
COMMUNITY RESOURCES- SNOHOMISH COUNTY



At Open Arms Perinatal Services, we're so grateful to have been a part of your birthing and family journey. Below are other community organizations for you to access additional support.

DIAPERS & WIPES

Babies of Homelessness- For unhoused families with urgent needs; 1-866-442-6443;
<https://www.babiesofhomelessness.org/>

Everett Community Resource Center- 425-355-6005;
<https://lcsnw.org/program/community-resource-centers/>

North Helpline Baby Corner- Serving families with children ages 0-5, 206-367-3477;
<https://www.northhelpline.org/get-help/client-services/>

PREPARES- 206-328-9264; <https://preparesforlife.org/how-we-can-help/>

Two Hearts Pregnancy Aid- 425-252-6444; <https://www.twoheartswa.org/>

BABY SUPPLIES

Clothes for Kids- Provides clothing for children ages 3+; 425-741-6500; <https://clothesforkids.org/>

Hand in Hand- Clothing for children ages 0-18; 425-374-2461; <https://handinhandkids.org/>

PREPARES- 206-328-9264; <https://preparesforlife.org/how-we-can-help/>

Two Hearts Pregnancy Aid- 425-252-6444; <https://www.twoheartswa.org/>

FOOD SUPPORT

Hand in Hand- 425-374-2461; <https://handinhandkids.org/>

Lynnwood Food Bank- 425-745-1635; <http://www.lynnwoodfoodbank.org/home>

North Helpline Food Bank- 206-367-3477; <http://www.northhelpline.org/get-help/emergency-services/>

Snohomish Community Food Bank- 360-568-7993; <https://snohomishfoodbank.org/>

Volunteers of America- 425-259-3191; <https://www.voaww.org/foodbank>

CHILDCARE

Childcare Resources- Offers help finding childcare; 1-800-446-1114; <https://childcare.org/family-services/>

Washington Connections- Connect to a variety of state services including childcare assistance, food, emergency and cash assistance; <https://www.washingtonconnection.org/home/>.

HOUSING, RENTAL ASSISTANCE & EVICTION PREVENTION

Apartment Finder – Internet resource with listing of affordable housing units in Washington, including waitlist times and additional property info; <http://aptfinder.org/listings.php/>

HOME Tenant-Based Rental Assistance Program/Office of Community & Homelessness Services- 425-262-2904

Hopelink- Call the closest Hopelink emergency service center to request eviction financial assistance or move-in support; <https://www.hopelink.org/need-help/financial-assistance#collapseTwo>

Housing Authority of Snohomish County- Owns properties with affordable rents across Snohomish County; <https://hasco.org/housing-solutions/hasco-properties/>.

Snohomish Affordable Housing Group- Offers a limited number of transitional and permanent housing units; 360-568-4951; manager@snoahg.org; <https://www.snoahg.org/>

Snohomish County Emergency Rental Assistance Program- To apply, call 211; <https://snohomish-county-coronavirus-response-snoco-gis.hub.arcgis.com/pages/emergency-rental-assistance>

Volunteers of America Western Washington's Dispute Resolution Center- Provides info on fair housing laws, your rights and remedies and what to do if you feel you have been discriminated against; 425-339-1335; [VOA's Fair Housing webpage](#)

Washington Law Help- Maintains an up-to-date list of eviction prevention resources for renters who need help paying rent <https://www.washingtonlawhelp.org/resource/eviction-prevention-snohomish/>

DOMESTIC VIOLENCE/INTIMATE PARTNER VIOLENCE RESOURCES

Domestic Violence Services of Snohomish County- Offering temporary shelter services in emergency situations; 425-252-2873 (24-hour hotline); <https://dvs-snoco.org/>

YWCA Housing and Shelter for Snohomish County- Offers various types of housing for women and their children; 425-258-2766

Cocoon House- Emergency Teen Services; 425-259-6042

RESOURCE NAVIGATION

Maternity Support Services- Offered through SeaMar Community Health Center, support, and case management to pregnant and parenting families who are eligible with Medicaid coverage; 425-312-0204; <https://www.seamar.org/mss-infant-case.html>

St. Vincent De Paul Assistance Helpline- 425-355-3504; <https://svdpnsc.com/help/>; Helpline is answered Mon-Friday from 10-4pm

MIDWIFERY CARE

Rainier Valley Midwives- Community-based reproductive and pregnancy care for BIPOC Families in the Greater Seattle Area; 206-712-7352; <https://www.myrvcc.org/>

Quilted Health- Midwifery-led comprehensive pregnancy care; 1-888-743-7384; <https://www.quiltedhealth.com/>

Rainy City Midwifery- Midwifery care in the Puget Sound area; 206-861-8300; <https://rainycitymidwifery.com/>

Puget Sound Birth Center- Safe, respectful, family-centered pregnancy and birth care in and around Seattle, Renton, and Kirkland; 425-207-8769; <https://www.birthcenter.com/>

Generations Midwifery- Individualized midwifery care suited to families' physical, mental, emotional, spiritual and cultural needs; 360-401-3343; <https://www.generationsmidwiferyservices.com/>

Blessed Hands Midwives- Warm, Gentle, Cultural High Quality, Safe Midwifery Care; 206-468-4077; <https://blessedhandsmidwives.com>

Journey Midwife Services- Client-centered Pregnancy Services for diverse communities, specifically people of color, teens, and the LGBTQIA community; 206-328-7929; <https://www.journeymidwife.com/>

MENTAL HEALTH RESOURCES

Connect to a Counselor

Consejo Counseling- Provides behavioral health services to the Latinx community; <https://consejocounseling.org/>

Open Path Collective Therapy- Sessions for individuals, couples and families between \$30 - \$60; www.openpathcollective.com

Perinatal Support Washington- Provides support groups, therapy, Parent Resilience Program, perinatal loss resources; 1-888-404-7763 (Spanish support available); <https://perinatalsupport.org/>

Washington Counselors of Color Directory- Provides counseling from providers who understand the specific needs of people of color and various cultures; www.multiculturalcounselors.org

Washington's Mental Health Referral Service for Children and Teens- Referral service for youth and their families. Get connected to mental health providers that meet your needs and your insurance coverage; www.seattlechildrens.org/clinics/washington-mental-health-referral-service

Emotional Support Helplines

Crisis Line: Trained counselors available for individuals, families and friends; Call 1-866-427-4747, text: HOME to 741741; www.crisistextline.org

Maternal Mental Health Hotline- For pregnant and postpartum people/families to receive real-time support, education, resources & referrals. Available 24/7; 1-833-943-5746

National Suicide Prevention Line – 24/7 support; 1-800-273-8255; <https://suicidepreventionlifeline.org/>

Perinatal Support Washington- Staffed by parents who have experienced a perinatal mood disorder and/or anxiety disorder and have fully recovered or licensed therapists with specialized training in perinatal mental health; 1-888-404-7763 (Spanish support available); Mon-Fri 9-4:30pm

Postpartum Support International Warmline- For pregnant and postpartum people to receive real-time support and specializing in referrals for support groups and online provider directory; 1-800-944-4773;

Teenlink: Helpline for teens and those who care for them; 1-866-833-6546, chat, or text; www.teenlink.org

WA Warm Line: Peer support help line for people living with emotional and mental health challenges. 1-877-500-9276; TTY: 206-461-3610; www.crisisconnections.org/wa-warm-line

Washington Listens: Provides non-clinical support to people who feel sad, anxious, or stressed due to COVID-19. Free and anonymous, interpretation available; Call/Text 1-833-681-0211; M – F from 9AM-9PM and weekends 9AM-6PM; <https://waportal.org/partners/home/WaListens/>

Needing additional resources? Washington State's Help Me Grow Hotline is a resource navigator available to you by calling 1-800-322-2588, Monday to Thursday 8-5:30pm, Friday 8-5pm. Support in English and Spanish is available and interpreters available for additional languages.

