- Amenities: free public computers, Wi-Fi, color copier, scanner, and printing, and single-occupant all-gender restrooms



## Mary's Place Day Center for Women

- Address: 1830 9th Ave
- Phone Number: 206-812-8559 extension 119
- Day center Hours: Mon - Fri, 7am - 3pm;  
Sat, 9am - 1pm
  - Breakfast: 7:30-8:30am
  - Lunch: 11:30-12:30pm
  - No additional services are available on Saturdays besides breakfast, church service, and lunch.



## Real Change

- Address: 96 S Main Street
- Phone Number: 206-441-3247
- 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.

## Salvation Army Jefferson Day Center

- Address: 420 4<sup>th</sup> 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.



## 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 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



### Bread of Life Mission Shelter

- Address: 97 S Main St
- Phone Number: 206-682-3579 ext. 100
- Hours:
  - Day Center open Mon - Fri, 9:30am - 2:30pm, open to all genders
  - Hot coffee and pastries daily at 9:30am
  - Lunch: Mon - Fri, 12:15 - 1pm
  - Dinner: Mon - Fri, 7 - 7:45pm
  - Women's clothing distributed: Tues, 1 - 2pm
  - Men's clothing distributed: Fri, 1 - 2pm
  - Men's shelter is available with valid ID, \$5 shelter fee.
- Bread of life Mission is a social services organization which provides critically needed goods and services to the unhoused.
- Ask about King County Metro bus passes at no cost, lockers for a small monthly fee, and mail service.



### Chief Seattle Club

- Address: 410 2nd Ave Extension S
- Phone Number: 206-715-7536



- Hours:
  - Drop-in services: Daily, 7am - 2pm
  - Breakfast: Daily, 8 - 9am
  - Lunch: Daily, noon - 1pm
  - Hygiene services: Daily: 7am - 1:45pm
- 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 by phone at 206-957-8548
- 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 or 206-284-0331
- Hours: Mon - Fri, 8am - 6pm
- CHAP is a telephone assistance program serving King County residents. CHAP enrolls people into health insurance, discounted transportation, food, and other programs.



### 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, 1 - 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.



### Salvation Army Women's Shelter

- Address: 1101 Pike St
- Phone Number: 206-442-8389
- Hours:



- Food Bank Hours: Tues, Wed, and Fri 9-11:30am and 1-3pm, Thurs 1-3pm
- Emergency Financial Assistance Hours: 1st – 3rd of the month, 8am-4pm
- You do not need a referral to receive financial assistance or food bank services. You can go to the client services building to receive services. Calling ahead is recommended. The enhanced shelter is open by referral only.

### 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 9:30 -10:30am
    - Lunch 12 - 1pm
  - Snack: Mon - Fri, 3 - 3:30pm
- 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, 1 - 4pm
- 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: 1043 S Jackson St
- Hours: Free community meal every Sunday from 10:30am-12:30pm
- Email Address: [theeggrollcrew@gmail.com](mailto:theeggrollcrew@gmail.com)
- Usually there are volunteers who speak either Vietnamese, Mandarin, or Cantonese.



### Pike Market Senior Center

- Address: 85 Pike St #200
- Phone Number: 206-728-2773
- Hours: Mon - Fri, 8:20am - 4pm; Sat - Sun, 8:20am - 2pm, Closed the first Thursday of each month
- Meals served daily – Breakfast, 8:20 - 9am; Lunch, noon - 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: 206-374-8731
- Hours: Mon - Fri, 9am - 3:30pm
- 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**

### Danny Woo Community Garden

- Address: 620 South Main St
- There is a free produce box located near the center of the garden, behind shed. Must use stairs. All stairs have handrails.
- Hours: Daily, 6am - 9pm
- Volunteers speak these languages: English, Mandarin, and Cantonese.



### Filipino Community Seattle

- Address: 5740 MLK Jr Way S
- Phone Number: 206-722-9372
- 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 (11am - 12pm pre-packed bags only); 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 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
- 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 offers services for children and adults including crisis assistance, support, medical and legal advocacy, brief supportive counseling, information, and referral. Can meet in their office, in the community, on the phone or through ZOOM.
- They accept most insurance and the first counseling appointment is free.
- 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 services including helpline, legal advocacy, counseling, support groups, and safety planning. The organization serves survivors with or without children, who are abused by partners in intimate relationships.



## 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, 9am - 5pm; Tues - Wed, 9am - 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: HIV and STI testing: Mon-Wed, 10am - 5pm
- 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
- 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 Pike Place Market



- Address: 1930 Post Alley
- Phone Number: 206-728-4143
- Hours:
  - Mon - Thurs, 8am - 5pm (every 1st and 3rd Wed, 9:30am - 5pm); Fri, 8am - 4pm
- Neighborcare at Pike Place Market provides adults with primary medical care, behavioral health services, substance use disorder services, and pharmacy. 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 4<sup>th</sup> Ave
- Phone Number: 206-477-8295
- Phone Number Hours: Mon - Fri, 8am - 5pm. Call phone number to verify hours for in-person services.
- The Downtown Public Health Center offers services including adult healthcare, urgent dental care, suboxone or buprenorphine clinic, maternity support services, and pharmacy.

### Public Health - Seattle & King County Mobile Medical Van



- Contact: Tarek S. - REACH, Outreach, 206-482-3073
- Seattle van schedule can be found here:  
<https://kingcounty.gov/depts/health/locations/homeless-health/mobile-medical-care.aspx>
- The van provides walk-in medical care for people who are experiencing homelessness or housing instability.

### Pioneer Square Medical Clinic



- Address: 206 3<sup>rd</sup> 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 - Fri, 8am - 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

- 2024 clinic dates: February 15 - 18
- Address: 305 Harrison St, Fisher Pavilion at Seattle Center
- Seattle/King County Clinic is a free health clinic that occurs for four days each year at Seattle Center. The Clinic welcomes anyone in the region who struggles to access and/or afford healthcare.
- Limited admission tickets are offered 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 is required.
- For more information, you can call 206-684-7200 or visit [seattlecenter.org/patients](http://seattlecenter.org/patients).



### **DENTAL SERVICES**

#### Neighborcare Health at Pacific Tower

- Address: 1200 12th Ave S, 4th floor (Suite 401)
- Phone Number: 206-548-5850
- Hours: Mon - Fri, 7am - 6pm



- Neighborcare at Pacific Tower offers comprehensive general dentistry and emergency dental care to patients of all ages.
- 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.

### [Seattle's Union Gospel Mission, Dental Clinic](#)



- Address: 205 3rd Ave
- Hours: Mon - Fri, hours vary based on volunteer capacity
- Phone Number: 206-621-7695
- Email Address: [dentalclinic@ugm.org](mailto:dentalclinic@ugm.org)
- They offer dental services serving adults 18 and older with income at or below 200 percent of the Federal Poverty Level.
- Call for more information on required paperwork for appointments and to schedule an appointment.

## **SUBSTANCE USE AND ADDICTION RESOURCES**

### [Evergreen Treatment Services \(ETS\)](#)

- Address: 1700 Airport Way S
- Phone Number: 206-223-3644
- Hours: Mon - Sat, 5:30am - 12:45pm, closed Sunday
- ETS offers medication assisted treatment (MAT) to patients for opioid use disorders. Services include daily dispensing of methadone or buprenorphine with counseling and medical provider engagement. Make appointments in person.

### [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 and Syringe Services Program: Mon - Thurs, 12:30 - 5:30pm
  - Suboxone Clinic: Tues - Thurs, 1 - 4:30pm
- 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 4<sup>th</sup> Ave
- Phone Number: 206-477-8300
- Hours:
  - Mon, Wed, Thurs, Fri, 9am - 5pm; Tues, 1-5pm; Sat, 2-5pm
  - 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**

### **City of Seattle Shower Hotline**

- Phone Number: 206-386-1030 – Call phone number first for instructions and weekly updated locations.
- Hours: 9am - 4:30pm, days vary by location. You can call the phone number above for more information.
- Come to site starting at 8am for appointments. Appointments are provided on a first-come first-served basis. No ID is required.
- City of Seattle provides free hot showers in shower trailers for 45 minutes. Single occupancy, sanitized between each use, secure storage while using, pets secured while using.

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

- Address: 1924 9th Ave
- Phone Number: 206-332-0110
- Hours: Mon-Fri, 6:30am - 5pm; Sat-Sun, 8:30am - 4pm (closed 12 - 1pm)
- The Urban Rest Stop offers free restrooms, showers with toiletries, laundry facilities and limited haircuts 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.





## 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](mailto:spayneuterclinic@seattle.gov).
- They offer free monthly vaccine pop-ups at different community centers. You can find location and hours information on their website: [www.seattle.gov/animal-shelter](http://www.seattle.gov/animal-shelter).

### Seattle Veterinary Outreach



- Address: Rotating locations – call phone number or visit [www.seattlevet.org/calendar](http://www.seattlevet.org/calendar) for information
- Hours: 10am - 2pm
- Seattle Veterinary Outreach provides basic veterinary care, including vaccination, de-worming, flea control, microchips, and care for sick pets.
- Free services for unhoused individuals including those living in vehicles.



## 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 duffel 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.
- For languages other than Spanish, press 3 and then press 1. When you call, say the English language name that you need for interpretation. 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. 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 Regional Reduced Fare Permit (RRFP), subsidized annual pass, and ORCA Lift:



- Phone Number: 206-477-4200
- Hours: Mon - Fri, 8am - 4:30pm
- Address: 201 S Jackson St; Hours: Mon - Fri, 8:30am - 4:30pm, closed 1 - 2pm for lunch
- RRFP entitles senior riders (age 65 or older), riders with a disability, and Medicare card holders to reduced fares on public transportation.
- 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: Runs Mon-Fri and is free for people living on low incomes and ADA accessible. First bus departs stop 1 at 7am, last bus departs stop 1 at 4pm. Arrives approximately every 30 minutes.
  - Stop 1: 9<sup>th</sup> Ave and Alder
  - Stop 2: 4<sup>th</sup> Ave and Yesler
  - Stop 3: 1<sup>st</sup> Ave and Marion
  - Stop 4: 1<sup>st</sup> Ave and Pine
  - Stop 5: 1<sup>st</sup> Ave and Bell
  - Stop 6: 9<sup>th</sup> Ave and Virginia
  - Stop 7: Boren and Seneca
- Solid Ground ACCESS provides door to door service available 7 days a week, 24 hours a day for people not able to ride the regular bus.

## 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 Sunday
- Amenities: Free health and well-being programs for teenagers, adults, and people age 50 and older, and air conditioning.



## Notes:

## Acknowledgements

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If you would like to suggest changes to the guide or request printed copies, please contact [don\\_cec@seattle.gov](mailto:don_cec@seattle.gov) or call 206-437-3735.