

I realize that life brings many challenges to our mental and emotional health and well-being. You are not alone! There are many resources available to help. To assist, I have gathered up-to-date resources in our area, see below:

Quick Links:

- [Counseling Resources](#)
- [Family Support Resources](#)
- [Bethel Family Support Center](#)
- [Low Cost Internet](#)
- [Food Resources](#)
- [Crisis Lines and Resources](#)
- [Utility Resources](#)
- [COVID Rental/Mortgage Assistance](#)
- [Family Support Resources](#)
- [Parenting Classes](#)
- ["Find Help" - Links to Resources for food, health, housing, transportation, legal and more](#)
- [Kids Mental Health Pierce County - Crisis Support and Counseling Resources](#)
- [United Way Resources: Rent, Housing, Medical, etc...](#)
- [Food Pantries](#)
- [ParentHelp123: Resources for Families and Parenting](#)
- [Child Care Aware: Child Care Assistance](#)
- [Tacoma Pierce County Health Department](#)
- [Family Support Partnerships - Parenting Resources and Supports](#)
- [Pierce County Early Childhood Network](#)
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IF YOU ARE IN CRISIS:

- **Pierce County 24 Hour Crisis Line:** 1-800-576-7764 or Text HOME to 741741
- **Teen Link:** 866-833-6546
- **National Suicide Prevention Lifeline (24/7):** 1-800-273-825
- **Domestic Violence Hotline:** 253-383-2593
- **The Trevor Project LGBTQ Youth (24/7):** 1-866-488-7386
- **Washington Listens: (Support to for excess stress due to Covid-19):** 1-833-681-0211
- **Kids Mental Health Pierce County:**
<https://kidsmentalhealthpiercecounty.org/>
- **Red Cross:** 253-474-0400

- **WA Recovery Help Line:** 866-789-1511
- **Safe Families for Children:** 877-341-7332

Counseling, Mental Health and Support Groups

- [Counseling Resources](#)
- [Consejo Counseling:](#)
- [Family Support Resources](#)
- [Bethel Family Support Center](#)
- [Crisis Lines and Resources](#)
- [Kids Mental Health Pierce County - Crisis Support and Counseling Resources](#)
- National Health Alliance on Mental Illness: 253-677-6629
- Greater Lakes: 253-581-7020
- Comprehensive Life Resources: 253-396-5800
- Military and Family Life: 253-495-8425
- PAVE (Parenting support for children with disabilities): 253-565-2266 ext 115
- Behavior Bridges (youth social skills): 253-262-3409
- A Common Voice (parent support for youth with mental health): 253-537-2145
- Al-Anon and Alateen (Parents and teens of alcoholics): 253-474-8897
- Bridges (Mary Bridge for children and families and grief): 253-403-1966

Child Care Resources

- ChildCare Aware of Washington
- Child Care Resources - English
- Child Care Resources - Spanish

- Multicultural Child and Family Hope Center
- ParentHelp123
- Pierce County Early Childhood Network

Parenting/Pregnancy Resources

- Women, Infants and Children -WIC: 253-800-6851
- CareNet: 253-770-8697
- Nurse Family Partnership: 253-789-6403
- Step by Step: 253-896-0903
- Diaper Bank and Lounge (Bethel Family Center): 253-800-6850
- Triple P Parenting Classes: 253-649-1012
- Division of Child Support: 1-800-442-5437
- Childcare Aware: 1-800-446-1114
- Childcare Subsidy: 1-844-626-8687
- Childcare Resources (Homeless): 253-272-8000

Multicultural Resources

[Asia Pacific Cultural Center](#) - art, culture, business, education

[Consejo Counseling](#) - mental health, substance use, domestic violence support, transitional housing, family, youth and child programs

[Korean Women's Association](#) - domestic violence support, careers, community and behavioral health, home care, senior support, affordable housing

[Mi Centro](#) - educational programs, crisis intervention, family outreach, arts and culture programming, advocacy

[Multicultural Child and Family Hope Center](#) - early learning, daycare, military mentoring, transitional housing, family and community programs

[Pierce County Library](#) - Immigrant, Refugee and Citizenship resources

[Tacoma Community House](#) - Immigration services, education, employment, victim advocacy

Family Support Resources



Bethel Family Center: 253-800-6850

A Step Ahead Pierce County - supports for families with infants and toddlers with special needs

Associated Ministries - community resources, coordinated entry, housing support

Crystal Judson Family Justice Center - domestic violence adult and child support

Northwest Justice Project - low-income civil legal assistance and representation

Pierce County Early Childhood Network - early childhood learning, community connections, resource access

S.U.N. Alliance - South End Neighborhood connections

TPCHD Family Resource Centers - parenting classes, basic need support, behavioral health, Refugee services, immunizations

TPCHD Positive Parenting Program - free parenting classes online and in-person

YWCA of Pierce County - domestic violence supports

Housing Resources



Associated Ministries - community resources, coordinated entry, housing support

[Helping Hand House](#) - emergency shelter and housing support

[Love Thy Neighbor](#) - housing and food support

[Tacoma Housing Authority](#) - housing and rent support

[Wellspring Family Services](#) - housing support

[United Way Resources: Rent, Housing, Medical, etc...](#)

["Find Help" - Links to Resources for food, health, housing, transportation, legal and more](#)

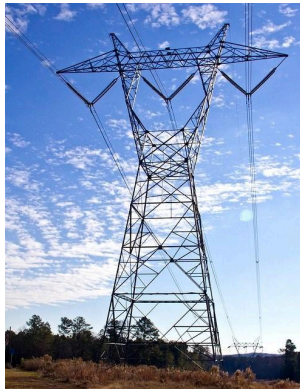
[Our Lady Queen of Heaven \(rent/utilities\)](#): 253-537-5266

[Salvation Army \(Power Only\)](#): 253-841-1491

[St. Mary's \(Heat, electric and water\)](#): 253-535-9477

[Pierce County Energy Assistance](#): 253-798-8700

Utilities Resources and Finances



[Comcast's Internet Essentials](#)

[Puget Sound Energy Assistance](#) - Payment Assistance

[Resource Guide from the Department of Financial Institutions](#) - Financial resources for Washington residents impacted by COVID-19

[Tacoma Public Utilities](#) - Payment Assistance

[Xfinity Wi-Fi](#) - Xfinity Wi-Fi hotspots across the country

[Tacoma Public Library Wi-Fi Hotspot](#) - check out Wi-Fi hotspot for persons older than 17 with a Tacoma Public Library card

[Low Cost Internet](#)

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["Find Help" - Links to Resources for food, health, housing, transportation, legal and more](#)

Employment Resources



[Job Corps](#)

[Paid Family Leave Benefits](#)

[Unemployment Benefits](#)

[WorkSource WA](#) - Assistance with seeking employment opportunities

Homeless Services

Bethel School District McKinney Vento Department: 253-800-2253 or 253-800-2252

Coordinated Entry Specialist: 253-316-3767

Family Day Center: 253-471-5340

Family of Promise Pierce County: 253-444-4563

Shared Housing: 253-272-1532

Helping Hand House: 253-848-6096

Korum YMCA: 253-841-9622 (free showers M-F, requires ID - 4:40 AM and out by 8:00 AM)

New Hope: 253-845-0174 (mobile laundry and shower units)

Medical & Dental Resources



Community Health Care:

Spanaway Office: 253-847-2304

Parkland Office: 253-536-2020

School-Based Clinics:

Bethel Middle School: 253-722-1718

Graham Kapowsin High School: 253-354-4318

Apple Health (Medicaid) Insurance - free or low-cost insurance

Lindquist Dental - children's dental care, no child turned away due to inability to pay.

253-539-7445

Pierce College Dental Clinic: 253-964-6694

Sea Mar Community Health Center - medical, dental, behavioral health, housing, education

Abuse Resources

Child Protective Services: 1-888-713-6115

Adult Protective Services: 1-877-734-6277

Domestic Violence Hotline: 1-800-799-7233

Rebuilding HOPE Sexual Assault Center: 253-474-7273

Crystal Judson Family Justice Center: 253-798-4166

YWCA (Shelter and crisis line): 253-383-2593