

# Health

## Abuse Reporting Hotlines

### How to report child abuse or neglect:

- (866) 829-2153 (Region 2)
- (866) 363-4276 (Statewide) - available 24/7 - (866) END-HARM

### Questions that will be asked when you call

- The name, address and age of the child
- The name and address of the child's parent, guardian or other persons having custody of the child
- The nature and extent of the abuse or neglect
- Any evidence of previous incidences
- Any other information which may be helpful in establishing the cause of the child's abuse or neglect and the identity of the perpetrator

*You do not need to have all of the above information when you call to make a report, but the more accurate information you can provide, the better equipped the offices will be to assess the child's safety.*

### Report Elder Abuse/Abuse of Vulnerable Adults:

- Call 877-734-6277 or report online at the link above
  - You will be asked to give the person's name, address, contact information and details about why you are concerned.
  - You will also be asked for your name and number or some way of contacting you if the investigator has follow up questions.
  - Unless there is a court action, law enforcement has been called in, or you agree, your identity is confidential.
  - *If you report in good faith, you cannot be held liable for any damages resulting from reporting.*

## Immunizations/Vaccines

|                      | ORGANIZATION   | RESOURCES   |
|----------------------|--|---|
| <b>INFORMATION</b>   | <a href="#">Center for Disease Control (CDC): Vaccines</a> | Recommendations and information   |
|                      | <a href="#">Health &amp; Human Services: Vaccines</a>      | Information about vaccines (including COVID-19)   |
|                      | <a href="#">WA Department of Health: Immunizations</a>     | Recommendations by age, obtaining immunizations records, <a href="#">information and education for adults and providers</a> |
|                      | <a href="#">Snohomish Health District: Immunizations</a>   | Recommendations and requirements by age, obtaining immunization records   |
|                      | <a href="#">Immunity Community WA</a>                      | A <a href="#">WithinReach</a> program promoting immunization confidence   |
| <b>FIND VACCINES</b> | <a href="#">WA Department of Health Vaccine Map</a>        | Find a vaccination provider for children or adults  |
|                      | <a href="#">VaccineFinder: Find vaccines near you</a>      | <i>Flu/routine vaccination locator currently suspended during COVID-19</i>  |
|                      | <a href="#">Snohomish Health District</a>                  | Resources for obtaining immunizations - multiple languages  |

## Applying for Insurance Coverage

| ^ ORGANIZATION ^ WAYS TO APPLY

|  |   |   |
|--|---|---|
| <b>CHILDREN, NON-DISABLED ADULTS 18-65</b> | <a href="#">HCA: AppleHealth (Medicaid) &amp; Health Benefit Exchange</a>   | Call 855-923-4633, apply online at the link, or download the <a href="#">WAPlanFinder Mobile App</a> to apply |
|  | Additional Resources: <a href="#">Find a Navigator</a> : For live help with the AppleHealth application, or <a href="#">Find a Broker</a> : For assessment and plan recommendations                             |   |
|  | Additional Resources: <a href="#">AppleHealth covered services</a> ; <a href="#">AppleHealth Dental Services</a>  |   |
|  | Additional Resources: <a href="#">Find a provider</a> (only for those without a managed care plan, or those whose managed care includes dental coverage); <a href="#">Find a Dentist</a> (children's dentistry) |   |
|  | Additional Resources: <a href="#">AppleHealth Managed Care Explained</a> : Contact your managed care plan to find a covered provider  |   |
|  | Additional Resources: <a href="#">Free or Low-Cost Optical Providers</a> - where to fill optical prescriptions with AppleHealth coverage  |   |
|  | Additional Resources: <a href="#">Alternate Help with Prescriptions</a> - for people with High-Deductible Health Plans or no coverage   |   |

|   |   |   |
|---|---|---|
| <b>PEOPLE AGE 65+,<br/>PEOPLE W/<br/>DISABILITIES</b> | <a href="#">Apply for Medicare: Parts A and/or B</a>  | Apply at the link or call 800-772-1213 - see <a href="#">here</a> for information about special enrollment periods and automatic enrollment                   |
|   | Additional Resources: Part A: <a href="#">What it covers</a> ; Part B: <a href="#">What it covers</a>   |   |
|   | <a href="#">Apply for Medicare Part D</a>   | Apply at the link or call 800-633-4227 - see <a href="#">here</a> for more information  |
|   | <a href="#">Medicare Part D Low Income Subsidy Program</a>  | Apply at the link or call 800-772-1213  |
|   | Additional Resources: <a href="#">Medicare: Find a Provider</a> , free publications, and more information   |   |
|   | <a href="#">DSHS: Healthcare for the Aged, Blind, or Disabled</a>   | Call 877-501-2233, <a href="#">apply online</a> , or <a href="#">find a local office</a> *  |
|   | <a href="#">DSHS: Spenddown</a>   | Call 877-501-2233, <a href="#">apply online</a> , or <a href="#">find a local office</a> *  |
|   | <a href="#">DSHS: Medicare Savings Program</a>  | Call 877-501-2233, <a href="#">apply online</a> , or <a href="#">find a local office</a> *  |
|   | <a href="#">DSHS: Healthcare for Workers with Disabilities</a>  | Call 877-501-2233, <a href="#">apply online</a> , or <a href="#">find a local office</a> *  |
|   | <a href="#">DSHS/HCS: In-Home Care Services</a>   | <a href="#">Apply online</a> , mail or fax in form 18-005 from <a href="#">HCA forms and publications</a> , or <a href="#">call or visit local HCS office</a> |
|   | <a href="#">DSHS/HCS: Long-Term Care Options</a>  | <a href="#">Apply online</a> , mail or fax in form 18-005 from <a href="#">HCA forms and publications</a> , or <a href="#">call or visit local HCS office</a> |
|   | <a href="#">DSHS/HCS: Specialized Dementia Care Program</a>   | See above for how to apply for Long-Term Care - if eligible for Medicaid, then <a href="#">locate a contracted facility</a>                                   |
|   | Additional Resources: <a href="#">Homage Senior Services</a> : Aging & disability services, home-delivered meals, insurance advisors, etc.  |   |
|   | Additional Resources: <a href="#">Long-Term Services and Supports Handbook (22-619)</a> (available in multiple languages from <a href="#">forms website</a> )                       |   |
|   | Additional Resources: <a href="#">ALTSA Long-Term Care Manual</a>   |   |
| <b>EMERGENCY - NON-QUALIFYING IMMIGRANTS</b>          | <a href="#">DSHS: Alien Emergency Medical program</a>   | Normally, applications are filed while in hospital; if not filed at time of emergency, <a href="#">apply online</a> or call 877-501-2233                      |
| <b>COMPACT OF FREE ASSOCIATION</b>                    | <a href="#">HCA: COFA Islander Programs</a>   | <a href="#">Apply online</a> , or download the <a href="#">WAPlanFinder Mobile App</a> to apply   |
|   | Additional resources: <a href="#">Find a Navigator</a> : For live help with the AppleHealth application, or <a href="#">Find a Broker</a> : For assessment and plan recommendations |   |

|                                  |  |  |
|----------------------------------|--|--|
| <b>GENERAL INFORMATION</b>       | <a href="#">Statewide Health Insurance Benefits Advisors</a>   | Call 800-562-6900 or <a href="#">use online contact form</a> , or <a href="#">find a local office</a>  |
|                                  | What they do: Licensed, unbiased advisors helping with Medicare and Medicaid and insurance enrollment, advice, questions, plan comparisons, referrals, etc.                        |  |
|                                  | <a href="#">Health Solutions NW, LLC</a>   | Call 425-252-5105, schedule an appointment online at <a href="#">link</a> . 7100 Evergreen Way Ste F, Everett, WA. Email: <a href="mailto:neil@his-nw.com">neil@his-nw.com</a> |
|                                  | What they do: Licensed health insurance brokers and navigators providing assistance with AppleHealth Medicaid, Medigap, and Medicare plan enrollment at no cost                    |  |
|                                  | Additional resources: <a href="#">Korean Women's Association</a> : Call 253-535-4202 or <a href="#">fill out contact form</a> for help navigating Medicare and Medicaid enrollment |  |
|                                  | Additional Resources: <a href="#">AppleHealth Eligibility Manual</a> (Includes eligibility rules for all programs listed above) and corresponding <a href="#">WAC index</a>        |  |
| <b>NON-DISABLED ADULTS 18-65</b> | <a href="#">When can I buy an individual insurance plan?</a>   | Information available from the website   |

*\*Due to COVID-19, DSHS, HCA, and HCS are not currently open for in-person services.*

## Free, Low-Cost, or Sliding-Scale Healthcare Services

|              | CITY       | ORGANIZATION & LOCATION  | CONTACT                    |
|--------------|------------|--|----------------------------|
| PRIMARY CARE | ARLINGTON  | <a href="#">Community Health Center (CHC)</a> , 326 S Stillaguamish Ave  | Phone: (360) 572-5400      |
|              |            | Other services: Dental, Dental Walk-in, and Pharmacy. <a href="#">Payments &amp; Insurance</a>                 |                            |
|              | EDMONDS    | <a href="#">Community Health Center (CHC)</a> , 23320 HWY 99   | Phone: (425) 640-5500      |
|              |            | Other services: Dental, Dental Walk-in, and Pharmacy. <a href="#">Payments &amp; Insurance</a>                 |                            |
|              | EVERETT    | <a href="#">Community Health Center (CHC)</a> , 1424 Broadway  | Phone: (425) 789-2000      |
|              |            | Other services: Dental, Dental Walk-in, and Pharmacy. <a href="#">Payments &amp; Insurance</a>                 |                            |
|              |            | <a href="#">Community Health Center (CHC)</a> , 930 North Broadway   | Phone: (425) 595-3900      |
|              |            | Other services: Dental, Dental Walk-in, and Pharmacy. <a href="#">Payments &amp; Insurance</a>                 |                            |
|              |            | <a href="#">Community Health Center (CHC)</a> , 4201 Rucker Ave  | Phone: (425) 382-4000      |
|              |            | Other services: Dental, Dental Walk-in, and Pharmacy. <a href="#">Payments &amp; Insurance</a>                 |                            |
|              |            | <a href="#">Community Health Center (CHC)</a> , 1019 112TH St. SW  | Phone: (425) 551-6200      |
|              |            | Other services: Dental, Dental Walk-in, and Pharmacy. <a href="#">Payments &amp; Insurance</a>                 |                            |
|              |            | <a href="#">Mercy Watch</a> : Our Common Ground, 2624 Rockefeller Ave  | Tues 9AM - 12PM            |
|              |            | <a href="#">Mercy Watch</a> : Everett Gospel Mission, 3711 Smith Ave   | Wed 9:30AM - 1PM           |
|              |            | <a href="#">Mercy Watch</a> : Needle Exchange, 1625 E Marine View Dr #4  | Thurs 2PM - 7PM            |
|              |            | <a href="#">Mercy Watch</a> : Esther's Place, 936 Rockefeller Ave  | <i>On temporary hiatus</i> |
|              |            | <a href="#">Mercy Watch</a> : Parking lot across from Everett Library  | Tues 6PM - 9PM             |
|              |            | <a href="#">Mercy Watch</a> : 2624 Rockefeller Ave, parking lot of UCC   | Thurs 6PM - 9PM            |
|              |            | <a href="#">Planned Parenthood</a> , 1509 32nd St.   | Phone: 800-769-0045        |
|              |            | Other services: Abortion, Birth Control, STD Services, Men's & Women's Health Care, Pregnancy Services         |                            |
|              |            | <a href="#">See insurance policies</a> . Sliding scale options may be available.                               |                            |
|              |            | <a href="#">Sea Mar CHC</a> , 1920 100th Street SE, Building B   | Phone: (425) 312-0202      |
|              |            | <a href="#">Sliding scale - Eng/Sp</a> . Services: Pharmacy/Health Education/Maternity Support                 |                            |
|              | LYNNWOOD   | <a href="#">Community Health Center (CHC)</a> , 4111 194TH St. SW  | Phone: (425) 835-5200      |
|              |            | Other services: Dental, Dental Walk-in, and Pharmacy. <a href="#">Payments &amp; Insurance</a>                 |                            |
|              |            | <a href="#">Lahai Health</a> : Community Life Ctr, 19820 Scriber Lake Road                                     | 206-363-4105 ext. 230      |
|              |            | Español: 206-363-4105 x233; <a href="#">mobile appts</a> . Call 206-363-4105 x701 for dental.                  |                            |
|              |            | Other services: mental health, prescription drugs, lab tests, imaging, case management, physical therapy, etc. |                            |
|              |            | <a href="#">Lahai Health</a> : Alderwood Compassion Ctr, 19400 33rd Ave W                                      | 206-363-4105 ext. 230      |
|              |            | Español: 206-363-4105 x233; <a href="#">schedule mobile appts here</a> .                                       |                            |
|              |            | Other services: mental health, prescription drugs, lab tests, imaging, case management, physical therapy, etc. |                            |
|              |            | <a href="#">Planned Parenthood</a> , 19505 76th Ave W. 200   | Phone: 800-769-0045        |
|              | MARYSVILLE | Other services: Abortion, Birth Control, STD Services, Men's/Women's Health Care, Pregnancy Svcs, LGBTQ+       |                            |
|              |            | <a href="#">See insurance policies</a> . Sliding scale options may be available.                               |                            |
|              |            | <a href="#">Planned Parenthood</a> , 10210 State Ave.  | Phone: 800-769-0045        |
|              |            | Other services: Abortion, Birth Control, STD Services, Men's & Women's Health Care, Pregnancy Services         |                            |
|              | MONROE     | <a href="#">Sea Mar CHC</a> , 9710 State Avenue  | Phone: (360) 653-1742      |
|              |            | <a href="#">Sliding scale - Eng/Sp</a> . Services: Health Education/Maternity Support                          |                            |
|              |            | <a href="#">Sea Mar CHC</a> , 17707 W. Main St., 1st Fl  | Phone: (360) 282-3885      |
|              | SNOHOMISH  | <a href="#">Sliding scale - Eng/Sp</a> . Services: Dental/Health Education/Maternity                           |                            |
|              |            | <a href="#">Lahai Health</a> : Crossview Church, 604 Avenue C East   | 206-363-4105 ext. 230      |
|              | STANWOOD   | Español: 206-363-4105 x233; <a href="#">schedule mobile appts here</a> .                                       |                            |
|              |            | Other services: mental health, prescription drugs, lab tests, imaging, case management, physical therapy, etc. |                            |
|              | STANWOOD   | <a href="#">Safe Harbor Free Clinic</a> , 7209 265th St. NW #203/204   | Phone: 425-870-7384        |
|              |            | Other services: dental (appt only), Wed/Fri same-day clinic, chronic & specialty care, lab & imaging           |                            |

|                      | CITY       | ORGANIZATION & LOCATION  | CONTACT                    |
|----------------------|------------|--|----------------------------|
| <b>DENTAL CARE</b>   | ARLINGTON  | <a href="#">Community Health Center (CHC)</a> , 326 S Stillaguamish Ave  | Phone: (360) 572-5400      |
|                      |            | Other services: Dental, Dental Walk-in, and Pharmacy. <a href="#">Payments &amp; Insurance</a>                 |                            |
|                      | EDMONDS    | <a href="#">Community Health Center (CHC)</a> , 23320 HWY 99   | Phone: (425) 640-5500      |
|                      |            | Other services: Dental, Dental Walk-in, and Pharmacy. <a href="#">Payments &amp; Insurance</a>                 |                            |
|                      | LYNNWOOD   | <a href="#">Community Health Center (CHC)</a> , 4111 194TH St. SW  | Phone: (425) 835-5200      |
|                      |            | Other services: Dental, Dental Walk-in, and Pharmacy. <a href="#">Payments &amp; Insurance</a>                 |                            |
|                      |            | <a href="#">Lahai Health</a> : Community Life Ctr, 19820 Scriber Lake Road                                     | 206-363-4105 ext. 230      |
|                      |            | Español: 206-363-4105 x233; <a href="#">mobile appts</a> . Call 206-363-4105 x701 for dental.                  |                            |
|                      | MARYSVILLE | Other services: mental health, prescription drugs, lab tests, imaging, case management, physical therapy, etc. |                            |
|                      |            | <a href="#">Sea Mar CHC</a> , 4922 Grove St. NE  | Phone: (360) 657-3091      |
| <b>MENTAL HEALTH</b> | EVERETT    | <a href="#">Sliding scale - Eng/Sp</a> . Services: Dental  |                            |
|                      |            | <a href="#">Sea Mar CHC</a> , 17707 W. Main St., 1st Fl  | Phone: (360) 282-3885      |
|                      |            | <a href="#">Sliding scale - Eng/Sp</a> . Services: Medical/Health Education/Maternity Support                  |                            |
|                      |            | <a href="#">Safe Harbor Free Clinic</a> , 7209 265th St. NW #203/204   | Phone: 425-870-7384        |
|                      |            | Other services: primary care, Wed/Fri same-day clinic, chronic & specialty care, lab & imaging                 |                            |
|                      |            | <a href="#">Mercy Watch</a> : Our Common Ground, 2624 Rockefeller Ave  | Tues 9AM - 12PM            |
|                      |            | <a href="#">Mercy Watch</a> : Everett Gospel Mission, 3711 Smith Ave   | Wed 9:30AM - 1PM           |
|                      |            | <a href="#">Mercy Watch</a> : Needle Exchange, 1625 E Marine View Dr #4  | Thurs 2PM - 7PM            |
|                      |            | <a href="#">Mercy Watch</a> : Esther's Place, 936 Rockefeller Ave  | <i>On temporary hiatus</i> |
|                      |            | <a href="#">Mercy Watch</a> : Parking lot across from Everett Library  | Tues 6PM - 9PM             |
|                      | LYNNWOOD   | <a href="#">Mercy Watch</a> : 2624 Rockefeller Ave, parking lot of UCC   | Thurs 6PM - 9PM            |
|                      |            | <a href="#">Sea Mar CHC</a> , 1920 100th St SE, Suite A2 & C3  | Phone: (425) 312-0277      |
|                      |            | <a href="#">Sliding scale - Eng/Sp</a> . Services: Behavioral Health Child & Family Services                   |                            |
|                      |            | <a href="#">Sea Mar CHC</a> , 5007 Claremont Way   | Phone: (425) 609-5505      |
|                      |            | <a href="#">Sliding scale - Eng/Sp</a> . Services: Behavioral Health   |                            |
|                      |            | <a href="#">Lahai Health</a> : Community Life Ctr, 19820 Scriber Lake Road                                     | 206-363-4105 ext. 230      |
|                      |            | Español: 206-363-4105 x233; <a href="#">mobile appts</a> . Call 206-363-4105 x701 for dental.                  |                            |
|                      |            | Other services: mental health, prescription drugs, lab tests, imaging, case management, physical therapy, etc. |                            |
|                      |            | <a href="#">Lahai Health</a> : Alderwood Compassion Ctr, 19400 33rd Ave W                                      | 206-363-4105 ext. 230      |
|                      |            | Español: 206-363-4105 x233; <a href="#">schedule mobile appts here</a> .                                       |                            |
|                      | MONROE     | Other services: mental health, prescription drugs, lab tests, imaging, case management, physical therapy, etc. |                            |
|                      |            | <a href="#">Sea Mar CHC</a> , 4111 Alderwood Mall Blvd.  | Phone: (425) 977-2560      |
|                      |            | <a href="#">Sliding scale - Eng/Sp</a> . Services: Behavioral Health   |                            |
|                      |            | <a href="#">Sea Mar CHC</a> , 4100 194th Street SW, Suite 120  | Phone: (425) 977-2560      |
|                      |            | <a href="#">Sliding scale - Eng/Sp</a> . Services: Behavioral Health   |                            |
|                      |            | <a href="#">Sea Mar CHC</a> , 14090 Fryelands Blvd SE, Suite 306   | Phone: (360) 512-2044      |
|                      | SNOHOMISH  | <a href="#">Sliding scale - Eng/Sp</a> . Services: Behavioral Health Child & Family Services                   |                            |
|                      |            | <a href="#">Sea Mar CHC</a> , 14090 Fryelands Blvd SE, Suite 347   | Phone: (360) 805-3122      |
|                      |            | <a href="#">Sliding scale - Eng/Sp</a> . Services: Mental Health/Medication Assisted Treatment                 |                            |
|                      |            | <a href="#">Lahai Health</a> : Crossview Church, 604 Avenue C East   | 206-363-4105 ext. 230      |
|                      |            | Español: 206-363-4105 x233; <a href="#">schedule mobile appts here</a> .                                       |                            |
|                      |            | Other services: mental health, prescription drugs, lab tests, imaging, case management, physical therapy, etc. |                            |

|                | CITY              | ORGANIZATION & LOCATION  | CONTACT               |
|----------------|-------------------|--|-----------------------|
| SEXUAL HEALTH  | EVERETT           | <a href="#">Planned Parenthood</a> , 1509 32nd St.   | Phone: 800-769-0045   |
|                |                   | Other services: Primary Care, HIV care, Men's & Women's Health Care, Pregnancy Services                  |                       |
|                |                   | <a href="#">See insurance policies</a> . Sliding scale options may be available.                         |                       |
|                | LYNNWOOD          | <a href="#">Planned Parenthood</a> , 19505 76th Ave W. 200   | Phone: 800-769-0045   |
|                |                   | Other services: Abortion, Birth Control, STD Services, Men's/Women's Health Care, Pregnancy Svcs, LGBTQ+ |                       |
|                |                   | <a href="#">See insurance policies</a> . Sliding scale options may be available.                         |                       |
|                | MARYSVILLE        | <a href="#">Planned Parenthood</a> , 10210 State Ave.  | Phone: 800-769-0045   |
|                |                   | Other services: Abortion, Birth Control, STD Services, Men's & Women's Health Care, Pregnancy Services   |                       |
|                |                   | <a href="#">See insurance policies</a> . Sliding scale options may be available.                         |                       |
| PREGNANCY CARE | ARLINGTON         | <a href="#">UW Medicine</a> Maternal Fetal Clinic, 3823 172nd St. NE                                     | Phone: 844-657-4532   |
|                |                   | Read about the <a href="#">Financial Assistance or Hardship</a> discounts and waivers                    |                       |
|                | EVERETT           | <a href="#">Planned Parenthood</a> , 1509 32nd St.   | Phone: 800-769-0045   |
|                |                   | Other services: Abortion, Birth Control, STD Services, Men's & Women's Health Care, Pregnancy Services   |                       |
|                |                   | <a href="#">See insurance policies</a> . Sliding scale options may be available.                         |                       |
|                |                   | <a href="#">Sea Mar CHC</a> , 1920 100th Street SE, Building B   | Phone: (425) 312-0204 |
|                | LYNNWOOD          | <a href="#">Sliding scale - Eng/Sp</a> . Services: Pharmacy/Health Education/Primary Care                |                       |
|                |                   | <a href="#">Planned Parenthood</a> , 19505 76th Ave W. 200   | Phone: 800-769-0045   |
|                |                   | Other services: Abortion, Birth Control, STD Services, Men's/Women's Health Care, Pregnancy Svcs, LGBTQ+ |                       |
|                | MARYSVILLE        | <a href="#">See insurance policies</a> . Sliding scale options may be available.                         |                       |
|                |                   | <a href="#">Planned Parenthood</a> , 10210 State Ave.  | Phone: 800-769-0045   |
|                |                   | Other services: Abortion, Birth Control, STD Services, Men's & Women's Health Care, Pregnancy Services   |                       |
|                |                   | <a href="#">See insurance policies</a> . Sliding scale options may be available.                         |                       |
|                | MILL CREEK        | <a href="#">Sea Mar CHC</a> , 9710 State Avenue  | Phone: (360) 653-1742 |
|                |                   | <a href="#">Sliding scale - Eng/Sp</a> . Services: Health Education/Primary Care                         |                       |
|                |                   | <a href="#">UW Medicine</a> Women's Clinic, 15808 Mill Creek Blvd #200                                   | Phone: (206) 668-6644 |
|                | MONROE            | Other services: Mammograms, OBGYN, family planning, etc.   |                       |
|                |                   | <a href="#">Sea Mar CHC</a> , 17707 W. Main St., 1st Fl  | Phone: (360) 282-3885 |
|                |                   | <a href="#">Sliding scale - Eng/Sp</a> . Services: Dental/Health Education/Primary Care                  |                       |
|                |                   | <a href="#">Sea Mar CHC</a> , 909 W Main Street  | Phone: (360) 282-3896 |
| LGBTQ+ CARE    | LYNNWOOD          | <a href="#">Sliding scale - Eng/Sp</a> . Services: Maternity Support Services                            |                       |
|                |                   | <a href="#">Planned Parenthood</a> , 19505 76th Ave W. 200   | Phone: 800-769-0045   |
|                |                   | Other services: Abortion, Birth Control, STD Services, Men's/Women's Health Care, Pregnancy Svcs, LGBTQ+ |                       |
| SPECIALIZED    | EDMONDS           | <a href="#">See insurance policies</a> . Sliding scale options may be available.                         |                       |
|                |                   | <a href="#">UW Medicine</a> Heart Institute, 21701 76th Ave. W, Suite 201                                | Phone: 206-598-9091   |
|                | EVERETT           | Read about the <a href="#">Financial Assistance or Hardship</a> discounts and waivers                    |                       |
|                |                   | <a href="#">Sea Mar CHC</a> , 3020 Rucker Ave. Suite 100   | Phone: (425) 258-8400 |
|                |                   | WIC/Nutritional Education Services   |                       |
|                |                   | <a href="#">Citrine Health</a> , 2940 W Marine View Dr   | Phone: (888) 651-8931 |
|                | MILL CREEK        | Breast, Cervical, Colon cancer screenings, pap tests, mammograms - <a href="#">guidelines</a>            |                       |
|                |                   | <a href="#">UW Medicine</a> Heart Institute, 1025 153rd St. SE, #200                                     | Phone: (425) 338-4000 |
|                |                   | Read about the <a href="#">Financial Assistance or Hardship</a> discounts and waivers                    |                       |
|                |                   | <a href="#">UW Medicine</a> Women's Clinic, 15808 Mill Creek Blvd #200                                   | Phone: (206) 668-6644 |
|                |                   | Other services: Mammograms, OBGYN, family planning, etc.   |                       |
|                | MOUNTLAKE TERRACE | Read about the <a href="#">Financial Assistance or Hardship</a> discounts and waivers                    |                       |
|                |                   | <a href="#">UW Medicine</a> Urology Clinic, 24360 Van Ry Boulevard                                       | Phone: (206) 668-8555 |
|                |                   | Read about the <a href="#">Financial Assistance or Hardship</a> discounts and waivers                    |                       |



## Other Medical Assistance & Health Programs

^ PROGRAM ^ CONTACT

|  |   |
|--|---|
| <a href="#">Snohomish County Veterans' Assistance Program</a>  | Phone Intake: 425-388-7255; 3000 Rockefeller Ave, Drewel Building lower level, Everett, WA  |
| Case management, drug/alcohol rehabilitation referrals, medical and dental assistance, senior & disabled veterans services, etc.         |   |
| <a href="#">Citrine Health</a>   | (888) 651-8931 toll free; (425) 259-9899 local; 2940 W Marine View Dr, Everett, WA          |
| Breast, Cervical, Colon Health Program; helping with Basic Food over the phone; Women's Wellness programs; Bra shop (mastectomies), etc. |   |
| <a href="#">Alzheimer's Association - Washington Chapter</a>   | Phone: (206) 363-5500; Email: InquiryWa@alz.org; 19031 33rd Ave W #301, Lynnwood, WA        |
| <a href="#">Programs &amp; Support</a> , <a href="#">Legal &amp; Financial Planning</a> , <a href="#">Support Groups</a> , and more      |   |
| <a href="#">Carl Gipson Senior Center</a>  | <i>*Closed indefinitely due to COVID-19 and budgetary concerns - check site for updates</i> |

## Mental Health

### Mental Health Crisis Hotlines & Helplines

|                    | ORGANIZATION (PAGE)   | HOTLINE                     |
|--------------------|---|-----------------------------|
| FOCUS              | ---   | ---                         |
| SUICIDE PREVENTION | <a href="#">National Suicide Prevention Hotline</a>   | 800-273-8255                |
|                    | <b>More ways to contact:</b> <a href="#">Ayuda En Español</a> : 888-828-9454; <a href="#">chat online</a> ; TTY: Use a relay service or dial 711 + 800-273-8255 |                             |
|                    | <b>Additional Info:</b> <a href="#">Lifeline Resources for the LGBTQ+ Community</a> , <a href="#">Youth</a> , and <a href="#">Native American Community</a>     |                             |
|                    | <a href="#">Veterans Crisis Line</a>  | 800-273-8255 Opt. 1         |
|                    | <b>More ways to contact:</b> Text 838255, or <a href="#">chat online</a> ; TTY: Use a relay service, or dial 711 + 800-273-8255                                 |                             |
|                    | <a href="#">IMAlive</a>   | <a href="#">online chat</a> |
|                    | <a href="#">NAMI: National Alliance on Mental Illness</a>   | 800-950-6264                |
|                    | <b>More ways to contact:</b> Hotline available M-F 10AM-8PM E.T.; text "NAMI" to 741741 24/7  |                             |
|                    | <a href="#">Boys Town National Hotline</a>  | 800-448-3000                |
|                    | <b>More ways to contact:</b> Text VOICE to 20121 or email: <a href="mailto:hotline@boystown.org">hotline@boystown.org</a>                                       |                             |
|                    | <a href="#">Adolescent Suicide Hotline</a>  | 800-621-4000                |



|                            | ORGANIZATION (PAGE)  | HOTLINE      |
|----------------------------|--|--------------|
| YOUTH<br>MENTAL<br>HEALTH  | <a href="#">Covenant House Nineline</a>  | 800-999-9999 |
|                            | <a href="#">Teen Line Online</a>   | 800-852-8336 |
|                            | <b>More ways to contact:</b> Text TEEN to 839863 (6PM-9PM EST), email, use messageboard, or <a href="#">download mobile app</a>                            |              |
|                            | <a href="#">Your Life Your Voice</a>   | 800-448-3000 |
|                            | <b>More ways to contact:</b> Text VOICE to 20121; also <a href="#">download mobile mood tracker app</a>  |              |
|                            | <a href="#">1800Runaway</a>  | 800-786-2929 |
|                            | <b>More ways to contact:</b> Use email form on website, or live chat - texting under development   |              |
| LGBTQ+<br>MENTAL<br>HEALTH | <a href="#">GLBT National Hotline</a>  | 888-843-4564 |
|                            | <b>More ways to contact:</b> Youth 25 & under: 800-246-7743; Seniors 50+: 888-234-7243; <a href="#">online chat</a>  |              |
|                            | <a href="#">The Trevor Project Suicide Hotline</a>   | 866-488-7386 |
|                            | <b>More ways to contact:</b> Text START to 678-678 or use online chat from website   |              |
|                            | <a href="#">Trans Lifeline</a>   | 877-565-8860 |
| MENTAL<br>HEALTH<br>CRISIS | <a href="#">Washington Mental Health Referral Service (Children)</a>   | 833-303-5437 |
|                            | <b>More ways to contact:</b> <a href="#">Fill out an online form</a> for referral services   |              |
|                            | <a href="#">Snohomish County Crisis Line</a>   | 800-584-3578 |
|                            | <b>More ways to contact:</b> text HOME to 741741   |              |
|                            | <b>Services:</b> Crisis assessment, stabilization, and referral; crisis outreach, next-day appointments, follow-up, hand-off to Behavioral Health services |              |
|                            | <a href="#">Tulalip Health System: Behavioral Health</a>   | 360-716-4400 |
|                            | <b>Services:</b> Daytime crisis line for adults  |              |
| SUBSTANCE<br>USE           | <a href="#">Washington Recovery Help Line</a>  | 866-789-1511 |
|                            | <b>More ways to contact:</b> TTY: 206-461-3219   |              |
|                            | <a href="#">SAMHSA National Helpline</a>   | 800-662-4357 |
|                            | <b>More ways to contact</b> Substance Abuse and Mental Health Services Administration: TTY: 800-487-4889   |              |
|                            | <b>Services:</b> referrals to local treatment facilities, support groups, and community-based organizations.   |              |
|                            | <a href="#">Cocaine Help Line (1-800-COCAINE)</a>  | 800-262-2463 |
|                            | <a href="#">Ecstasy Addiction</a>  | 800-468-6933 |
|                            | <a href="#">Al-Anon &amp; AlaTeen (888-4AL-ANON)</a>   | 888-425-2666 |

|                         | <b>ORGANIZATION (PAGE)</b>   | <b>HOTLINE</b> |
|-------------------------|--|----------------|
| <b>EATING DISORDERS</b> | Eating Disorders Center  | 888-236-1188   |
|                         | <a href="#">NEDA: National Eating Disorders Association Helpline</a>   | 800-931-2237   |
|                         | <b>More ways to contact</b> Helpline available Mon-Thu 11AM-9PM EST; Fri 11AM-5PM EST; or Text 800-931-2237 3PM-6PM EST Mon-Thu; <a href="#">online chat</a> |                |
|                         | <a href="#">ANAD: National Assoc. Anorexia Nervosa and Associated Disorders Helpline</a>   | 888-375-7767   |
|                         | <b>More ways to contact</b> Helpline available Mon-Fri 9AM-9PM CST; also see <a href="#">Treatment Director</a> to find providers                            |                |
| <b>MOOD DISORDERS</b>   | <a href="#">Depression and Bipolar Support Alliance</a>  | 800-826-3632   |
|                         | <a href="#">Postpartum Support International</a> (800-994-4PPD)  | 800-994-4773   |
|                         | <a href="#">PPD Moms</a> (800-PPD-MOMS)  | 800-773-6667   |
| <b>TRAUMA</b>           | <a href="#">National Center for Posttraumatic Stress Disorder</a>  | 802-296-6300   |

## Mental Health Information Guides & Resources

|                                       | <b>PAGE</b>  | <b>INFORMATION</b>   |
|---------------------------------------|--|--|
| <b>SOURCE</b>                         | ---  | ---  |
| <b>US DEPT OF VETERANS AFFAIRS</b>    | <a href="#">Make the Connection</a>  | For active-duty military and veterans: Mental health information and resources, self-assessments, how to locate local providers and services, etc. |
| <b>WA HEALTH CARE AUTHORITY (HCA)</b> | <a href="#">AppleHealth (Medicaid): Behavioral Health &amp; Recovery</a>       | General landing page for all Behavioral Health-related topics  |
|                                       | <a href="#">AppleHealth (Medicaid): Mental Health Services</a>                 | Types of services covered under AppleHealth, patient and family member rights, health conditions, organizations, legal documents                   |
|                                       | <a href="#">AppleHealth (Medicaid): Child &amp; Youth Behavioral Health</a>    | How to access services, where to find services, cost of treatment, resources   |
|                                       | <a href="#">AppleHealth (Medicaid): American Indians &amp; Alaskan Natives</a> | Coverage choices and where to access treatment as a tribal member  |

|                                      | PAGE   | INFORMATION  |
|--------------------------------------|--|--|
| <b>SNOHOMISH COUNTY</b>              | <a href="#">Snohomish County Community Mental Health</a>                       | Summary of all adult and children's Behavioral Health programs, including addiction intervention   |
|                                      | <a href="#">Snohomish County Behavioral Health Adult Programs</a>              | Guide to overall programs for adults in Snohomish County   |
|                                      | <a href="#">Snohomish County Assessment &amp; Treatment</a>                    | List of mental health and substance use treatment facilities accepting Medicaid and/or assisting low-income individuals  |
|                                      | <a href="#">Snohomish County Alcohol and Other Drugs</a>                       | Treatment and Prevention   |
|                                      | <a href="#">Snohomish County Prevention Programs</a>                           | Guide to groups and programs in Snohomish County for prevention of drug and alcohol use  |
| <b>NORTH SOUND BEHAVIORAL HEALTH</b> | <a href="#">Find a Provider</a>  | North Sound Behavioral Health can help locate providers in multiple facilities and organizations   |
| <b>NAMI</b>                          | <a href="#">National Alliance on Mental Illness (NAMI) of Snohomish County</a> | Information, Resources, Classes, Support Groups  |
| <b>PSYCHOLOGYTODAY.COM</b>           | <a href="#">PsychologyToday: Find a Therapist</a>                              | Search by name, location, insurance coverage, therapy type, etc.   |
|                                      | <a href="#">PsychologyToday: Find teletherapy/online therapy</a>               | Search by name, location, insurance coverage, therapy type, etc.   |
|                                      | <a href="#">PsychologyToday: Find a Psychiatrist</a>                           | Search by name, location, insurance coverage, credentials, etc.  |
|                                      | <a href="#">PsychologyToday: Find a Treatment Center</a>                       | Search by type, services, name, location, insurance coverage, etc.   |
|                                      | <a href="#">PsychologyToday: Find a Support Group</a>                          | Search by group type, location, insurance coverage, etc.   |
| <b>MENTAL HEALTH FIRST AID</b>       | <a href="#">Mental Health First Aid Training</a>                               | Course that teaches how to identify, understand and respond to signs of mental illnesses and substance use disorders, as well as reach out and provide support to someone showing signs of crisis or mental health issues. |

## Behavioral Health Organizations

|            | ORGANIZATION  | SERVICES  | ELIGIBILITY  |
|------------|---|---|--|
| LOW-INCOME | <a href="#">Catholic Community Services NW</a>  | <a href="#">Children's Mental Health, WISe (Wraparound with Intensive Services)</a>                           | Medicaid-eligible children and youth up to 20 years  |
|            | <a href="#">Catholic Community Services NW</a>  | <a href="#">Addiction Recovery Services</a>   | Children, youth, and adults - available in Everett and Marysville                                      |
|            | <a href="#">Community Health Centers (CHC)</a>  | Therapy for anxiety, depression, PTSD, substance abuse  | Medicaid-eligible individuals, low-income individuals  |
|            | <a href="#">Dawson Place Child Advocacy Center</a>  | Various intervention services and treatment   | Child victims of trauma and abuse  |
|            | <a href="#">Esther's Place</a>  | Support groups, recovery meetings, life skills, homeless services   | Women in recovery from substance use, abuse, domestic violence, homelessness                           |
|            | <a href="#">Everett Recovery Café</a>   | Addiction recovery support groups, drop-in center, counseling   | Must be drug- and alcohol-free 24 hours prior to entering  |
|            | <a href="#">Everett Treatment Services</a>  | Assessment, DUI & deferred prosecution programs, substance use treatment, family counseling, etc.             | Accepts several private insurers, offers a sliding fee scale, and other financing                      |
|            | <a href="#">Evergreen Recovery Centers</a>  | Inpatient & outpatient substance use programs, programs for pregnant & parenting women, screenings, education | Everyone (call locations for more information about coverage)  |
|            | <a href="#">Lutheran Community Services NW</a>  | Clinical mental health counseling - telehealth available  | Available to all regardless of income source   |
|            | <a href="#">Salvation Army Adult Rehabilitation Centers</a>   | Faith-based Drug and Alcohol rehabilitation   | Adults - no income required  |
|            | <a href="https://www.swedish.org/services/behavioral-health/outpatient-services/our-services">https://www.swedish.org/services/behavioral-health/outpatient-services/our-services</a> | Inpatient treatment, partial hospitalization  | Adults - accepts Medicaid, private insurance, also has sliding scale for low-income uninsured patients |
|            | <a href="#">YWCA: Parents for Parents</a>   | Counseling, education, peer support   | Snohomish County parents newly engaged in open dependency case with Child Welfare Services             |

|                                | ORGANIZATION  | SERVICES   | ELIGIBILITY   |
|--------------------------------|---|--|---|
| <b>COVERED BY<br/>MEDICAID</b> | <a href="#">Everett Clinic Behavioral Health</a>                                  | Child, teen, and adult services: therapy, psychiatry, group therapy  | Medicaid- and Medicare-eligible individuals, insured individuals  |
|                                | <a href="#">Fairfax Hospital</a>  | Free assessment: 425-284-8300; acute care, inpatient & outpatient day programs, medication management, detox         | Teens, adults, and seniors - Medicaid-eligible, privately insured   |
|                                | <a href="#">Compass Health</a>  | Behavioral health, residential treatment, substance use, crisis intervention, child & adult services, payee services | Medicaid-eligible individuals, low-income individuals, people referred by Department of Corrections (certain programs)                            |
|                                | <a href="#">SeaMar CHC Behavioral Health</a>                                      | Assessments, individual and group therapy, chemical dependency services (DUI monitoring, outpatient treatment, etc.) | Children, youth, and adults - accepting Medicaid, private-insurance - sliding scale available   |
|                                | <a href="#">Smokey Point Behavior Hospital</a>                                    | Youth & adult intensive care, detox, intensive outpatient, telehealth  | Free assessments: (844)202-5555; Serving adolescents, adults - accepting Medicaid and private insurance   |
|                                | <a href="#">Swedish Edmonds Hospital</a>  | Adult inpatient evaluation and treatment facility  | Medicaid-eligible adults  |
|                                | <a href="#">Providence Behavioral Health Urgent Care</a>                          | Assessment, same-day crisis care, resource referral, care coordination   | Adults 18+ with any major insurance (including Medicare/Medicaid)   |
|                                | <a href="#">Sauk-Suiattle Indian Tribe Medical &amp; Behavioral Health Clinic</a> | Individual & group therapy, crisis triage, DV services, LGBTQ+ services, substance use therapy and prevention        | Tribal members - accepts Medicaid, may have other financial assistance  |
|                                | <a href="#">Sunrise Services</a>  | Behavioral & Mental Health, Recovery, Supported Employment, & more   | Adults, seniors, formerly incarcerated people, people with developmental disabilities   |
|                                | <a href="#">Tulalip Health System: Behavioral Health</a>                          | Adult, Child/Youth/Family, Psychological, Psychiatric, Substance use & Gambling addiction, etc.                      | Serves Tulalip tribal members and family, other Natives, with or <a href="#">without insurance</a> - see <a href="#">Contract Health Services</a> |
|                                | <a href="#">Western Washington Medical Group</a>                                  | Psychological evaluations, counseling, therapy, substance use treatment  | Accepts various Medicaid plans - check with managed care  |

|                  | ORGANIZATION                                    | SERVICES   | ELIGIBILITY   |
|------------------|---|--|---|
| PRIVATE/SELF-PAY | <a href="#">Alpine Recovery</a>                 | Assessment, intensive outpatient recovery, family programs, substance use therapy              | Accepts private insurance and cash payment                                |
|                  | <a href="#">The Center: A Place of Hope</a>     | Mood disorder treatments, Trauma treatment, Addiction treatment                                | Accepts most major private insurance, self-pay, offers financing options  |
|                  | <a href="#">Lakeside Milam Recovery Centers</a> | Assessment, residential inpatient, intensive outpatient, long-term, etc.                       | Accepts most major private insurance, can make self-pay arrangements      |
|                  | <a href="#">Port Gardner Bay Recovery, Inc.</a> | DUI & Deferred Prosecution programs, Employer referral programs, Substance use treatment, etc. | Accepts many private insurers, can make payment arrangements for self-pay |

## Aging

*Coming Soon*

## Disability Support

*Coming Soon*

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