

# RESOURCES FOR SUPPORT IN OLYMPIA WA

## CRISIS SUPPORT

### **Crisis Clinic**

(360) 586-2800

### **Crisis Services**

(360) 754-1338 or (800) 270-0041

### **Suicide Prevention Lifeline**

(800) 273-8255

### **Children's Mobile Crisis Service**

(360) 480-5721

### **Safeplace**

(360) 754-6300

24hr advocacy & shelter for victims of violence

### **Alcohol & Drug 24hr Help Line**

(800) 562-1240

support & info

### **Mental Health 24hr Crisis Line**

(800) 754-1338

### **Youth Helpline**

(360) 586-2777

### **Crisis-related Resources in Thurston County**

<http://tmbho.org/crisis-information/>

## FREE MEDICAL CARE

### **Olympia Free Clinic**

(360) 529-1937

1225 State Ave NW, Olympia, WA 98501

<https://www.theolympiafreeclinic.org/>

For low-income, uninsured people in Thurston County to have access to cost-effective, quality, medical, mental, and specialty healthcare and linkages to appropriate community resources.

### **Mental Health Service via Free Clinic**

(360) 890-4074 ex. 3

Call ahead to make an appointment ahead of time

Open Monday & Wednesday evenings only

## **SHELTER & EMERGENCY SERVICES**

### **Interfaith Shelter Overnight Shelter**

(360) 918-8424

701 Franklin St SE, Olympia, WA 98501

<https://www.iwshelter.org/guests.html>

### **Community Care Center Day-time Shelter**

225 State Ave NE, Olympia, WA 58901

<https://www.iwshelter.org/community-care-center.html>

### **SideWalk**

(360) 515-5587

<http://www.walkthurston.org>

SideWalk has partnered with local shelter providers to bring access to nearly half of the local shelter beds (for homeless adults) under one roof

Volunteer advocates walk side-by-side with clients to help them navigate the service system

### **Capital Clubhouse**

(360) 352-3582

<http://www.capitalclubhouse.org/>

Consumer-run program for people with mental health issues

### **Community Action Council of Lewis, Mason and Thurston Counties**

(800) 952-8012

Our multi-purpose organization focuses on meeting the needs of low-income individuals and families through a variety of programs designed to help them become independent and more self-sufficient

### **Housing Authority of Thurston County**

(360) 753-8292

<http://hatc.org>

Rental assistance, emergency housing, transitional housing, permanent housing, and home repair

### **Community Youth Services**

(360) 943-0780

Shelter, outreach, drop-in center, transitional living program and referrals for homeless/runaway youth and their families

### **The Family Support Center**

(360) 528-8999

Provides emergency shelter and support for families when they are unable to access other shelters

### **Catholic Community Services Thurston County Family Center**

(888) 322-7156

Emergency services, counseling and mental health, elderly and disabled, childcare

**A Beginning Alliance**

(360) 586-2731

**Bread & Roses Women's Guest House Shelter**

(360) 754-4085

**Community Youth Services (youth)**

(360)943-0780

**Emergency Shelter Network (overnight shelter for family)**

(360) 528-8999

**Mike's Shelter for Men Cold Weather Shelter**

(360) 528-8999

**Support Center of South Sound**

(360) 754-9297

**Fleetwood Apartments**

(360) 704-3035

**Haven House**

(360) 754-1151 or (888) 698-1825

Shelter & crisis center for teens 12yrs – 17yrs

**Salvation Army (shelter for single men, women, families)**

(360) 352-8596

**FREE FOOD**

**Thurston County Food Bank**

(360) 352-8597

<http://www.thurstoncountyfoodbank.org>

220 Thurston Ave NE Olympia, WA 98501

Groceries & no hot meals

Food distribution hours

Monday & Wednesday & Friday- 11am – 3pm

Wednesdays, 2nd & 4th of each month - 5pm – 7pm

They also satellite facilities all over town that are open at times of day and days of the week that the downtown food bank isn't

Call or see website for more information

*\*no evangelizing, even at churches involved in satellite program*

**Salvation Army**

(360) 352-8596

824 5th Ave SE Olympia, WA 98501

Hot meals 7 days week

Breakfast - 6:30am - 7:30am

Lunch - 11:30am - 12:30pm

Dinner – 5pm

*\*religious affiliation*

**Union Gospel Mission**

Hot meals 7 days a week

Monday – Friday - 6am & 12pm & 5:30pm

Saturday - 10am & 12pm

Sunday - 8am & noon

*\* Praying/evangelizing*

**Food Not Bombs**

Hot meals served outside of Olympia Timberland Library - 313 8th Ave SE, Olympia, WA 98501

Saturdays 4:30pm

**MORE FOOD ASSISTANCE****Adventist Community Service Center**

(360) 943-1518

**Church of Living Water**

(360) 754-5830

**DSHS (Food Stamps)**

(877) 501-2233

**Meals on Wheels - Senior Services for South Sound**

(360) 586-6181

**St Vincent de Paul**

(360) 352-7554

**The Community Kitchen (CCSSW)**

(360) 349-2808

**South Puget Sound Intertribal Planning Agency**

(360) 438-1100

**WIC - Women, Infants, Children**

(800) 322-2588

## **CLOTHING & FURNITURE & HOUSEWARES**

### **Adventist Community Service Center**

(360) 943-1518

### **Baby Bank**

(360) 357-6617

Diapers & baby clothes; referral necessary

### **First Baptist Church of Lacey Resource Center**

(360) 491-1440

Children's clothing newborn – 14yrs

### **Olympia Union Gospel Mission**

(360) 709-9725

### **Other Bank at YWCA**

(360) 352-0593

For supplies that food stamps don't cover

### **Olympia Food Co-op Westside Free Store**

Open various weekday & weekend hours

Free clothing and housewares

### **St Vincent de Paul**

(360) 352-7554

### **Sacred Heart Catholic Church - Emergency Outreach Program**

(360) 491-0890

### **Salvation Army**

(360) 352-8596

### **Saint Vincent De Paul Clothing Bank, Olympia**

(360) 352-7554

## **TRANSPORTATION**

### **Village Vans**

(360) 705-5840 (scheduling system)

free transportation for work support activity within the Olympia/Lacey/Tumwater area

Provided by Intercity Transit

## **LGBTQ YOUTH RESOURCES**

### **Stonewall Youth LGBTQIA Youth Group**

(360) 888-4273 (text preferred)

[www.stonewallyouth.org](http://www.stonewallyouth.org)

### **Pizza Klatch**

(360) 339-7574

[www.pizzaklatch.org](http://www.pizzaklatch.org)

Lunchtime youth group at high schools in the area

### **PFLAG Olympia Chapter**

(360) 270-1608

<http://pflag-olympia.org/>

Group for Parents and Friends of LGBTQ people

## **OTHER RESOURCES**

### **Planned Parenthood Olympia**

(800) 769-0045

402 Legion Way SE, Olympia, WA 98501

STI/HIV testing, abortion services, family planning, and reproductive health services, sliding scale

### **CareNet Olympia**

(360) 753-0061

135 Lilly Rd SE, Olympia, WA 98506

Pregnancy Center offering free services for pregnant people

### **Syringe Services Program**

<https://www.co.thurston.wa.us/health/personalhealth/clinics/syringeexchange.html>