

Resources for Support in Olympia WA

verified January 2025

211 • dial 211

search.wa211.org

Resource network for Washington State. Categories include Disabilities, Domestic Violence, Employment, Education, Food, Financia, Personal/Household Items, Health Care, Transportation, Shelter/Housing, Mental Health, and Traumatic Brain Injury.

Olympia Clean Team • 360-522-3850

Based downtown, will come out to the eastside. (Westside untested.) Will remove trash and biohazard waste, remove grafitti, power wash sidewalks, and more!

7 days a week, 7am - 3pm

Timberland Library

Downtown Olympia	West Olympia (Capital Mall)
(360) 352 - 0595	(360) 764 - 4440
313 8th Ave SE	625 Black Lake Blvd SW
Olympia, WA 98501	Olympia, WA 98502

Tumwater	Lacey
(360) 943 - 7790	(360) 491 - 3860
7023 New Market St	500 College St SE
Tumwater, WA 98501	Lacey, WA 98503

Family Support Center of South Sound

fscss.org

CRISIS SUPPORT

Crisis Clinic of Thurston and Mason Counties • 360-586-2800

We provide compassionate support and resources to empower those in crisis every hour of every day.

Olympic Heath Crisis Services • 360-754-1338 or 800-270-0041

ohrs.org/crisis-services

Our 24/7 crisis services offer voluntary community based intervention to individuals in need wherever they are, including home, school, or anywhere else in the community where the person is experiencing a crisis.

988 Suicide & Crisis Lifeline • dial 988 (24 hour hotline)

988lifeline.org (live chat and videophone available)

TTY dial 711 then 988

National mental health hotline for confidential emotional support and resources. Their website has a detailed guide on what to expect when you call. ASL accessible through videophone.

Veterans Crisis Line • dial 988 then press 1

text 838255

veteranscrisisline.net (live chat available)

24/7 confidential helpline serving Veterans, service members, National Guard and Reserve members, and those who support them regardless of enrollment in VA benefits or health care.

Children's Mobile Crisis Catholic Community Service • 360-480-5721

for children under the age of 20

Website for Crisis- related resources Thurston County

tmbhaso.org/crisis-information

Crisis Response Unit • (360) 704 - 2740

Alternative response team that offers voluntary and confidential assistance to those in the Olympia community. Services include conflict resolution, housing referrals, resource connections and referrals, first aid and non-emergency care, and transportation to services.

Mobile CRU:

7am - 2am, seven days a week

Downtown Walking CRU:

11am - 7pm, Tuesday - Saturday

Behavioral Health Resources

bhr.org

ALCOHOL/DRUG ABUSE SUPPORT

Youth Helpline • 360-586-2777

Alcoholics Anonymous • 360-352-7344

Capital Recover Center • (360) 357-2582

crcoly.org

Drug User Health Program • 360-490-9155

1000 Cherry Street SE, Olympia, WA 98501 Entrance at back door

Exchanges syringes and provides harm reduction supplies. Also provides condom distribution, naloxone administration training, HIV and Hep C testing, peer support, referrals to substance use treatment services.

FREE MEDICAL CARE

Olympia Free Clinic • (360) 890-4074

theolympiafreeclinic.org

520 Lilly Rd NE, Building 3, Olympia, WA 98506

The Free Clinic exists for low-income, uninsured people in Thurston County 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 and Wednesday Evenings only

SHELTER & EMERGENCY SERVICES

Interfaith Works Shelter • (360) 918 - 8424

iwshelter.org

Unity Commons 1st Floor

161 Pattison Se NE Olympia, WA 98506

Sergio's (Interfaith Works) • (360) 706 - 2287

3501 Mary Elder Rd NE, Olympia, WA

Tuesday - Saturday, 10am - 6pm

Daytime resource center to connect people with hygiene services, vital social services like medical and mental health care, and an overflow shelter during inclement hazardous weather and short-term emergencies.

Monarch Children's Justice and Advocacy Center • (360) 923-1884

Housing Authority of Thurston County • (360) 753-8292

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.

Catholic Community Services Thurston County Family Center • (888) 322-7156

2940 Limited Lane NW Olympia, WA *Emergency services, counseling and mental health, elderly and disabled, childcare.

Bread & Roses Women's Guest House Shelter • (360) 754-4085

Community Youth Services • 360-943-0780

Family 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 12-17

Salvation Army • 360-352-8596
shelter for single men, women, families

FREE FOOD

Thurston County Food Bank • (360) 352-8597

thurstoncountyfoodbank.org

220 Thurston Ave NE Olympia, WA 98501

Groceries, no hot meals. Food Distribution Hours: Monday, Wednesday & Friday, 11:00-3:00 and on the 2nd & 4th Wednesdays of each month 5:00 PM-7:00 PM

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

Salvation Army • (360) 352-8596

824 5th Ave SE Olympia, WA 98501

Hot meals 7 days week: breakfast around 6:30-7:30, lunch 11:30-12:30 & dinner at 5

*religious affiliation

Union Gospel Mission • (360) 709-9725

413 Franklin St NE, Olympia, WA 98501

Hot meals 7 days a week: M-F 6am, noon & 5:30. Sat 10 & noon, Sun 8 & noon
*Praying/evangelizing

Food Not Bombs

313 8th Ave Se, Olympia, WA 98501

Hot meals Served 4:30 PM on Saturdays, outside of Olympia Timberland Library

MORE FOOD ASSISTANCE

DSHS (Food Stamps) • (877) 501-2233

Meals on Wheels - Senior Services for South Sound • 360-586-6181

St Vincent de Paul • (360) 972-0661

South Puget Sound Intertribal Planning Agency • 360-438-1100

WIC - Women, Infants, Children • 1-800-322-2588

CLOTHING, FURNITURE & HOUSEWARES

Baby Bank • 360-357-6617

Wednesdays 10-11:30 (diapers & baby clothes; referral necessary)

First Baptist Church of Lacey Resource Center • 360-491-1440

children's clothing newborn - 14

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 West Free store • 360-754-7666

oly-wa.us/freestore

Free clothing and housewares. Open most mornings and afternoons. Call ahead or visit website to check current hours.

Sacred Heart Catholic Church - Emergency Outreach Program • 360-491-0890

Salvation Army • 360-352-8596

Saint Vincent De Paul Clothing Bank, Olympia • (360) 972-0661

ANIMALS

Concern For Animals • 360-456-8176

concernforanimals.org/veterinary-cost-assistance

Will give qualifying people vouchers for non routine animal care. They also have a weekly pet food bank for qualifying people.

The PALS program (Pet Assistance for Low Income Seniors) • 360-586-6181 ext. 131

southsoundseniors.org/supportive-services/pals

Run through Senior Services, will help provide animal care support for seniors

Covenant Creatures • 360-357-6301

covenantcreatures.com

religious based, provides material assistance to street pets and their owners. Once a month they have an outreach day where they provide basic vet tech assistance if a tech is available, along with pet food. They can also be contacted if someone wants to apply for a vet care voucher based on qualifying income. I am sending this information to you because some people would be open to accessing this resource.

DOMESTIC VIOLENCE SUPPORT

Safespace • 360-754-6300

Services include: 24-hour helpline, emergency shelter, legal help, hospital response, drop-in advocacy, housing program, and support groups.

National Domestic Violence Hotline • 800-799-SAFE (7233)

text START to 88788

thehotline.org

Get help, identify abuse, plan for safety, support others, and find local resources.

LovelsRespect.org

Online database of resources and support specifically aimed at teen and young adult relationships

Stronghearts Native Helpline • 1-844-7NATIVE (1-844-762-8483)

Confidential and anonymous culturally-appropriate domestic and sexual violence helpline for Native Americans. StrongHearts advocates offer the following services at no cost:

- Peer support and advocacy
- Information and education about domestic violence and sexual violence

- Personalized safety planning
- Crisis intervention
- Referrals to Native-centered domestic violence and sexual violence service providers
- Basic information about health options
- Support finding a local health facility or crisis center trained in the care of survivors of sexual assault and forensic exams
- General information about jurisdiction and legal advocacy referrals

Deaf Hotline • 855.812.1001

nationaldeafhotline@adwas.org

thedeafhotline.org

The Deaf Hotline is a 24/7 national hotline that is ASL accessible for people experiencing abuse. With the Deaf Hotline, you can consult with a culturally-adept and trained advocate in ASL. Whether you're in need of safety planning, crisis intervention, emotional support or have some questions, we are here for you.

Save Havens for Pets • 202-459-2184

safehavensforpets.org

Directory of shelters and resources that allow people escaping domestic violence situations to be housed with their pets or which partner with local animal shelters.

TRANSPORTATION

Vanpool • 360-786-8800

vanpool@intercitytransit.com

intercitytransit.com/services/vanpool

A vanpool is a group of three or more people who share a similar commute. Intercity Transit provides the van, gas, tolls, insurance, and maintenance. Individuals pay a low monthly fare based on their daily round-trip miles. In some cases, employers cover a portion, or all, of the fare for their employees. First month is free.

Dial-a-Lift • 360-705-5896 Rider Certification • 360-754-9393 Ride Scheduling

dial-a-lift@intercitytransit.com

intercitytransit.com/services/dial-lift

Door-to-door shared ride public transportation service for people with disabilities that prevent them from using our fixed route bus service. We offer Dial-A-Lift service where and when fixed route buses operate. You must complete an application, be eligible and certified to ride Dial-A-Lift.

Village Vans • 360-705-5840

Free transportation for employment-related activities to people with low incomes in the Olympia, Lacey, and Tumwater greater urban areas. Includes but is not limited to: new job, job interviews, job training sites, worksorce center, DSHS, childcare centers.

Olympia Snow and Ice Information

olympiawa.gov/services/transportation/snow_and_ice

Describes Olympia's weather-preparedness plans. Includes map of priority roads to treat/plow and live map of road status.

Intercity Transit Bus Snow Detours

intercitytransit.com/bus/routes/snow-detours

Detour maps and winter weather information.

LGBTQ YOUTH RESOURCES

Stonewall Youth

stonewallyouth.org

info@stonewallyouth.org

Street Address 112 State Ave NE, Olympia, WA 98501

Mailing Address PO Box 7383, Olympia, WA 98507

LGBTQ2S+ youth group focused on support, education, leadership, and social change.

Primarily based in Thurston, Mason, and Lewis counties.

Pizza Klatch • 360-339-7574

pizzaklatch.org

Lunchtime youth group at high schools in Thurston County.

PFLAG Olympia Chapter • 360-628-8412

pflag-olympia.org

1224 Legion Way SE, Olympia, WA 98501 Enter on 5th Avenue side

Group for Parents and Friends of LGBTQ people. Meets every 2nd Sunday of the month at First United Methodist Church.

PREGNANCY RESOURCES

Planned Parenthood • 1-800-230-7526

402 Legion Way, Suite 201, Olympia, WA 98501

STI/HIV Testing, abortion services, family planning, and reproductive health services. To discuss reduced cost or no-cost services call 1-866-904-7721

Options Pregnancy Center • 360-753-0061 (call and text)

optionspregnancy.com

135 Lilly Rd SE, Olympia, WA 98506

Pro-life pregnancy center offering free services for people who want to remain pregnant.

IMMIGRATION

Washington Immigrant Solidarity Network (WAISN)

waisn.org

Fair Fight Immigrant Bond Fund • 844-724-3737

provides bond money for low-income individuals detained at the Northwest Detention Center in Tacoma, WA.

Free US Citizenship test class

classroom.usahello.org/programs/us-citizenship-test-preparation

Asylum Seekers Advocacy Project

asylumadvocacy.org

We Have Rights

Create an emergency plan

wehaverights.us/create-an-emergency-plan

Immigrant Defense Project

immigrantdefenseproject.org

Immigrant Legal Resource Center

ilrc.org

"Working with and educating immigrants, community organizations, and the legal sector to help build a democratic society that values diversity and the rights of all people"