



# **Categorized Resource Book**

Vancouver, Washington



This resource book is created and maintained by NAMI Southwest Washington.

Please feel free to share with others.

If you find any incorrect information or have questions, feel free to email us at [info@namiswwa.org](mailto:info@namiswwa.org) or call us at 360-695-2823.

NAMI Southwest Washington is an affiliate of the National Alliance on Mental Illness. NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an alliance of more than 600 local Affiliates and 48 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need.

NAMI Southwest Washington, or NAMI SW WA is an affiliate of NAMI. We currently serve Clark, Cowlitz, Skamania, and Wahkiakum counties. As an independent 501©3 non-profit organization, NAMI SW WA has access to the excellent educational resources of the national organization and the independent status to create and implement our own innovative programs to serve our local community.

NAMI SW WA advocates for access to services, treatment, and support for individuals and families struggling with mental health challenges; we offer our services at no charge. We are steadfast in our commitment to raising awareness and building our community of hope for all those in need through education, support, and advocacy. We provide unique mental health services that otherwise are unavailable or inaccessible to many individuals and families.

NAMI Southwest Washington  
2500 Main St. Suite 120 Vancouver, WA 98660  
[info@namiswwa.org](mailto:info@namiswwa.org) | 360-695-2823 | [www.namiswwa.org](http://www.namiswwa.org)

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## ADHD/ADD

<b>ADDitude - ADHD Parent Support Group, Facebook</b>
Private online Facebook community for parents of individuals with ADHD, ADD, and related conditions <a href="http://www.facebook.com/groups/adhdparentsgroup">www.facebook.com/groups/adhdparentsgroup</a>
<b>ADDitude - ADHD Support Group, Facebook</b>
Private online Facebook community for individuals with ADHD, ADD, and related conditions <a href="http://www.facebook.com/groups/additudemag">www.facebook.com/groups/additudemag</a>
<b>CHADD Support, Portland</b>
Adult support group meets 6:30-8 PM, 3rd Tuesday of the month in Conference Room B in the Wilcox Building 2251 NW Marshall St., 97210 <a href="http://www.nw-adhd.com/resources">www.nw-adhd.com/resources</a>
<b>First Class DLR</b>
Drug-free solutions getting to the root of learning challenges and disordered behaviors 360-573-5523 <a href="mailto:judy@firstclassdlr.com">judy@firstclassdlr.com</a> <a href="http://www.firstclassdlr.com">www.firstclassdlr.com</a>
<b>NW ADHD Treatment Center, Downtown Portland</b>
Assessments, individual & group therapy, testing, medication management, primary care consultations, couples therapy 971-251-9856 1201 SW 12th Ave. Portland, Suite 224, 97205 <a href="http://www.nw-adhd.com">www.nw-adhd.com</a>
<b>NW ADHD Treatment Center, East Portland, Boones Ferry Rd.</b>
Assessments, individual & group therapy, testing, medication management, primary care consultations, couples therapy 503-427-2394 18840 SW Boones Ferry Rd., 97062 <a href="http://www.nw-adhd.com">www.nw-adhd.com</a>
<b>NW ADHD Treatment Center, East Portland, Division St.</b>
Assessments, individual & group therapy, testing, medication management, primary care consultations, couples therapy 503-255-2343 10011 SE Division St., Suite 203, 97266 <a href="http://www.nw-adhd.com">www.nw-adhd.com</a>
<b>Tricia Walsh-Coughlan, M.S., E.D.</b>
Private counselor who works with children and adolescents with ADHD, ADD, and related conditions 360-521-3092 601 Main St., Suite 201 & 211, 98663 <a href="http://www.vancouvercounselingandtutoring.com">www.vancouvercounselingandtutoring.com</a>

## Alzheimer's and Dementia

<b>A Place for Mom</b>
Assisted living, memory care, and nursing homes 866-518-0936 Call for a local advisor, <a href="http://www.aplaceformom.com">www.aplaceformom.com</a>
<b>Alzheimer's Association, Oregon &amp; SW WA Chapter</b>
Leading national voluntary organization in Alzheimer's care, support, and research; 24/7 helpline 800-272-3900 <a href="http://www.alz.org">www.alz.org</a>
<b>Area Agency on Aging &amp; Disabilities of SW WA</b>
Serves older adults, persons with disabilities and their families 360-694-8144 201 NE 73rd St., Suite 201, 98665 <a href="http://www.helpingelders.org">www.helpingelders.org</a>
<b>At Your Place Home Care</b>
Provides in-care and placement services for free to seniors and their family members; open 24/7 for emergency care 360-859-3084 14801 NE 17th Ave. #2, 98685
<b>Caregiver Action Network (CAN)</b>
National organization serving a broad spectrum of family caregivers with free education, peer support, and resources; Helpline open 8 AM - 7 PM EST 855-227-3640 <a href="http://www.caregiveraction.org">www.caregiveraction.org</a>
<b>Caregiver Education Videos</b>
Care video guide including language, behaviors, refusals to take medication, hallucinations, depression, etc. <a href="http://www.uclahealth.org/dementia/caregiver-education-videos">www.uclahealth.org/dementia/caregiver-education-videos</a>
<b>CDM Caregiving Services</b>
In-home care agency for the elderly, disabled, and those with dementia and traumatic brain injury 360-896-9695 2300 NE Andresen Rd., 98661 <a href="http://www.cdmcaregiving.org">www.cdmcaregiving.org</a>
<b>Dementia Road Map</b>
A guide for family and care partners by the Dementia Action Collaborative of WA State <a href="http://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/Dementia%20Road%20Map%20-%20A%20Guide%20for%20Family%20and%20Care%20Partners.pdf">www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/Dementia%20Road%20Map%20-%20A%20Guide%20for%20Family%20and%20Care%20Partners.pdf</a>

<b>Early Stage Support Group</b>
At Milwaukie Senior Center, the fourth Thursday of the month from 2-3:30 pm; Call to register & screened 800-272-3900 5440 SE Kellogg Creek Dr., Portland, 97222
<b>Eldercare Locator</b>
Connects you to services for older adults and their families 800-677-1116 <a href="http://www.eldercare.acl.gov">www.eldercare.acl.gov</a>
<b>Home and Community Services</b>
Serves people applying for, or receiving public assistance to pay for long term services and supports 360-397-9500 800 NE 136th Ave. Suite 220, 98684 <a href="http://www.dshs.wa.gov/altsa">www.dshs.wa.gov/altsa</a>
<b>Living with Dementia Support Group</b>
At Vancouver Trinity Lutheran Church, the second Monday of the month from 1-3 pm; Call to register & screened 800-272-3900 309 W 39th St., 98660
<b>Lotsa Helping Hands</b>
A central place to coordinate meals and support for friends and family <a href="http://www.lotsahelpinghands.com">www.lotsahelpinghands.com</a>
<b>Loving Them Forward</b>
Family caregiver support group for non-professional family caregivers who are caring for a loved one; Meets every 3rd Friday from 6:00-7:00 PM 360-524-4344 7305 NE Fourth Plain Blvd, Suite B, 98662 <a href="http://www.lovingthemforward.org">www.lovingthemforward.org</a>
<b>National Caregivers Library</b>
Extensive library for caregivers with articles, forms, checklists, and links to topic-specific external resources <a href="http://www.caregiverslibrary.org">www.caregiverslibrary.org</a>
<b>There is Always Hope</b>
A dementia support group to caretakers of those with memory loss; Several groups all over Vancouver 360-513-5754 9901 NE 7th Ave., Suite 212, 98685 <a href="http://www.hopedementiasupport.org">www.hopedementiasupport.org</a>

## Asperger's/Autism

<b>Asperger/Autism Parent Support Group</b>
Free group for parents of children ages 11 - 19; Meets the 3rd Saturdays from 6:30-8:00 PM 360-852-8369 305 NE 192nd Ave, 98684 <a href="http://www.facebook.com/groups/aetweenteensocialclub">www.facebook.com/groups/aetweenteensocialclub</a>
<b>Autism Empowerment</b>
Support and social groups, kids club, scouting, radio, and magazine 360-852-8369 Call for appointment, 98687 <a href="http://www.autismempowerment.org">www.autismempowerment.org</a>
<b>Autism Empowerment Support Group</b>
Support group for adults (18+); Free, please bring a snack; Meets the 2nd Fridays from 6:30-8:30 PM 360-852-8369 501 Ellsworth Rd, 98664 <a href="http://www.facebook.com/groups/adultautismsupportgroup">www.facebook.com/groups/adultautismsupportgroup</a>
<b>Autism Society of Washington (ASW)</b>
Resources, information, workshops, and more <a href="mailto:info@autismsocietyofwa.org">info@autismsocietyofwa.org</a> , <a href="http://www.autismsocietyofwa.org/v2">www.autismsocietyofwa.org/v2</a>
<b>AWEtism We Embrace Support Group</b>
Free group for adults: parents and those on the spectrum, to share experiences; Meets the 3rd Thursdays from 6:30-8:30 PM 503-781-2461 4805 NE Glisan Ave, Rm HCC 6, Portland, 97213 <a href="http://www.facebook.com/groups/awetismweembrace">www.facebook.com/groups/awetismweembrace</a>
<b>Center for Autism &amp; Related Disorders (CARD), East Vancouver</b>
Specialized outpatient services and behavior analysis to promote recovery 360-952-7060 120 NE 136th Ave. #220, 98684 <a href="http://www.centerforautism.com">www.centerforautism.com</a>
<b>Center for Autism &amp; Related Disorders (CARD), South Vancouver</b>
Specialized outpatient services and behavior analysis to promote recovery 360-605-1881 4101 SE 192 Ave., #101, 98683 <a href="http://www.centerforautism.com">www.centerforautism.com</a>
<b>Center for Autism &amp; Related Disorders (CARD), West Vancouver</b>
Specialized outpatient services and behavior analysis to promote recovery 360-571-2432 9901 NE 7th Ave., Suite C-116, 98685 <a href="http://www.centerforautism.com">www.centerforautism.com</a>

<b>Discovery Behavior Solutions</b>
Applied Behavior Analysis (ABA) Therapy Services, one-on-one services for children 2 - 20, parent training, and behavioral feeding consultation 360-984-3131 Call to request services, <a href="http://www.discoverybehaviorsolutions.com">www.discoverybehaviorsolutions.com</a>
<b>Innovative Services NW</b>
Applied Behavior Analysis (ABA) Therapy Services, one-on-one services for children 2 - 6 360-892-5142 ext. 221 9414 NE Fourth Plain Blvd, 98662 <a href="http://www.innovativeservicesnw.org">www.innovativeservicesnw.org</a>
<b>Special Learning, Inc.</b>
Online-only training for parents, educators, and caregivers of the special needs population <a href="http://www.special-learning.com">www.special-learning.com</a>
<b>SW WA Tween and Teen Social Club</b>
Group for youth ages 11 - 19 on the autism spectrum, their siblings, and peer mentors; \$10 per family, bring a snack; Meets 3rd Saturdays from 6-9 PM 360-852-8369 305 NE 192nd Ave., 98684 <a href="http://www.facebook.com/groups/aetweenteensocialclub">www.facebook.com/groups/aetweenteensocialclub</a>
<b>The Children's Center</b>
Assessments, counseling, and medication services 360-699-2244 13500 SE 7th St., 98683 <a href="http://www.thechildrenscenter.org">www.thechildrenscenter.org</a>

## Clothing, Food, and Household Goods

<b>Adventist Community Services, Battle Ground</b>
Food and clothing for low-income families; must be North Clark County resident 360-687-3459 11117 NE 189th St., Suite 100, 98604 <a href="http://www.meadowglade.com/battle-ground-adventist-community-services">www.meadowglade.com/battle-ground-adventist-community-services</a>
<b>Adventist Community Services, Clark County</b>
Food and clothing for low-income families; must be Clark County resident 360-695-8632 3114 E Fourth Plain Blvd., 98661 <a href="http://www.clarkcountyacs.com/get-help">www.clarkcountyacs.com/get-help</a>



<b>Angels of God Food Pantry</b>
Open Sundays, 1:30-4 PM, Wednesdays, 12-2:30 PM; food boxes delivered to low-income senior communities 360-695-7501 2711 NE Andresen Rd., 98661 <a href="http://www.clarkcountyfoodbank.org/foodpantrysites">www.clarkcountyfoodbank.org/foodpantrysites</a>
<b>Babies In Need</b>
Food, clothes and supplies for babies and their mothers. Located at All Saints Episcopal Church 360-573-8106 2206 NW 99th St., 98665 <a href="http://www.babiesinneed.org">www.babiesinneed.org</a>
<b>Clark County Food Bank</b>
Regional food bank that distributes food and meals; Open Monday-Friday, 8 AM - 5 PM 360-693-0939 6502 NE 47th Ave, 98661 <a href="http://www.clarkcountyfoodbank.org">www.clarkcountyfoodbank.org</a>
<b>Community Kitchen, Fruit Valley</b>
Open Tuesdays, 12-2 PM, Thursdays 5-7 PM, Fridays 2-4 PM, Saturdays, 10-12 PM; serves 98660, 98663 360-693-0939 1910 W Fourth Plain Blvd, 98660 <a href="http://www.thekitchenwa.org">www.thekitchenwa.org</a>
<b>Community Kitchen, Walnut Grove</b>
Open Mon, Wed, Friday, 12-2 PM; serves 98661, 98665 360-693-0939 7509 NE 47th Ave., 98661 <a href="http://www.thekitchenwa.org">www.thekitchenwa.org</a>
<b>East Vancouver Community Church</b>
Open 2nd Saturday of every month, 12-3 PM; serves Clark County 360-256-2780 12415 SE 7th St., 98683 <a href="http://www.eastvancouvercommunitychurch.com/ministries">www.eastvancouvercommunitychurch.com/ministries</a>
<b>F.I.S.H. of Orchards</b>
Open Monday-Friday 10 AM - 12PM and 12:30 - 2:30 PM; serves 98682, 98684, 98664, 98662, 98683 360-256-2440 6012 NE 110th Ave., 98662 <a href="http://www.fishforchards.org">www.fishforchards.org</a>

<b>F.I.S.H. of Vancouver</b>
Open Monday-Friday, 10 AM - 12pm and 12:30 - 2:30 PM; 1st and 3rd Saturdays, 10 AM - noon 360-695-4903 906 Harney St., 98660 <a href="http://www.fishvancouver.org">www.fishvancouver.org</a>
<b>Giving Closet</b>
By appointment only 360-993-4800 2804 A&B NE 65th Ave., 98661 <a href="http://www.givingcloset.org">www.givingcloset.org</a>
<b>God's Closet, Vancouver</b>
Children's clothing from newborn to large teen; shop days are quarterly; hours 9 AM - 1 PM, first Friday of February, May, August, and November 360-696-2511 9711 NE St John's Rd., 98665 <a href="http://www.facebook.com/godsclosetvancouver">www.facebook.com/godsclosetvancouver</a>
<b>Interfaith Treasure House</b>
Serves Camas and Washougal only. Helps with utilities, rent, food bank, house goods. Call for hours 360-834-5786 91 C St., Washougal, 98671 <a href="http://www.ifth-cw.org">www.ifth-cw.org</a>
<b>Lewis River Mobile Food Bank, LaCenter Evangelical</b>
Serves North Clark County. Delivery is on the 4th Sunday of the month between 2-4 PM 360-263-5763 111 E Fifth St., La Center, 98629 <a href="http://www.lewisrivermobilefoodbank.org">www.lewisrivermobilefoodbank.org</a>
<b>Lewis River Mobile Food Bank, LaCenter Warehouse</b>
Serves North Clark County. Deliveries are the 1st, 2nd and 4th Sundays of the month 360-263-5763 38615 NE 41st Ave., La Center, 98629 <a href="http://www.lewisrivermobilefoodbank.org">www.lewisrivermobilefoodbank.org</a>
<b>Lewis River Mobile Food Bank, Yacolt</b>
Serves North Clark County. Delivery is on the 3rd Sunday of the month between 2-4 PM 360-263-5763 509 W Cushman, Yacolt, 98675 <a href="http://www.lewisrivermobilefoodbank.org">www.lewisrivermobilefoodbank.org</a>
<b>Live Love Center</b>
Run by Living Hope Church. Provides meals and clothes and winter items. Monday and Wednesday 12:00 - 2:30 PM, Friday 5:00 - 7:30 PM 360-944-3905 2711 NE Andresen Rd., 98661 <a href="http://www.livinghopechurch.com/local-outreach">www.livinghopechurch.com/local-outreach</a>

**Lost & Found Café**

Serves dinner every Tuesday and Thursday night, 6-7 PM, to anyone in the community who is hungry

360-834-4181

824 NE 4th Ave., Camas, 98607

[www.lostandfoundcafe.com](http://www.lostandfoundcafe.com)

**Martha's Pantry**

Located at Vancouver United Church of Christ; Open Tuesday 4:00 - 6:45 and Thursdays, 10:00 AM - 12:45 PM; Originally started for people living with HIV/AIDS

360-695-1480

1220 NE 68th St., 98665

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

**Meals on Wheels People**

Meal delivery service for seniors over 60. The Diner is also located in Clark County; meals cost \$7.39

1-866-788-6325

5303 E Mill Plain Blvd., 98661

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

**Neighbors Helping Neighbors**

Food and clothing bank. Open Tuesdays and Fridays, 10 AM - 12:30 PM, closed on the 5th Tuesday and 5th Friday of a month. Serves Ridgefield, La Center, Felida, and Salmon Creek

360-887-3354

21814 NW 11th Ave., Ridgefield, 98642

[www.ridgefieldneighbors.weebly.com](http://www.ridgefieldneighbors.weebly.com)

**North County Community Food Bank**

Food bank that also offers courses, referrals, and information for healthy living. Open Mon - Fri, 9-11:15 AM, 1:30-3:15 PM. Closed Friday afternoons.

360-687-5007

17 NE 3rd Ave., Battle Ground, 98604

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

**NW Furniture Bank**

Connects low-income families and individuals with furniture from their inventory for free. Also has a retail store that sells used and vintage furniture and décor

360-787-7144

1600 Washington St., 98660

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

**One Life Food Pantry**

Food pantry that offers homeless care, nutrition education, and a garden; Serves Sunday at 2 PM; sign up between 9:30 AM-10:00 PM

360-904-1273

1801 Daniels St., 98660

[www.welcometoonelife.com](http://www.welcometoonelife.com)

<p><b>Salvation Army, Longview</b></p> <p>Food pantry and meal programs  360-423-3992  1639 10th Ave., Longview, 97632  <a href="http://www.longview.salvationarmy.org">www.longview.salvationarmy.org</a></p>
<p><b>Salvation Army, Vancouver</b></p> <p>Food pantry and meal programs  360-892-9050  1500 NE 112th Ave., 98684  <a href="http://www.vancouver.salvationarmy.org/vancouver_us_west">www.vancouver.salvationarmy.org/vancouver_us_west</a></p>
<p><b>Salvation Army, Washougal</b></p> <p>Food pantry and meal programs  360-835-3171  1612 I St., Washougal, 98671  <a href="http://www.washougal.salvationarmy.org">www.washougal.salvationarmy.org</a></p>
<p><b>Second Hand Solutions Thrift Store</b></p> <p>Mon - Tues, Thurs - Fri, 10 AM - 5 PM, Wed from 11 AM - 5 PM  360-735-5943  915 West 13th Street Vancouver, 98660  <a href="http://www.sheltered.org/second-hand-solutions-thrift-store">www.sheltered.org/second-hand-solutions-thrift-store</a></p>
<p><b>Share House</b></p> <p>Free meals for homeless and low-income members. Mon - Fri: Breakfast, 7:30-8 AM; Lunch, 12-12:30 PM; Dinner, 5-5:30 PM; Sat - Sun Breakfast, 9-9:30 AM; Dinner 3:30-4 PM  360-448-2121  1115 W 13th St., 98660  <a href="http://www.sharevancouver.org">www.sharevancouver.org</a></p>
<p><b>SixEight Food Pantry</b></p> <p>Distributes groceries to members of the community once a week; Serves 98665, 98663, 98685, and 98686  360-524-3778  8802 NW 9th Ave., 98665  <a href="http://www.68church.com/ministries-2/sixeight-food-pantry">www.68church.com/ministries-2/sixeight-food-pantry</a></p>
<p><b>St. Vincent de Paul, Battle Ground &amp; North Clark County</b></p> <p>Food, clothing, rent assistance, and utility assistance. Mon, Wed, Thurs, Fri, 9:30 AM - 12:30 PM  360-573-7199  11607 NE 87th Ave., Brush Prairie, 98662  <a href="http://www.stjohnsvdpbrushprairie.wordpress.com">www.stjohnsvdpbrushprairie.wordpress.com</a></p>
<p><b>St. Vincent de Paul, Camas &amp; Washougal</b></p> <p>Food, clothing, rent assistance, and utility assistance. Phone call only, no one on site at St. Thomas. Takes calls Mon-Thurs, 9 AM - 3 PM and Fridays, 9 AM - 12 PM  360-834-2126 ext 251  324 NE Oak St., Camas, 98607  <a href="http://www.svdpstthomas.com">www.svdpstthomas.com</a></p>

<b>St. Vincent de Paul, Clark County</b>
Food, clothing, rent assistance, and utility assistance. Pantry open Mon, Tues, Thurs, and Fri, 9 AM - 1 PM 360-694-5388 2456 NE Stapleton Rd., 98661 <a href="http://www.svdpvancouverusa.org">www.svdpvancouverusa.org</a>
<b>The Proto-Cathedral of St. James the Greater</b>
Free meal every Thursday from 5-6:30 PM in the Lower Hall. Distributes clothing on the 3rd Thursday of the month during meal. Food distributed every Friday from 1-2 PM in the Lower Hall 360-693-3052 218 W 12th St., 98660 <a href="http://www.protocathedral.org">www.protocathedral.org</a>
<b>Trinity Mission Cupboard</b>
Food pantry open the 3rd Friday of the month from 10 AM - 2 PM 360-693-4271 6700 MacArthur Blvd., 98661 <a href="http://www.trinityvanwa.com">www.trinityvanwa.com</a>
<b>Woodland Action Food Bank and Thrift Store</b>
Food distributed Saturdays, 9:00 - 4:45 PM. Thrift store open Tues - Sat, 11 AM - 4 PM 360-225-9998 736 Davidson Ave., Woodland, 98674 <a href="http://www.woodlandaction.org">www.woodlandaction.org</a>

## Counseling and Mental Health Support

<b>Al-Anola-teen msg line</b>
Support for families and friends of alcoholics 360-693-5781 1-888-4AL-ANON, <a href="http://www.wa-al-anon.org">www.wa-al-anon.org</a>
<b>Alcoholics Anonymous</b>
For individuals who want to get and stay sober. Crisis number open 24/7 360-694-3870 2203 Fairmount Ave. Suite A, 98661 <a href="http://www.vancouveraa.org">www.vancouveraa.org</a>
<b>Behavioral Health Ombuds</b>
Provides free and confidential help when you have a concern or complaint about behavioral health services 1-800-696-1401 swbhombuds@gmail.com, <a href="http://www.clark.wa.gov/community-services/consumer-rights">www.clark.wa.gov/community-services/consumer-rights</a>

<b>Catholic Community Services</b>
Mental health services for families and children 360-567-2211 9300 NE Oak View Dr., Suite B, 98662 <a href="http://www.ccsww.org/get-help/wahkiakum-cowlitz-clark-skamania-counties">www.ccsww.org/get-help/wahkiakum-cowlitz-clark-skamania-counties</a>
<b>Children's Home Society of WA, Vancouver</b>
Adoption, child and family counseling, family support, LGBTQ+ youth, and more 360-695-1325 309 W 12th St., 98660 <a href="http://www.childrenshomesociety.org/home">www.childrenshomesociety.org/home</a>
<b>Children's Home Society of WA, Washougal</b>
Child and family counseling, family support, LGBTQ+ youth, and more 360-835-7802 1702 C St., Washougal, 98671 <a href="http://www.childrenshomesociety.org/home">www.childrenshomesociety.org/home</a>
<b>CoDependents Anonymous (CoDA)</b>
For those who desire for health and loving relationships; 12-step program for recovery from codependence 888-444-2359 5040 SW Iowa St., Portland, 97221 <a href="http://www.coda-pdx.org/uploads/1/7/6/2/17624337/pdx_listcodamtg.pdf">www.coda-pdx.org/uploads/1/7/6/2/17624337/pdx_listcodamtg.pdf</a>
<b>Columbia River Mental Health</b>
Adult outpatient services, child and family mental health services, and drug & alcohol services 360-993-3000 6926 NE Fourth Plain Blvd., 98661 <a href="http://www.crmhs.org">www.crmhs.org</a>
<b>Columbia River, Elahan Place</b>
Residential rehabilitation and crisis stabilization program that provides 24-hour supervision 360-253-6019 7415 NE 94th Ave., 98662 <a href="http://www.crmhs.org/what-is-residential-care-at-elahan-place">www.crmhs.org/what-is-residential-care-at-elahan-place</a>
<b>Columbia River, NorthStar Clinic</b>
Individual and group therapy, dispenses medications to treat addiction to opiates and many forms of pain medication 360-993-3000 6926 NE Fourth Plain Blvd, 98661 <a href="http://www.crmhs.org">www.crmhs.org</a>
<b>Community Integrated Health Services</b>
Assists individuals with mental health and/or SUD in obtaining support, skills, and services necessary to improve their level of function 360-261-6930 1116 14th Ave, Longview, 98632 <a href="http://www.cihealthservices.com">www.cihealthservices.com</a>

<b>Community Services NW, 39th St.</b>
Mobile crisis unit, first episode psychosis program, outpatient services, addiction services, housing support, and wellness program 360-546-1722 317 E 39th St., 98663 <a href="http://www.csnw.org">www.csnw.org</a>
<b>Community Services NW, Battle Ground</b>
Mobile crisis unit, first episode psychosis program, outpatient services, addiction services, housing support, and wellness program 360-723-0848 11117 NE 189th St., Suite 301, 98604 <a href="http://www.csnw.org">www.csnw.org</a>
<b>Community Services NW, Fourth Plain</b>
Mobile crisis unit, first episode psychosis program, outpatient services, addiction services, housing support, and wellness program 360-558-5795 1601 E Fourth Plain Blvd..Bldg 17, 98661 <a href="http://www.csnw.org">www.csnw.org</a>
<b>Community Services NW, Meriwether</b>
Mobile crisis unit, first episode psychosis program, outpatient services, addiction services, housing support, and wellness program 360-831-0908 6221 NE Fourth Plain Blvd., Suite 130, 98661 <a href="http://www.csnw.org">www.csnw.org</a>
<b>Community Services NW, Town Plaza</b>
Mobile crisis unit, first episode psychosis program, outpatient services, addiction services, housing support, and wellness program 360-831-0904 5411 E Mill Plain Blvd., Suite 16, 98661 <a href="http://www.csnw.org">www.csnw.org</a>
<b>Consumer Voices Are Born (CVAB), The REACH Center</b>
Peer support services for individuals with mental health issues; Monday-Friday, 9 AM - 7 PM; Saturday, 9 AM - 5 PM 360-397-8050 1601 E Fourth Plain Blvd., 98661 <a href="http://www.cvabonline.org/reachcenter">www.cvabonline.org/reachcenter</a>
<b>CVAB Warmline</b>
Talk to a peer who will provide you with support, understanding, and a listening ear; not a crisis line; 4:00 PM - midnight every day 360-903-2853 <a href="http://www.cvabonline.org/warmline">www.cvabonline.org/warmline</a>

<b>CVAB, REACH Too</b>
Supports for people seeking recovery from addiction; partners with courts and jail 360-773-8054 10205 NE Fourth Plain Blvd., 98662 <a href="http://www.cvabonline.org/the-reach-center-1">www.cvabonline.org/the-reach-center-1</a>
<b>CVAB, Val Ogden Center</b>
Supports furthering individuals employment and educational goals; Serves food; Open Monday-Friday 8:30 AM - 5:30 PM 360-253-4036 10201 NE Fourth Plain Blvd., 98662 <a href="http://www.cvabonline.org/val-ogden-center">www.cvabonline.org/val-ogden-center</a>
<b>Daybreak Youth Services, Inpatient</b>
Treatment for teens with substance abuse and mental health needs, inpatient, evaluation, and wraparound services 360-750-9588 11910 NE 154th St., Brush Prairie, 98606 <a href="http://www.daybreakyouthservices.org">www.daybreakyouthservices.org</a>
<b>Daybreak Youth Services, Inpatient Female Only</b>
Treatment for teens with substance abuse and mental health needs, inpatient, evaluation, and wraparound services for female and female-identifying 509-624-3227 628 S Cowley St., Spokane, 99202 <a href="http://www.daybreakyouthservices.org">www.daybreakyouthservices.org</a>
<b>Daybreak Youth Services, Outpatient Brush Prairie</b>
Treatment for teens with substance abuse and mental health needs, outpatient, evaluation, and wraparound services 360-750-9588 11910 NE 154th St., Brush Prairie, 98606 <a href="http://www.daybreakyouthservices.org">www.daybreakyouthservices.org</a>
<b>Daybreak Youth Services, Outpatient Spokane</b>
Treatment for teens with substance abuse and mental health needs, outpatient, evaluation, and wraparound services 509-927-1688 200 N Mullan Rd., Spokane, 99206 <a href="http://www.daybreakyouthservices.org">www.daybreakyouthservices.org</a>
<b>Daybreak Youth Services, Outpatient Vancouver</b>
Treatment for teens with substance abuse and mental health needs, outpatient, evaluation, and wraparound services 360-750-6935 11818 SE Mill Plain Blvd., Suite 213 & 307, 98684 <a href="http://www.daybreakyouthservices.org">www.daybreakyouthservices.org</a>



<b>Great Life Mentoring</b>
Mentoring program for local children in foster care, children of prisoners, or any other high-risk youth, run by Columbia River Mental Health 360-597-7500 9105 NE Highway 99, Suite 201A, 98665 <a href="http://www.greatlifementoring.com">www.greatlifementoring.com</a>
<b>Helping Professionals Wellness Center</b>
Support with substance use, mental health, domestic violence 360-687-0693 5007 NE St Johns Rd., 98661 <a href="http://www.hpwellnesscenter.com">www.hpwellnesscenter.com</a>
<b>Janus Youth, Yellow Brick Road</b>
Provides information, referrals, and crisis intervention 360-314-5716 738 NE Davis, Portland Ore, 97232 <a href="http://www.janusyouth.org">www.janusyouth.org</a>
<b>Lifeline Connections, Camas Office</b>
Mental health and co-occurring disorder services 360-524-7924 329 NE Lechner St., Camas, 98607 <a href="http://www.lifelineconnections.org">www.lifelineconnections.org</a>
<b>Lifeline Connections, Main Campus</b>
Mental health and substance use disorder services, residential treatment for substance abuse 360-397-8246 1601 E Fourth Plain Blvd. #17, 98661 <a href="http://www.lifelineconnections.org">www.lifelineconnections.org</a>
<b>Lifeline Connections, Orchards Office</b>
Mental health, substance use disorder, and problem gambling services 360-984-5577 11719 NE 95th St., Suite A, 98682 <a href="http://www.lifelineconnections.org">www.lifelineconnections.org</a>
<b>Lifeline Connections, Youth/Bellingham Office</b>
Substance use abuse services for youth and adults 360-922-3030 4120 Meridian St., Suite 220, Bellingham, 98226 <a href="http://www.lifelineconnections.org">www.lifelineconnections.org</a>
<b>Lutheran Community Services NW, Counseling</b>
Mental health counseling, case management, and medication management 360-694-5624 3600 Main St., Suite 200, 98663 <a href="http://www.lcsnw.org/program/mental-health-counseling-vancouver">www.lcsnw.org/program/mental-health-counseling-vancouver</a>

<b>Lutheran Community Services NW, Immigration</b>
Counsel for immigrants about their rights and responsibilities, and also survivors of human trafficking, sexual assault, and more 360-694-5624 3600 Main St., Suite 200, 98663 <a href="http://www.lcsnw.org/program/immigration-counseling-and-advocacy-program">www.lcsnw.org/program/immigration-counseling-and-advocacy-program</a>
<b>NAMI Multnomah</b>
Support groups and educational classes for individuals and families 503-228-5692 524 NE 52nd Ave., Portland, 97213 <a href="http://www.namimultnomah.org">www.namimultnomah.org</a>
<b>NAMI Southwest Washington</b>
Support groups and educational classes for individuals and families 360-695-2823 2500 Main St., Suite 120, 98660 <a href="http://www.namiswwa.org">www.namiswwa.org</a>
<b>Narcotics Anonymous</b>
12-step program for narcotics addiction and 24-hour helpline 360-703-0990 <a href="http://www.swanaonline.org">www.swanaonline.org</a>
<b>PeaceHealth Behavioral Health</b>
Mental health counseling and medication management; open Monday-Friday, 8 AM - 4:30 PM 360-696-5300 3400 Main St., 98663 <a href="http://www.peacehealth.org/southwest/behavioral-health">www.peacehealth.org/southwest/behavioral-health</a>
<b>PeaceHealth Behavioral Health, ADAPT Program</b>
Monday-Friday, 8 AM - 3:30 PM voluntary day-program for people living with mental health symptoms 360-696-5300 3400 Main St., 98663 <a href="http://www.peacehealth.org/southwest/behavioral-health/adapt">www.peacehealth.org/southwest/behavioral-health/adapt</a>
<b>Recovery Resource Center</b>
A positive recovery environment that includes self-help meetings, educational classes, and a bookstore 360-787-9315 9317 Hwy 99, Suite M, 98665 <a href="http://www.lifelineconnections.org/locations/recoverresourcecenter">www.lifelineconnections.org/locations/recoverresourcecenter</a>
<b>SeaMar Behavioral Health, 109th Ct.</b>
Mental health assessments, case management for adults and children, individual and group therapy 360-566-4432 5501 NE 109th Ct., 98662 <a href="http://www.seamar.org/clark-bh-vancouver.html">www.seamar.org/clark-bh-vancouver.html</a>

<b>SeaMar Behavioral Health, Child &amp; Family Services</b>
Mental health assessments, case management for adults and children, individual therapy, family therapy, group therapy, medication management 360-558-5790 11801 NE 65th St., Suite A, 98662 <a href="http://www.seamar.org/clark-bh-family-vancouver.html">www.seamar.org/clark-bh-family-vancouver.html</a>
<b>SeaMar Behavioral Health, Delaware</b>
Mental health assessments, case management for adults and children, individual and group therapy 360-566-4402 7410 Delaware Ln., 98664 <a href="http://www.seamar.org/clark-bh-vancouver-delaware.html">www.seamar.org/clark-bh-vancouver-delaware.html</a>
<b>SeaMar Behavioral Health, Salmon Creek</b>
Mental health assessments, case management for adults and children, individual and group therapy 360-397-9211 14508 NE 20th Ave., 98686 <a href="http://www.seamar.org/clark-bh-vancouver-salmon-creek.html">www.seamar.org/clark-bh-vancouver-salmon-creek.html</a>
<b>SeaMar Behavioral Health, Substance Abuse</b>
Mental health assessments, individual and group therapy, substance use disorder treatment 360-558-5790 11801 NE 65th St., Suite C, 98662 <a href="http://www.seamar.org/clark-bh-vancouver-sud.html">www.seamar.org/clark-bh-vancouver-sud.html</a>
<b>SeaMar-CVAB, 39th St.</b>
Outpatient counseling, community support team, DBT, PACT team, wellness program, jail re-entry, addiction programs, homeless services 360-546-1722 317 E 39th St., 98663 <a href="http://www.seamar.org/csnw.html">www.seamar.org/csnw.html</a>
<b>SeaMar-CVAB, Battle Ground</b>
Outpatient counseling, community support team, DBT, PACT team, wellness program, jail re-entry, addiction programs, homeless services 360-723-0848 11117 NE 189th St., Suite 301, 98604 <a href="http://www.seamar.org/csnw.html">www.seamar.org/csnw.html</a>
<b>SeaMar-CVAB, Fourth Plain</b>
Outpatient counseling, community support team, DBT, PACT team, wellness program, jail re-entry, addiction programs, homeless services 360-558-5795 1601 E Fourth Plain, Bldg 17, Suite B222, 98661 <a href="http://www.seamar.org/csnw.html">www.seamar.org/csnw.html</a>

<b>SeaMar-CVAB, Town Plaza</b>
Outpatient counseling, community support team, DBT, PACT team, wellness program, jail re-entry, addiction programs, homeless services 360-831-0904 5411 E Mill Plain Blvd., Suite 16, 98661 <a href="http://www.seamar.org/csnw.html">www.seamar.org/csnw.html</a>
<b>The Children's Center</b>
Mental health services for children including ADHD, sex abuse recovery, and more 360-699-2244 13500 SE 7th St., 98683 <a href="http://www.thechildrenscenter.org">www.thechildrenscenter.org</a>
<b>The Emily Program - Seattle</b>
Partial hospitalization, intensive outpatient, DBT, and outpatient therapy for eating disorders 206-283-2220 1700 Westlake Ave. North, Suite 700, Seattle, 98109 <a href="http://www.emilyprogram.com/locations/washington/seattle">www.emilyprogram.com/locations/washington/seattle</a>
<b>The Emily Program - 24/7 Residential Seattle</b>
Contemporary homelike setting for adults of all genders, on-site medical and mental health staff and supervision 888-364-5977 4 Nickerson St., Suite 300, Seattle, 98109 <a href="http://www.emilyprogram.com/locations/washington/seattle-24-7-residential-care">www.emilyprogram.com/locations/washington/seattle-24-7-residential-care</a>
<b>The Emily Program - Spokane</b>
Partial hospitalization, intensive outpatient, and outpatient therapy for eating disorders 509-252-1366 2020 East 29th Ave., Suite 200, Spokane, 99203 <a href="http://www.emilyprogram.com/locations/washington/spokane">www.emilyprogram.com/locations/washington/spokane</a>
<b>The Emily Program - South Sound (Lacey, WA)</b>
Partial hospitalization, intensive outpatient, Family-based-therapy, and outpatient therapy for eating disorders 888-364-5977 673 Woodland Square Loop SE, Suite 330, Lacey, 98503 <a href="http://www.emilyprogram.com/locations/washington/south-sound-lacey">www.emilyprogram.com/locations/washington/south-sound-lacey</a>
<b>The Emily Program - Resource Center</b>
Huge database of eating disorder resources online <a href="http://www.emilyprogram.com/resources">www.emilyprogram.com/resources</a>
<b>Women's Recovery Center</b>
Substance use residential services for women and women with young children 360-690-3069 1601 E 4th Plain Blvd Bldg. 17, 98661 <a href="http://www.lifelineconnections.org/hours-phones">www.lifelineconnections.org/hours-phones</a>

<b>Workit Health</b>
100% virtual telemedicine addiction (drugs, alcohol, and behaviors) treatment www.workithealth.com/schedule-a-clinic-appointment <a href="http://www.workithealth.com/locations/washington">www.workithealth.com/locations/washington</a>

<b>Xchange Recovery Service</b>
Drug and alcohol support service every Saturday night at 6 PM at Faith Center Church 360-687-8555 11608 NE 107th St., 98662 <a href="http://www.driveoutaddiction.com">www.driveoutaddiction.com</a>

## Day Centers

<b>Friends of the Carpenter</b>
Info, gas, haircuts, clothing, fellowship, gift cards for volunteering. Open Mon - Fri, 9AM - 4PM 360-750-4752 1600 W 20th St., 98665 <a href="http://www.friendsofthecarpenter.org">www.friendsofthecarpenter.org</a>

<b>Janus Youth, The Perch</b>
For at-risk youth, ages 15-24, to hang out, take a shower, do laundry, or get food. Open Mon - Fri, 9AM -3:30 PM 360-314-5716 call for address, <a href="http://www.janusyouth.org">www.janusyouth.org</a>

<b>Salvation Army Hygiene Center</b>
For homeless to get a shower and hygiene kit. Open Tues - Fri, 9AM - 4 PM 360-835-3171 1612 I St., Washougal, 98671 <a href="http://www.washougal.salvationarmy.org">www.washougal.salvationarmy.org</a>

## Education Assistance

<b>ESD 112, Specialized Education ESA</b>
Provides free and appropriate education to eligible students in 26 districts in Southwest WA 360-750-7500 2500 NE 65th Ave., 98661 <a href="http://www.esd112.org/special-services/special-education-esa">www.esd112.org/special-services/special-education-esa</a>

<b>Individualized Education Program</b>
A special education program carefully written and is reviewed at least once a year by a team for children with a disability <a href="http://www.wapave.org/idea-the-foundation-of-special-education">www.wapave.org/idea-the-foundation-of-special-education</a>
<b>Partnerships for Action, Voices for Empowerment (PAVE)</b>
Family to Family Health & Information Center serves families who have children and youth, birth - 26 years, with special health care needs <a href="http://www.wapave.org">www.wapave.org</a>
<b>The Arc of Cowlitz County</b>
Guidance and Engagement services, long-term services to assist participation in activities, parent to parent support 360-577-9093 906 New York St., Longview, 98632 <a href="http://www.lifeworkswa.org/arc">www.lifeworkswa.org/arc</a>
<b>The Arc of Cowlitz County, Respite Program</b>
Gives families a break from day to day care for their child/children with developmental disabilities 360-425-5494 906 New York St., Longview, 98632 <a href="http://www.lifeworkswa.org/arc">www.lifeworkswa.org/arc</a>
<b>The Arc, Southwest Washington</b>
Community inclusion, guidance, and engagement services, supported living, payee/guardianship services 360-254-1562 6511 E 18t St., 98661 <a href="http://www.arcswwa.org">www.arcswwa.org</a>
<b>The Arc, Southwest Washington, Respite Program</b>
Gives families a break from day to day care for their child/children with developmental disabilities 360-254-1562 ext 104 6511 E 18t St., 98661 <a href="http://www.arcswwa.org/programs/respice">www.arcswwa.org/programs/respice</a>

## Employment Assistance

<b>Bridgeview Resource Center</b>
Employment, education, health resources for families and individuals 360-737-2950 505 Omaha Way, 98661 <a href="http://www.bridgeviewresourcecenter.org">www.bridgeviewresourcecenter.org</a>

<b>Clearview Employment Services</b>
Career counseling, vocationally related case management, support, job coaching, and assessments 360-750-7012 6926 NE Fourth Plain Blvd., 98661 <a href="http://www.crmhs.org/community-services">www.crmhs.org/community-services</a>
<b>CVAB, Val Ogden Center</b>
Supports furthering individuals employment and educational goals; Serves food; Open Monday-Friday 8:30 AM - 5:30 PM 360-253-4036 10201 NE Fourth Plain Blvd., 98662 <a href="http://www.cvabonline.org/val-ogden-center">www.cvabonline.org/val-ogden-center</a>
<b>DSHS Vocational Rehabilitation, Kelso</b>
Vocational Rehab services designed to help you prepare, get, keep, or advance in a job. Mon-Fri, 8AM - 5PM 360-501-2499 711 Vine St., Suite B, 98626 <a href="http://www.dshs.wa.gov/dvr">www.dshs.wa.gov/dvr</a>
<b>DSHS Vocational Rehabilitation, Vancouver</b>
Vocational Rehab services designed to help you prepare, get, keep, or advance in a job. Mon-Fri, 8AM - 5PM 360-397-9960 800 NE 136th Ave., Suite 230, 98684 <a href="http://www.dshs.wa.gov/dvr">www.dshs.wa.gov/dvr</a>
<b>GoodWill Job Connection, Battle Ground</b>
Build career skills, get job support, and learn English. Open Wed - Fri, 9 AM - 5:30 PM 360-687-2444 101 NW 20th Ave., 98604 <a href="http://www.goodwilljobconnection.org">www.goodwilljobconnection.org</a>
<b>GoodWill Job Connection, Fisher's Landing</b>
Build career skills, get job support, and learn English. Open Tues, Thurs, 9 AM - 5:30 PM 360-896-3131 1200 SE 162nd Ave., 98683 <a href="http://www.goodwilljobconnection.org">www.goodwilljobconnection.org</a>
<b>GoodWill Job Connection, Hazel Dell</b>
Build career skills, get job support, and learn English. Open Mon - Wed, 9 AM - 5:30 PM 360-576-9916 1600 NE 78th St., 98665 <a href="http://www.goodwilljobconnection.org">www.goodwilljobconnection.org</a>

<b>GoodWill Job Connection, Orchards</b>
Build career skills, get job support, and learn English. Open Mon, Tues, Fri, 9 AM - 5:30 PM 360-869-7521 14201 NE Fourth Plain Blvd., 98682 <a href="http://www.goodwilljobconnection.org">www.goodwilljobconnection.org</a>
<b>GoodWill Job Connection, Salmon Creek</b>
Build career skills, get job support, and learn English. Open Mon - Wed, 9 AM - 5:30 PM 360-574-3998 14300 NE 20th Ave., 98686 <a href="http://www.goodwilljobconnection.org">www.goodwilljobconnection.org</a>
<b>GoodWill Job Connection, Vancouver</b>
Build career skills, get job support, and learn English. Open Mon - Fri, 8 AM - 4:30 PM 360-695-4669 6425 NE Fourth Plain Blvd., 98661 <a href="http://www.goodwilljobconnection.org">www.goodwilljobconnection.org</a>
<b>Hunger For Success</b>
Training program for resume building, college entrance, job placement services, job mentoring, and more 360-435-7447 Camas, 98607 <a href="http://www.helpH4S.org">www.helpH4S.org</a>
<b>Innovative Services NW</b>
Helps with career development and assists in job placement for individuals with developmental disabilities 360-892-5142 9414 NE Fourth Plain Blvd., 98662 <a href="http://www.innovativeservicesnw.org/services/employment-services">www.innovativeservicesnw.org/services/employment-services</a>
<b>Partners in Careers (PIC)</b>
Job training and employment services. Open Mon - Fri, 8AM - 4PM 360-696-8417 3210 NE 52nd St., 98663 <a href="http://www.partnersincareers.org">www.partnersincareers.org</a>
<b>VA Vocational Rehab and Employment Office</b>
Education and career counseling, transition assistance, vocational rehabilitation, and employment assistance 503-412-4577 1601 E Fourth Plain Blvd., Bldg 18, 98661 <a href="http://www.portland.va.gov/locations/vancouver.asp">www.portland.va.gov/locations/vancouver.asp</a>



<b>WorkSource, Cowlitz</b>
Workshops, hiring events, connects employers and job seekers. Open Mon-Thur, 8 AM - 5 PM, Fri 9:30 AM - 5 PM 360-577-2250 305 S Pacific Ave., Suite 101, 98626 <a href="http://www.worksourcewa.com">www.worksourcewa.com</a>

<b>WorkSource, Vancouver</b>
Workshops, hiring events, connects employers and job seekers. Open Mon - Tues, Thur - Fri, 8 AM - 5 PM, Wed 9:30 AM - 5 PM 360-735-5000 204 SE Stonemill Dr., Suite 215, 98684 <a href="http://www.worksourcewa.com">www.worksourcewa.com</a>

## Financial Assistance

<b>AARP Tax Aids, Fort Vancouver Regional Libraries</b>
Free assistance with taxes between February 1 through April 15. Check website for schedule & locations <a href="http://www.fvrl.org/tax-help">www.fvrl.org/tax-help</a>

<b>DSHS Child Support, Vancouver</b>
Child support payments, applications to apply for support, provides info and resources. Mon-Fri, 8AM - 5PM 1-800-422-5437 800 NE 136th Ave., Suite 210, 98684 <a href="http://www.dshs.wa.gov/child-support">www.dshs.wa.gov/child-support</a>

<b>DSHS Refugee Cash Assistance</b>
Provides cash and medical assistance during a refugee's first 8 months in the US 877-501-2233 800 NE 136th Ave., Suite 210, 98684 <a href="http://www.dshs.wa.gov/esa/community-services-offices/refugee-cash-assistance">www.dshs.wa.gov/esa/community-services-offices/refugee-cash-assistance</a>

<b>DSHS Temporary Assistance for Needy Families</b>
Provides temporary cash for families in need, must participate in the WorkFirst Program. Call Mon - Fri, 8AM - 5PM 877-501-2233 800 NE 136th Ave., Suite 210, 98684 <a href="http://www.dshs.wa.gov/esa/community-services-offices/tanf-and-support-services">www.dshs.wa.gov/esa/community-services-offices/tanf-and-support-services</a>

<b>Lighthouse Resource Center</b>
Financial empowerment counseling, financial education workshops, free tax prep services 360-690-4496 1910 W Fourth Plain Blvd., Suite 400, 98660 <a href="http://www.lighthouseresourcecenter.org">www.lighthouseresourcecenter.org</a>

<b>Mission Possible Employment Services</b>
Helps with social security disability including initial applications, appeals, and hearings; no fees unless you are approved 360-798-2920 12214 SE Mill Plain Blvd., 98684 <a href="http://www.mpes.net">www.mpes.net</a>
<b>Share IDA Program</b>
Bank savings accounts for a future asset like a house, business, or higher education with a 4:1 match 360-952-8204 2306 NE Andresen Rd., 98661 <a href="http://www.sharevancouver.org/programs/share-ida-program">www.sharevancouver.org/programs/share-ida-program</a>
<b>Share IDA Program for Clark College</b>
Provides an 8:1 savings match for students who qualify 360-836-2014 2306 NE Andresen Rd., 98661 <a href="http://www.sharevancouver.org/programs/share-clark-college-foundation-savings-program">www.sharevancouver.org/programs/share-clark-college-foundation-savings-program</a>
<b>Social Security Insurance</b>
Financial support for those with disabilities who cannot work because of medical or severe mental chronic or fatal issues 800-722-1213 805 Broadway St., 98660 <a href="http://www.ssa.gov/benefits/ssi">www.ssa.gov/benefits/ssi</a>
<b>Washington State ABLE Savings Plan</b>
Allows individuals with disabilities to save money for qualified disability expenses without losing their federal benefits; open 9 AM - 5 PM 1-844-600-2253 <a href="http://www.washingtonstateable.com">www.washingtonstateable.com</a>

## Hotlines

<b>211 Info</b>
A wide variety of info and service referrals 211 302 W Lincoln Ave, 98902 <a href="http://www.211info.org">www.211info.org</a>
<b>Adult Protective Services</b>
Clark County's hotline to report concerns involvin vulnerable adults 877-734-6277 800 NE 136th Ave #220, 98664 <a href="http://www.dshs.wa.gov/altsa/home-and-community-services/report-concerns-involving-vulnerable-adults">www.dshs.wa.gov/altsa/home-and-community-services/report-concerns-involving-vulnerable-adults</a>

**Catholic Community Services – Children Crisis Stabilization Service**

counseling, housing, medication, employment, etc. to stabilize children and family in crisis within a 90 day period

1-360-567-2211

9300 NE Oak View Dr. Suite B, 98662

[www.ccsww.org/get-help/child-youth-family-services/family-behavioral-health/vancouver-family-behavioral-health](http://www.ccsww.org/get-help/child-youth-family-services/family-behavioral-health/vancouver-family-behavioral-health)

**Domestic Abuse Hotline (YWCA SafeChoice)**

24-hour crisis hotline in Vancouver, WA for domestic abuse

800-695-0167

Non-crisis: 360-695-0501,

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

**Housing Hotline**

Council for the Homeless housing hotline to find shelter

360-695-6977

2500 Main St., 98660

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

**Janus Youth, Oak Bridge Youth Shelter**

Provides immediate shelter and crisis intervention to youth who don't have a safe place to go, ages 9-17

888-979-4357

2609 NE 93rd Ave, 98662

[www.janusyouth.org/programs/washington-state](http://www.janusyouth.org/programs/washington-state)

**Janus Youth, The Perch**

A safe place for youth ages 15-24 who need a safe place; Monday - Friday, 9 - 11:30 AM, 12:30 - 3:30 PM

360-314-5716

1501 Columbia Street, 98660

[www.janusyouth.org/programs/washington-state](http://www.janusyouth.org/programs/washington-state)

**Janus Youth, Yellow Brick Road**

Provides information, referrals, and crisis intervention

360-314-5716 503-789-4123

1635 SW Alder St, 97209

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

**National Hunger Hotline**

Text "97779" to the automated service with a question that may contain a keyword such as "food," "summer," "meals", etc.

866-3-HUNGRY

877-8-HAMBRE,

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

**National Suicide Prevention Lifeline**

24/7/365 free and confidential support for people in distress. Provides prevention and crisis resources for you or your loved ones  
 800-273-8255  
 En Espanol 888-628-9454,  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**National Youth Crisis Hotline**

Provides counseling and referrals to local drug treatment centers, shelters, and abuse centers; open 24/7  
 1-800-422-HOPE (4673)

**Southwest Washington Crisis Line**

Crisis services available 24/7 run by mental health professionals and peer counselors  
 988, 360-696-9560, 800-626-8137  
 6926 NE Fourth Plain Blvd, 98661  
[www.wa.beaconhealthoptions.com/about-us/services/swwa-crisis-system](http://www.wa.beaconhealthoptions.com/about-us/services/swwa-crisis-system)

**Teen Text Support Line**

A peer support teen line, open 12 PM - 10 PM for 14 - 20 year olds; staffed by youth under 23 years of age  
 207-515-8398

**Tenant Union of WA – Tenant Rights Hotline**

Housing justice through empowerment-based education, outreach, leadership development, organizing, and advocacy.  
 1-206-723-0500  
 5425 Rainier Avenue S Ste. B, 98118  
[www.tenantsunion.org](http://www.tenantsunion.org)

**The Trevor Project**

Crisis line for LGBTQ young people, open 24/7/365  
 866-488-7386  
 Text START to 678678,  
[www.thetrevorproject.org](http://www.thetrevorproject.org)

**TransLife Crisis Hotline**

Free crisis hotline staffed by operators who are trans identified. If you are trans or questioning and experience a crisis or just need to talk  
 877-565-8860  
[www.translifeline.org](http://www.translifeline.org)

**Veterans Crisis Line**

Crisis Line for Veterans  
 1-800-273-TALK (8255)  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

<b>WA State Child Abuse Hotline</b>
Washington State's toll free, 24/7 hotline for suspected child abuse or neglect 1-866-363-4276 <a href="http://www.atg.wa.gov/child-abuse-neglect">www.atg.wa.gov/child-abuse-neglect</a>

<b>Washington Recovery Help Line</b>
24-hour help for substance abuse, problem gambling, and mental health 866-789-1511 <a href="http://www.warecoveryhelpline.org">www.warecoveryhelpline.org</a>

<b>Washington State Domestic Violence Hotline</b>
We answer the call to support and shift power back to those affected by relationship abuse 1-800-562-6025 <a href="http://www.wscadv.org/get-help-now">www.wscadv.org/get-help-now</a>

<b>Youth Mobile Crisis Intervention (YMCI)</b>
Mobile crisis intervention services from 9 AM - 11 PM, 7 days a week for youth under 18 360-567-2211 9300 NE Oak View Dr., Suite B, 98662 <a href="http://www.ccsww.org">www.ccsww.org</a>

## Housing

<b>Cascade AIDS Project SWWA (CAP)</b>
HIV-AIDS health and housing assistance and social support; Monday - Friday, 9 - 5 PM 360-750-7964 100 E 33rd St., Suite 201 A, 98663 <a href="http://www.cascadeaids.org/programs/sw-washington">www.cascadeaids.org/programs/sw-washington</a>

<b>Cascade AIDS Project, SW WA (CAP)</b>
HIV/AIDS Housing Assistance 360-750-7964 100 E. 33rd St., Suite 201B, 98663 <a href="http://www.capnw.org/housing">www.capnw.org/housing</a>

<b>Catholic Housing Services</b>
Housing program for low-income individuals, families, seniors, and those with special physical or mental needs 360-213-1023 4723 NW Franklin St, 98663 <a href="http://www.ccsww.org/get-help/housing">www.ccsww.org/get-help/housing</a> Email: <a href="mailto:CatholicHousingServicesInfo@ccsww.org">CatholicHousingServicesInfo@ccsww.org</a>

<b>Central City Concern</b>
Provides housing services including transitional, permanent, and family housing, employment, health, and peer services 971-352-8838 118 NW 3rd Ave., Portland, 97209 <a href="http://www.centralcityconcern.org">www.centralcityconcern.org</a>
<b>New Beginnings Maternity Home</b>
For pregnant women; a safe place for them and their unborn baby Serves Camas and Washougal 360-989-0280 10116 SE 12th St., 98664 <a href="http://www.newbeginningsmaternity.org">www.newbeginningsmaternity.org</a>
<b>Open House Ministries Family Shelter</b>
Helping homeless families by providing shelter and intervention through Christ-centered, life-changing programs. 360-737-0300 900 West 12th St., 98660 <a href="http://www.sheltered.org">www.sheltered.org</a>
<b>Oxford Houses</b>
Self-run, self-supported recovery houses in the Vancouver area 360-984-6334 4009 NE 47th St, 98661 <a href="http://www.oxfordhousing.org">www.oxfordhousing.org</a>
<b>REACH Community Development</b>
Rental communities for low income families and individuals 360-326-4647 4150 SW Moody Ave., Portland, OR, 97239 <a href="http://www.reachcdc.org">www.reachcdc.org</a>
<b>Second Step Housing</b>
Provides housing and services to low income families, homeless individuals, and families in a group living environment 360-852-8510 Aurora Place Apartments, 8105 NE Fourth Plain Rd., 98662 <a href="http://www.secondstephousing.org">www.secondstephousing.org</a>
<b>The Council for the Homeless</b>
Rental assistance, housing or shelter in Clark County Monday – Friday, 9:00 am – 8:30 pm; Weekends & Holidays, 11:00 am – 8:30 pm 360-695-9677 2306 NE Andresen Rd, 98661 <a href="http://www.councilforthehomeless.org">www.councilforthehomeless.org</a>

<b>Vancouver Housing Authority</b>
Subsidized and affordable housing 360-694-2501 2500 Main St., 98660 <a href="http://www.vhausa.org">www.vhausa.org</a>

<b>VHA Special Needs Housing</b>
Vancouver Housing Authority's housing for people with chronic mental illness and/or physical disabilities 360-993-9575 2500 Main St., 98660 <a href="http://www.vhausa.org/subsidized-housing/special-needs-housing">www.vhausa.org/subsidized-housing/special-needs-housing</a>

<b>Women's Housing and Transition (WHAT)</b>
Shelter for at-risk women in St. Luke's 360-696-0181 426 E Fourth Plain Blvd., 98663 <a href="http://www.stlukeswa.church">www.stlukeswa.church</a>

## Inpatient and Residential Treatment Facilities

<b>Child Study &amp; Treatment Center</b>
Inpatient psychiatric services for children ages 5 - 17; to be admitted, call the Children's Long-term Inpatient Program 877-501-2233 Lakewood, WA <a href="http://www.dshs.wa.gov/bha/division-state-hospitals/child-study-and-treatment-center">www.dshs.wa.gov/bha/division-state-hospitals/child-study-and-treatment-center</a>

<b>Compass Health-Mukilteo Eval. &amp; Treat. Facility</b>
Adults under 72-hour involuntary detention &/or 14-day commitment in accordance w/ WA St. Invol. Treat. Act. Must be referred by a Designated Mental Health Professional 425-349-8888 10710 Mukilteo Speedway, Mukilteo, WA, 98275 <a href="http://www.compasshealth.org/services/evaluation-treatment-facility">www.compasshealth.org/services/evaluation-treatment-facility</a>

<b>Eastern State Hospital</b>
Inpatient psychiatric hospital for individuals with serious or long-term mental illness 509-565-4000 850 Maple St., Medical Lake, 99022 <a href="http://www.dshs.wa.gov/bha/division-state-hospitals/eastern-state-hospital-overview">www.dshs.wa.gov/bha/division-state-hospitals/eastern-state-hospital-overview</a>

<b>Elahan Place</b>
Run by Columbia River Mental Health, residential rehabilitation and crisis stabilization program that provides 24-hour supervision 360-253-6019 7415 NE 94th Ave., 98662 <a href="http://www.crmhs.org/what-is-residential-care-at-elahan-place">www.crmhs.org/what-is-residential-care-at-elahan-place</a>

<b>Excelsior LifePoint Youth Program</b>
Transition service supporting young adults ages 17.5 - 20 in their pursuit of wellness and independence 509-559-3160 Spokane, 99208 <a href="http://www.excelsiorwellness.org/lifepoint-program">www.excelsiorwellness.org/lifepoint-program</a>
<b>Excelsior Wellness</b>
Inpatient services including evaluation, assessment, and stabilization for psychiatric care or substance use treatment 509-559-3100 3754 W Indian Trail Rd., Spokane, 99208 <a href="http://www.excelsiorwellness.org/residential-services">www.excelsiorwellness.org/residential-services</a>
<b>Harborview Medical Center-Psychiatric Emergency</b>
Psychiatry and psychology consultation is offered to patients receiving care at primary & specialty care clinics at Harborview 206-744-3076 325 Ninth Avenue, Seattle, WA, 98104 <a href="http://www.uwmedicine.org">www.uwmedicine.org</a>
<b>Kitsap Adult Inpatient Unit</b>
Inpatient psychiatric hospital that treats patients 18 and older on both a voluntary and involuntary basis 360-377-8581 5455 Almira Dr. NE. Bremerton WA, 98311 <a href="http://www.kitsapmentalhealth.org/get-help/crisis-24-7-services/adult-inpatient-services">www.kitsapmentalhealth.org/get-help/crisis-24-7-services/adult-inpatient-services</a>
<b>Kitsap Youth Inpatient Unit</b>
Inpatient psychiatric hospital that treats patients under 18 years old 360-377-8581 5455 Almira Dr. NE. Bremerton WA, 98311 <a href="http://www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/acute-mental-health-care-inpatient">www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/acute-mental-health-care-inpatient</a>
<b>LifeLine Connections</b>
Inpatient treatment for adults with substance abuse or dual-diagnosis 800-604-0025 1601 E Fourth Plain Blvd., 98661 <a href="http://www.lifelineconnections.org">www.lifelineconnections.org</a>
<b>MultiCare Auburn Medical, Adult Psychiatric, Auburn</b>
Inpatient psychiatric hospital age 18 and over on both a voluntary and involuntary basis 253-545-2336 202 N Division St. Auburn, WA, 98001 <a href="http://www.multicare.org/behavioral-health-inpatient-services">www.multicare.org/behavioral-health-inpatient-services</a>



<b>MultiCare Auburn Medical, Adult Psychiatric, Tacoma</b>
Inpatient psychiatric hospital ages 13 through 17 on a voluntary, involuntary and parent-initiated treatment basis with a provider referral 253-403-0556 316 S I St., Tacoma, WA, 98405 <a href="http://www.multicare.org/adolescent-behavioral-health">www.multicare.org/adolescent-behavioral-health</a>
<b>MultiCare Medical, Adolescent Psychiatric</b>
Inpatient psychiatric hospital for youth ages 13 - 18 on a voluntary or involuntary basis; must be referred by a provider 253-403-0556 316 S I St., Tacoma, 98405 <a href="http://www.multicare.org/adolescent-behavioral-health">www.multicare.org/adolescent-behavioral-health</a>
<b>Olympia Psychiatry</b>
Adult inpatient psychiatry services are provided at Providence for adults between the ages of 18 and 55, and seniors aged 56 and over 360-493-7060 3425 Ensign RD NE, STE 220 Olympia, WA, 98506 <a href="http://www.washington.providence.org/services-directory/services/p/psychiatric-inpatient-services">www.washington.providence.org/services-directory/services/p/psychiatric-inpatient-services</a>
<b>Overlake Psychiatric Services, Adult &amp; Geriatric Psychiatric</b>
Inpatient psychiatric hospital that specializes in adult & geriatrics patients with a diagnosis from one of the major psychiatric categories 425-688-5175 1035 116th Ave. NE. Bellevue, WA, 98004 <a href="http://www.overlakehospital.org/department/psychiatric-services">www.overlakehospital.org/department/psychiatric-services</a>
<b>Providence Pacific Campus-Fairfax, Adult Psychiatric</b>
Inpatient psychiatric hospital that treats adults on both a voluntary and involuntarily basis 425-284-8300 916 Pacific Ave. Everett, WA, 98201 <a href="http://www.fairfaxhospital.com/contact">www.fairfaxhospital.com/contact</a>
<b>Providence Sacred Heart Medical Center</b>
Inpatient psychiatric hospital that treats adults between the ages of 18 and 55, & seniors aged 56 and over 509-474-3131 101 West 8th Ave. Spokane, WA, 99204 <a href="http://www.washington.providence.org/services-directory/services/p/psychiatric-inpatient-services">www.washington.providence.org/services-directory/services/p/psychiatric-inpatient-services</a>
<b>Rainer Springs</b>
Inpatient treatment program for adults for mental health, addiction, or co-occurring 360-869-0111 2805 NE 129th St., 98686 <a href="https://rainiersprings.com/programs/inpatient-treatment">https://rainiersprings.com/programs/inpatient-treatment</a>

<b>Smokey Point Behavioral Hospital Youth Wing</b>
Specializes in mental health and substance abuse inpatient treatment. 844-202-5555 3955 156th St. NE. Marysville, WA, 98271 <a href="http://www.smokeypointbehavioralhospital.com/inpatient">www.smokeypointbehavioralhospital.com/inpatient</a>
<b>Smokey Point Behavioral Hospital, Adult Programs</b>
Specializes in mental health and substance abuse inpatient treatment. 844-202-5555 3955 156th St. NE. Marysville, WA, 98271 <a href="http://www.smokeypointbehavioralhospital.com/inpatient">www.smokeypointbehavioralhospital.com/inpatient</a>
<b>Swedish Hospital, Ballard Center</b>
Inpatient psychiatric hospital that treats ages 18 to 64 & accommodates both voluntary and involuntary admission criteria 206-320-2230 5300 Tallman Ave. NW. Seattle, WA, 98107 <a href="http://www.swedish.org/services/behavioral-health/inpatient-services">www.swedish.org/services/behavioral-health/inpatient-services</a>
<b>Swedish Hospital, Edmonds Center</b>
Inpatient psychiatric hospital that treats ages 18 to 64 & accommodates both voluntary and involuntary admission criteria 425-640-4090 21301 76th Ave. W. Edmonds, WA, 98026 <a href="http://www.swedish.org/services/behavioral-health/inpatient-services">www.swedish.org/services/behavioral-health/inpatient-services</a>
<b>The Emily Program - Seattle</b>
Partial hospitalization, intensive outpatient, DBT, and outpatient therapy for eating disorders 206-283-2220 1700 Westlake Ave. North, Suite 700, Seattle, 98109 <a href="http://www.emilyprogram.com/locations/washington/seattle">www.emilyprogram.com/locations/washington/seattle</a>
<b>The Emily Program - 24/7 Residential Seattle</b>
Contemporary homelike setting for adults of all genders, onsite medical and mental health staff and supervision 888-364-5977 4 Nickerson St., Suite 300, Seattle, 98109 <a href="http://www.emilyprogram.com/locations/washington/seattle-24-7-residential-care">www.emilyprogram.com/locations/washington/seattle-24-7-residential-care</a>
<b>The Emily Program - Spokane</b>
Partial hospitalization, intensive outpatient, and outpatient therapy for eating disorders 509-252-1366 2020 East 29th Ave., Suite 200, Spokane, 99203 <a href="http://www.emilyprogram.com/locations/washington/spokane">www.emilyprogram.com/locations/washington/spokane</a>

<b>The Emily Program - South Sound (Lacey, WA)</b>
Partial hospitalization, intensive outpatient, Family-based-therapy, and outpatient therapy for eating disorders 888-364-5977 673 Woodland Square Loop SE, Suite 330, Lacey, 98503 <a href="http://www.emilyprogram.com/locations/washington/south-sound-lacey">www.emilyprogram.com/locations/washington/south-sound-lacey</a>

<b>VA American Lake Division</b>
Inpatient psychiatric hospital that treats veterans dealing with military related PTSD, including military sexual trauma 253-582-8440 9600 Veterans Dr SW, Tacoma, WA, 98498 <a href="http://www.pugetsound.va.gov/pressreleases/VA_Puget_Sound.asp">www.pugetsound.va.gov/pressreleases/VA_Puget_Sound.asp</a>

<b>Western State Hospital</b>
Inpatient psychiatric hospital for individuals with serious or long-term mental illness 253-582-8900 9601 Steilacoom Blvd, SW, Lakewood, 98498 <a href="http://www.dshs.wa.gov/bha/division-state-hospitals/western-state-hospital">www.dshs.wa.gov/bha/division-state-hospitals/western-state-hospital</a>

## Involuntary Treatment Laws in WA

<b>Joel's Law</b>
Joel's Law is a petition for initial involuntary detention of a family member when a DMHP and will not detain the individual. <a href="http://www.courts.wa.gov/forms/documents/MP%2001.0600%20Joel's%20Law%20Petition%20for%20Initial%20Detention%20by%20Family%20Guardian...Packet_2019%2010.pdf">www.courts.wa.gov/forms/documents/MP%2001.0600%20Joel's%20Law%20Petition%20for%20Initial%20Detention%20by%20Family%20Guardian...Packet_2019%2010.pdf</a>
<b>Ricky's Law</b>
Ricky's Law was passed to insure that involuntary treatment for substance use for adults and youth. <a href="http://www.hca.wa.gov/about-hca/behavioral-health-recovery/ricky-s-law-involuntary-treatment-act">www.hca.wa.gov/about-hca/behavioral-health-recovery/ricky-s-law-involuntary-treatment-act</a>

## Laundry and Shower Services

<b>Food with Friends, Shower Outreach Project</b>
Mobile shower facilities for unsheltered persons 360-723-5791 <a href="http://www.foodwithfriends.net">www.foodwithfriends.net</a>

<b>Janus Youth, The Perch</b>
For at-risk youth, ages 15-24, to hang out, take a shower, do laundry, or get food. Open Mon - Fri, 9AM -3:30 PM 360-314-5716 call for address, <a href="http://www.janusyouth.org">www.janusyouth.org</a>

<b>Laundry Love</b>
Hosts free wash and dry for those in need. Open 6AM - 10PM 2101 St Johns Blvd., 98661 <a href="http://www.facebook.com/laundrylovevancouver">www.facebook.com/laundrylovevancouver</a>

<b>Navigation Center</b>
Day center for homeless with support, activities, bathrooms, showers, laundry, food, and clothing. Open Mon - Sun, 7AM - 5PM 360-953-8107 2018 Grand Blvd., 98661 <a href="http://www.sharevancouver.org/programs/day-center-at-the-vancouver-navigation-center">www.sharevancouver.org/programs/day-center-at-the-vancouver-navigation-center</a>

<b>Salvation Army, Washougal</b>
Private shower stalls 360-835-3171 1612 I St., Washougal, 98671 <a href="http://www.washougal.salvationarmy.org">www.washougal.salvationarmy.org</a>

## Legal Assistance

<b>CLEAR Hotline</b>
Legal referrals for low-income individuals and families. Open between 9:15 AM - 12:15 PM, no criminal cases 1-888-201-1014 <a href="http://www.nwjustice.org/clear-hotline">www.nwjustice.org/clear-hotline</a>

<b>Community Mediation Services</b>
Mediation service for anyone in a dispute for neighbor(hood)s, parents, small claims, landlord/tenant 360-334-5862 303 E 16th St., Suite 106, 98663 <a href="http://www.mediationclarkcounty.org">www.mediationclarkcounty.org</a>

<b>Fritzler Law</b>
Attorney Jon M. Fritzler assists with wills and trusts, probate, guardianships, and elder law in Washington and Oregon 360-818-4431 717 E 22nd St., 98663 <a href="http://www.fritzlerlaw.com">www.fritzlerlaw.com</a>

<b>InTRUSTment NW</b>
Helps establish and manage financial guardianship and power of attorney for healthcare decisions 360-694-5177 Vancouver, 98666 <a href="http://www.intrustmentnw.com">www.intrustmentnw.com</a>
<b>Joel's Law - Involuntary Detention</b>
Involuntary mental health treatment law. File a petition for initial involuntary detention of a family member <a href="http://www.dshs.wa.gov/sites/default/files/BHSIA/dbh/Peer%20Support/How%20to%20file%20a%20Joel%27s%20Law%20Petition.pdf">www.dshs.wa.gov/sites/default/files/BHSIA/dbh/Peer%20Support/How%20to%20file%20a%20Joel%27s%20Law%20Petition.pdf</a>
<b>Law Office of Joshua Pops, PLLC</b>
Attorney Joshua Pops, PLLC assists with elder law, estate planning, last wills and trusts, guardianships, and medicaid planning 360-356-7313 1914 Broadway St., 98663 <a href="http://www.joshuapops.com">www.joshuapops.com</a>
<b>Lutheran Community Services NW, Victim Services</b>
Crime victim service center that advocates and supports to anyone who identifies as a victim 360-964-5624 3600 Main St., Suite 200, 98663 <a href="http://www.lcsnw.org/program/crime-victim-service-center">www.lcsnw.org/program/crime-victim-service-center</a>
<b>Mental Health Advance Directive</b>
Creates an advance directive for mental health treatment that allows an individuals to make decisions in advance about mental health treatment <a href="http://www.nrc-pad.org/images/stories/PDFs/washingtonpadform.pdf">www.nrc-pad.org/images/stories/PDFs/washingtonpadform.pdf</a>
<b>Mission Possible Employment Services</b>
Helps with social security disability including initial applications, appeals, and hearings; no fees unless you are approved 360-798-2920 12214 SE Mill Plain Blvd., 98684 <a href="http://www.mpes.net">www.mpes.net</a>
<b>Ricky's Law - Involuntary Treatment</b>
Involuntary detainment to a secure withdrawal management and stabilization facility for adult and youth under designated crisis responders orders <a href="http://www.hca.wa.gov/about-hca/behavioral-health-recovery/ricky-s-law-involuntary-treatment-act">www.hca.wa.gov/about-hca/behavioral-health-recovery/ricky-s-law-involuntary-treatment-act</a>
<b>Share Rent Well Program</b>
15-hour tenant education course taught by instructors focused on how to be a successful tenant and neighbor. Ends with housing opportunities 360-952-8204 <a href="http://www.sharevancouver.org/rent-well-tenant-education-program">www.sharevancouver.org/rent-well-tenant-education-program</a>

<b>Special Needs Alliance</b>
Attorneys for special needs planning including SSDI, special needs trusts, and life care planning <a href="http://www.specialneedsalliance.org">www.specialneedsalliance.org</a>

<b>Washington Law Help</b>
Legal directory, information, and referrals. Runs the CLEAR hotline and the Clark County Volunteer Lawyers <a href="http://www.washingtonlawhelp.org">www.washingtonlawhelp.org</a>

## Medical, Dental, and Vision Support

<b>Area Agency on Aging &amp; Disabilities SW WA, Clark County</b>
Provides support, information, and other services for seniors, adults with disabilities, and their caregivers, open M-F, 8AM - 5PM 360-694-8144 201 NE 73rd St., 98665 <a href="http://www.helpingelders.org">www.helpingelders.org</a>

<b>Area Agency on Aging &amp; Disabilities SW WA, Cowlitz County</b>
Provides support, information, and other services for seniors, adults with disabilities, and their caregivers, open M-F, 8AM - 5PM 360-577-4929 1338 Commerce Ave., Longview, 98632 <a href="http://www.helpingelders.org">www.helpingelders.org</a>

<b>Area Agency on Aging &amp; Disabilities SW WA, Skamania County</b>
Provides support, information, and other services for seniors, adults with disabilities, and their caregivers, open M-F, 8:30AM - 4:30PM 509-727-3990 SW 710 Rock Creek Dr., Stevenson, 98648 <a href="http://www.helpingelders.org">www.helpingelders.org</a>

<b>Battle Ground Health Care Free Clinic</b>
Free for people 18-65 with chronic illness, uninsured, underinsured, family income at or less than 300% poverty level 360-687-8941 11117 NE 189th St. #216, 98604 <a href="http://www.battlegroundhealthcare.org">www.battlegroundhealthcare.org</a>

<b>Caring Closet</b>
Provides gently used, durable medical equipment for no cost to those who qualify 360-258-0039 1206-C NE 146th Street, 98685 <a href="http://www.acaringcloset.org">www.acaringcloset.org</a>

<b>Cascade AIDS Project (CAP), Longview</b>
Offers culturally affirming, trauma-informed services including case management, and HIV/STI testing 360-986-3590 1338 Commerce Ave. Suite 212, 98632 <a href="http://www.cascadeaids.org">www.cascadeaids.org</a>
<b>Cascade AIDS Project (CAP), Vancouver</b>
Offers culturally affirming, trauma-informed services including case management, and HIV/STI testing 360-750-7964 100 E 33rd St., Suite 201A, 98663 <a href="http://www.cascadeaids.org">www.cascadeaids.org</a>
<b>Free Clinic of SW WA</b>
Services include medical, dental, vision, adult immunizations, and medical assistance 360-313-1390 4100 Plomondon St., 98661 <a href="http://www.freeclinics.org">www.freeclinics.org</a>
<b>Harm Reduction Syringe Services Program</b>
Anonymous syringe exchange and safe syringe disposal, overdose prevention, Hep C testing, HIV testing, safer-sex supplies, resources 360-750-8610 1010 Grand Blvd., 98661 <a href="http://www.clark.wa.gov/public-health/harm-reduction-syringe-services-program">www.clark.wa.gov/public-health/harm-reduction-syringe-services-program</a>
<b>New Day Dental Care</b>
Provides preventive, restorative, periodontal, and prosthodontics care using a sliding scales based on income 360-892-7107 1201 SE Tech Center Dr., Bldg 113, Suite 150, 98683 <a href="http://www.newdaydental.org">www.newdaydental.org</a>
<b>New Heights Church Clinic</b>
Free medical and dental clinic for those without medical or dental insurance, Mon-Thurs, 9AM - 4 PM, Thurs 7-9PM 360-694-0355 5912 NE 78th St., 98665 <a href="http://www.newheights.org/new-heights-clinic">www.newheights.org/new-heights-clinic</a>
<b>Planned Parenthood, Vancouver</b>
Birth control, HIV testing, men's health care, morning-after pill, pregnancy testing, STD testing & treatment, women's health care 1-888-875-7820 11516 SE Mill Plain Blvd., 98684 <a href="http://www.plannedparenthood.org/health-center/washington/vancouver/98684/vancouver-health-center-2455-91400">www.plannedparenthood.org/health-center/washington/vancouver/98684/vancouver-health-center-2455-91400</a>

<p><b>SeaMar Community Health Centers, Battle Ground</b></p> <p>Medical care with a sliding scale or state insurance, specializing in Latinos health, Mon - Fri, 8AM - 5PM  360-342-8060  118 S Parkway Ave., 98604  <a href="http://www.seamar.org/clark-medical-battle-ground.html">www.seamar.org/clark-medical-battle-ground.html</a></p>
<p><b>SeaMar Community Health Centers, Delaware</b></p> <p>Medical care with a sliding scale or state insurance, specializing in Latinos health, Mon - Sat, 8AM - 5PM  360-566-4402  7410 E Delaware Ln., 98664  <a href="http://www.seamar.org/clark-medical-vancouver-delaware.html">www.seamar.org/clark-medical-vancouver-delaware.html</a></p>
<p><b>SeaMar Community Health Centers, East Vancouver</b></p> <p>Medical care with a sliding scale or state insurance, specializing in Latinos health, Mon - Fri, 8AM - 5PM  360-726-6720  19005 SE 34th St., 98683  <a href="http://www.seamar.org/clark-medical-vancouver-eastvancouver.html">www.seamar.org/clark-medical-vancouver-eastvancouver.html</a></p>
<p><b>SeaMar Community Health Centers, Fourth Plain</b></p> <p>Medical care with a sliding scale or state insurance, specializing in Latinos health, Mon - Fri, 8AM - 5PM  360-947-2550  6100 NE Fourth Plain Blvd., 98661  <a href="http://www.seamar.org/clark-medical-vancouver-fourth-plain.html">www.seamar.org/clark-medical-vancouver-fourth-plain.html</a></p>
<p><b>SeaMar Community Health Centers, Salmon Creek</b></p> <p>Medical care with a sliding scale or state insurance, specializing in Latinos health, Mon - Fri, 8AM - 5PM  360-852-9070  14508 NE 20th Ave., Suite 102, 98686  <a href="http://www.seamar.org/clark-medical-vancouver-salmon-creek.html">www.seamar.org/clark-medical-vancouver-salmon-creek.html</a></p>
<p><b>SeaMar Community Health Centers, Women's Clinic</b></p> <p>Medical care with a sliding scale or state insurance, specializing in Latinos health women's health, maternity services, and referrals, Mon - Fri, 8AM - 5PM  360-892-0208  15408 NE 20th Ave., Suite 300, 38686  <a href="http://www.seamar.org/clark-medical-vancouver-womens-health-clinic.html">www.seamar.org/clark-medical-vancouver-womens-health-clinic.html</a></p>
<p><b>SeaMar Dental Clinic, East Vancouver</b></p> <p>Preventive and emergency dental care for adults and children. Open Mon - Sat, 8AM - 5PM  360-726-6730  19005 SE 34th St., 98683  <a href="http://www.seamar.org/clark-dental-vancouver-eastvancouver.html">www.seamar.org/clark-dental-vancouver-eastvancouver.html</a></p>



<b>SeaMar Dental Clinic, NE 88th</b>
Preventive and emergency dental care for adults and children. Open Mon - Sat, 8AM - 5PM, Saturdays for women and children only 360-574-4074 1412 NE 88th St., 98665 <a href="http://www.seamar.org/clark-dental-vancouver.html">www.seamar.org/clark-dental-vancouver.html</a>
<b>SeaMar Dental Clinic, Salmon Creek</b>
Preventive and emergency dental care for adults and children. Open Mon - Sat, 8AM - 5PM 360-558-5700 14508 NE 20th Ave., Suite 301, 98686 <a href="http://www.seamar.org/clark-dental-vancouver-salmoncreek.html">www.seamar.org/clark-dental-vancouver-salmoncreek.html</a>
<b>Statewide Health Insurance Benefits Advisors (SHIBA), Clark County</b>
Free, unbiased, and confidential assistance with Medicare and health care choices 1-800-383-2101 ext 304 6407 NE 117th Ave., Suite B, 98662 <a href="http://www.lowercolumbiacap.org">www.lowercolumbiacap.org</a>
<b>Statewide Health Insurance Benefits Advisors (SHIBA), Cowlitz County</b>
Free, unbiased, and confidential assistance with Medicare and health care choices 360-425-3430 1526 Commerce Ave., Longview, 98632 <a href="http://www.lowercolumbiacap.org">www.lowercolumbiacap.org</a>
<b>Vancouver Lions Club</b>
Free or low-cost eyeglasses to residents of Clark County who qualify <a href="http://www.vancouverlions.org">www.vancouverlions.org</a>

## Parenting Resources

<b>Birthright</b>
24-hour help line and free pregnancy testing, pre-natal care, and maternity support 360-694-8156 214 E 17th St., 98663 <a href="http://www.birthrightwa.org">www.birthrightwa.org</a>
<b>Cargiver Resources</b>
All types of resources for caregivers specifically about mental illness <a href="http://www.mhanational.org/national-family-caregivers-month">www.mhanational.org/national-family-caregivers-month</a>
<b>Catholic Community Services</b>
Provides home and community-based wrap-around services (counseling, housing, medication, employment, etc.) to stabilize children and family in crisis within a 90 day period 360-567-2211 1-800-388-6378, <a href="http://www.ccsww.org">www.ccsww.org</a>

<b>Children's Home Society of WA</b>
Washington State's oldest and largest nonprofit dedicated to improving the lives of children 360-695-1325 309 W 12th St., 98660 <a href="http://www.childrenshomesociety.org">www.childrenshomesociety.org</a>
<b>Early Childhood Education &amp; Assistance Program</b>
ECEAP is a comprehensive preschool program that provides free services and support to eligible children and their families. 360-750-7500 2500 NE 65th Ave., 98661 <a href="http://www.esd112.org/ece/eceap">www.esd112.org/ece/eceap</a>
<b>East County Family Resource Center</b>
Children's Home Society of WA's East County office 360-835-7802 1702 C St., Washougal, 98671 <a href="http://www.childrenshomesociety.org">www.childrenshomesociety.org</a>
<b>Educational Opportunities for Children and Families</b>
EOCF is the leading provider of comprehensive early childhood education and family support programs in SW Washington 360-896-9912 17800 SE Mill Plain Blvd. Suite 150, 98683 <a href="http://www.eocfwa.org">www.eocfwa.org</a>
<b>Educational Service District 112</b>
Regional service agency to ensure equitable educational opportunities for all students 360-750-7500 2500 NE 65th Ave., 98661 <a href="http://www.esd112.org/about/contact">www.esd112.org/about/contact</a>
<b>Innovative Services NW</b>
Serves children 4 weeks to 5 years; free full-day preschool to qualifying families 360-892-5142 9414 NE Fourth Plain Blvd., 98662 <a href="http://www.innovativeservicesnw.org">www.innovativeservicesnw.org</a>
<b>Options360*</b>
Provides medical and educational services that equip women and their partners during pregnancy 360-687-8943 1706 W Main St., Suite 115, Battle Ground, 98604 <a href="http://www.options360.org">www.options360.org</a>
<b>Pathways Pregnancy Clinic</b>
Free pregnancy testing and ultrasounds; Pre-natal care and maternity support 360-834-2829 2926 E Str., Washougal, 98671 <a href="http://www.pathways180.com">www.pathways180.com</a>

<b>Teach One to Lead One</b>
Community mentoring program that teaches universal principles to lead at-risk kids into a life of purpose and potential 360-828-1402 4200 SE Columbia Way Ste F, 98661 <a href="http://www.clarkwa.t111.org">www.clarkwa.t111.org</a>
<b>WA State Child Abuse Hotline</b>
Washington State's toll free, 24/7 hotline for suspected child abuse or neglect 1-866-363-4276 <a href="http://www.atg.wa.gov/child-abuse-neglect">www.atg.wa.gov/child-abuse-neglect</a>
<b>WA State Homeless Education Liaison</b>
Support for the education of homeless students in school programs; Melissa Newhouse, melissa.newhouse@vansd.org 360-313-1483 2901 Falk Rd, 98661 <a href="http://www.k12.wa.us/student-success/access-opportunity-education/homeless-education">www.k12.wa.us/student-success/access-opportunity-education/homeless-education</a>
<b>Y's Care Children's Program</b>
High-quality preschool education to children and families from homeless, transitioning, or low-income circumstances 360-906-9128 3606 Main St., 98663 <a href="http://www.ywcaclarkcounty.org/what-we-do/our-programs/ys-care-childrens-program">www.ywcaclarkcounty.org/what-we-do/our-programs/ys-care-childrens-program</a>

## PTSD

<b>Compass Whole Health</b>
Counseling that teaches you to manage triggering events and day-to-day management of PTSD symptoms 360-558-7730 515 NE 94th Ave.Suite D, WA, 98665 <a href="http://www.compasswholehealth.com/portfolio-items/ptsd">www.compasswholehealth.com/portfolio-items/ptsd</a>
<b>Rainier Springs</b>
Inpatient/outpatient treatment, partial hospitalization, CBT & MBCT therapy, Trauma-focused groups, holistic therapies, & educational programs 360-869-0111 2805 NE 129th Street, 98686 <a href="http://www.rainiersprings.com/mental-health">www.rainiersprings.com/mental-health</a>
<b>The Center - A Place of HOPE</b>
Post-traumatic stress syndrome whole-person care 1-888-771-5166 547 Dayton St Edmonds, WA, 98020 <a href="http://www.aplaceofhope.com">www.aplaceofhope.com</a>

<b>Veteran's Administration</b>
Website for resources, services, & eligibility for Veterans 360-725-2220 & 1-800-562-2308 <a href="http://www.dva.wa.gov/benefits/ptsd">www.dva.wa.gov/benefits/ptsd</a>

## Public Assistance

<b>1 Call/1 Click Trip Resource Center</b>
Provides transportation resource information and offers addiction service options for veterans, seniors, people with disabilities, and low-income populations 360-735-5733 Clark, Cowlitz, Klickitat, Skamania, and Wahkiakum counties, <a href="http://www.tripresourcecenter.org">www.tripresourcecenter.org</a>

<b>Clark Public Utilities, Orchards</b>
Brings electricity to Clark County 360-992-3000 8600 NE 117th Ave., 98662 <a href="http://www.clarkpublicutilities.com">www.clarkpublicutilities.com</a>

<b>Clark Public Utilities, Vancouver</b>
Brings electricity to Clark County 360-992-3000 1200 Fort Vancouver Way, 98663 <a href="http://www.clarkpublicutilities.com">www.clarkpublicutilities.com</a>

<b>Columbia River Community Services, Vancouver</b>
Apply for benefits or submit documents, cash or food, Working Connections Child Care, case management. Mon-Fri, 8AM - 5PM 1-877-501-2233 800 NE 136th St Ave. Suite 110, 98684 <a href="http://www.washingtonconnection.org/home">www.washingtonconnection.org/home</a>

<b>DSHS Child Support Office, Vancouver</b>
Child support payments, applications to apply for support, provides info and resources. Mon-Fri, 8AM - 5PM 360-696-6100 800 NE 136th Ave., Suite 210, 98664 <a href="http://www.dshs.wa.gov/child-support">www.dshs.wa.gov/child-support</a>

<b>DSHS Community Services, Kelso</b>
Apply for benefits or submit documents, cash or food, Working Connections Child Care, case management. Mon-Fri, 8AM - 5PM 877-501-2233 711 Vine St., Suite B, 98626

<b>DSHS Developmental Disabilities Administration (DDA), Cowlitz</b>
Assistance for people with developmental disabilities and their families. Mon-Fri, 8AM - 5PM 360-501-2520 711 Vine St., Suite B, 98626 <a href="http://www.dshs.wa.gov/dda">www.dshs.wa.gov/dda</a>
<b>DSHS Developmental Disabilities Administration (DDA), Vancouver</b>
Assistance for people with developmental disabilities and their families. Mon-Fri, 8AM - 5PM 360-418-6108 907 Harney St., Suite 200, 98660 <a href="http://www.dshs.wa.gov/dda">www.dshs.wa.gov/dda</a>
<b>DSHS Vocational Rehabilitation, Kelso</b>
Vocational Rehab services designed to help you prepare, get, keep, or advance in a job. Mon-Fri, 8AM - 5PM 360-501-2499 711 Vine St., Suite B, 98626 <a href="http://www.dshs.wa.gov/dvr">www.dshs.wa.gov/dvr</a>
<b>DSHS Vocational Rehabilitation, Vancouver</b>
Vocational Rehab services designed to help you prepare, get, keep, or advance in a job. Mon-Fri, 8AM - 5PM 360-397-9960 800 NE 136th Ave., Suite 230, 98684 <a href="http://www.dshs.wa.gov/dvr">www.dshs.wa.gov/dvr</a>
<b>Friends of the Carpenter</b>
Faith-based, non-profit day facility that provides safety, structure, and purpose for vulnerable people 360-750-4752 1600 W 20th St., 98665 <a href="http://www.friendsofthecarpenter.org">www.friendsofthecarpenter.org</a>
<b>Guarantee of Service Plan</b>
Helps eliminate built-up debt, help manage past and future payments, can set monthly maximum 360-992-3000 <a href="http://www.clarkpublicutilities.com/residential-customers/financial-assistance/all-financial-assistance-programs/guarantee-of-service-plan-gosp">www.clarkpublicutilities.com/residential-customers/financial-assistance/all-financial-assistance-programs/guarantee-of-service-plan-gosp</a>
<b>Home Energy Assistance Program</b>
Provides grants to help eligible residents pay for heating 1-855-353-4328 <a href="http://www.clarkpublicutilities.com/residential-customers/financial-assistance/all-financial-assistance-programs/home-energy-assistance-program">www.clarkpublicutilities.com/residential-customers/financial-assistance/all-financial-assistance-programs/home-energy-assistance-program</a>
<b>Human Services Council</b>
Transportation for medical, employment, and any other reason 360-694-6577 120 NE 136th Ave., Suite 215, 98684 <a href="http://www.hsc-wa.org">www.hsc-wa.org</a>

<b>Operation Warm Heart Financial Assistance</b>
Helps limited-income families, who aren't eligible for other assistance, who are in crisis, pay their electric heating bills 360-992-3000 <a href="http://www.clarkpublicutilities.com/residential-customers/financial-assistance/operation-warm-heart-financial-assistance">www.clarkpublicutilities.com/residential-customers/financial-assistance/operation-warm-heart-financial-assistance</a>
<b>Senior Citizen Rate Credit</b>
Gives qualifying seniors a 50% credit on winter electric bills 360-992-3000 <a href="http://www.clarkpublicutilities.com/residential-customers/financial-assistance/all-financial-assistance-programs/senior-citizen-rate-credit">www.clarkpublicutilities.com/residential-customers/financial-assistance/all-financial-assistance-programs/senior-citizen-rate-credit</a>
<b>Social Security Administration</b>
Apply for Social Security disability benefits and supplemental security income. Apply for social security care, benefits, appeals, and more 360-696-5651 805 Broadway St., Suite 500, 98660 <a href="http://www.ssa.gov">www.ssa.gov</a>
<b>St. Vincent de Paul, Battle Ground &amp; North Clark County</b>
Food, clothing, rent assistance, and utility assistance. Mon, Wed, Thurs, Fri, 9:30 AM - 12:30 PM 360-573-7199 11607 NE 87th Ave., Brush Prairie, 98662 <a href="http://www.stjohnsvdpbrushprairie.wordpress.com">www.stjohnsvdpbrushprairie.wordpress.com</a>
<b>St. Vincent de Paul, Camas &amp; Washougal</b>
Food, clothing, rent assistance, and utility assistance. Phone call only, no one on site at St. Thomas. Takes calls Mon-Thurs, 9 AM - 3 PM and Fridays, 9 AM - 12 PM 360-834-2126 ext 251 324 NE Oak St., Camas, 98607 <a href="http://www.svdpstthomas.com">www.svdpstthomas.com</a>
<b>St. Vincent de Paul, Clark County</b>
Food, clothing, rent assistance, and utility assistance. Pantry open Mon, Tues, Thurs, and Fri, 9 AM - 1 PM 360-694-5388 2456 NE Stapleton Rd., 98661 <a href="http://www.svdpvancouverusa.org">www.svdpvancouverusa.org</a>
<b>Washington Connection</b>
Connects families and individuals with food, cash, child care, long-term care, medicare savings, and more <a href="http://www.washingtonconnection.org/home">www.washingtonconnection.org/home</a>

## Schizophrenia

<b>Community Services Northwest</b>
Program for Assertive Community Treatment (PACT) housing support, symptom management, maintenance of a substance-free lifestyle 360-397-8484 1601 E. 4th Plain Blvd, WA, 98661 <a href="http://www.csnw.org/mental-health">www.csnw.org/mental-health</a>
<b>CVAB REACH Center</b>
Discuss topics related to hearing voices, seeing visions, and having unusual or extreme sensory experiences. (360) 397-8050 1601 E. Fourth Plain Blvd, 98661 <a href="http://www.cvabonline.org">www.cvabonline.org</a>
<b>Portland/Vancouver Hearing Voices Network</b>
Oregon based education and support effort dedicated to promoting mental diversity and supporting the voice-hearing community in the Portland and surrounding areas info@hearingvoicesusa.org Oregon & surrounding areas, <a href="http://www.portlandhearingvoices.net">www.portlandhearingvoices.net</a> <a href="http://www.hearingvoicesusa.org/find-a-group/details/1/165-vancouver-hearing-voices-social-support-group">www.hearingvoicesusa.org/find-a-group/details/1/165-vancouver-hearing-voices-social-support-group</a>
<b>Rainier Springs</b>
Inpatient/outpatient treatment, partial hospitalization, CBT & MBCT therapy, Trauma-focused groups, holistic therapies, & educational programs 360-869-0111 2805 NE 129th Street, 98686 <a href="http://www.rainiersprings.com/mental-health">www.rainiersprings.com/mental-health</a>
<b>Schizophrenia.com internet community</b>
Schizophrenia Support Forums and in-depth Treatment and Recovery information for families and individuals dealing with schizophrenia. <a href="http://www.schizophrenia.com">www.schizophrenia.com</a>

## Self-Harm

<b>Cory Anton Counseling</b>
Specializes in OCD, GAD, SAD, panic disorder, phobias, body dysmorphic disorder, trichotillomania, body focused repetitive movements, and dermatillomania 360-637-0716 750 Officers Row, 98661 <a href="http://www.coryantoncounseling.com/therapy-services-vancouver-wa">www.coryantoncounseling.com/therapy-services-vancouver-wa</a>

**S.A.F.E. Alternatives (Self-Abuse Finally Ends)**

Nationally recognized treatment approach, professional network, and educational resource base, which is committed to helping you and others achieve an end to self-injurious behavior.

1-800-DONT-CUT

[www.selfinjury.com](http://www.selfinjury.com)

**The Recovery Village Ridgefield**

Individual and group therapies which can target issues relating to both addiction and self-harm.

360-857-0007

888 Hillhurst Rd, 98642

[www.ridgefieldrecovery.com/treatments/co-occurring-disorders/self-harm](http://www.ridgefieldrecovery.com/treatments/co-occurring-disorders/self-harm)

## Sleep Disorders

**American Sleep Apnea Association**

Improve the lives of sleep apnea patients through education, services, peer-support, research, and advocacy.

888-293-3650

641 S Street, 20001

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

**Circadian Sleep Disorders networks**

Independent nonprofit organization dedicated to improving the lives of people with chronic circadian rhythm disorders

4619 Woodfield Rd, 20814

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

**Narcolepsy Network**

Support Groups, education, & resources

888-292-6522

PO Box 2178, 98036

[www.narcolepsynetwork.org/about-us/contact-us](http://www.narcolepsynetwork.org/about-us/contact-us)

**PeaceHealth Sleep Center**

Obstructive Sleep Apnea, Insomnia, Restless Legs Syndrome, Periodic Limb Movement Disorder, Narcolepsy, Parasomnias

360-514-6390

505 NE 87th Ave Suite 460, 98664

[www.peacehealth.org/phmg/vancouver/sleep-disorders](http://www.peacehealth.org/phmg/vancouver/sleep-disorders)

**Restless Legs Syndrome Foundation**

Advocacy, education, & support groups

512-366-9109

3006 Bee Caves Road, Suite D206, 78746

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



<b>The Vancouver Clinic Sleep Center, 172nd Ave.</b>
Obstructive Sleep Apnea, Insomnia, Restless Legs Syndrome, Periodic Limb Movement Disorder, Narcolepsy, Parasomnias 360-882-2778 501 SE 172nd Ave, 98684 <a href="http://www.tvc.org/services/sleep-medicine">www.tvc.org/services/sleep-medicine</a>

<b>The Vancouver Clinic Sleep Center, Main St.</b>
Obstructive Sleep Apnea, Insomnia, Restless Legs Syndrome, Periodic Limb Movement Disorder, Narcolepsy, Parasomnias 360-882-2778 2005 W Main Street, 98604 <a href="http://www.tvc.org/services/sleep-medicine">www.tvc.org/services/sleep-medicine</a>

<b>Vancouver Sleep Center, 12th St.</b>
AASM accredited comprehensive sleep center 360-839-4532 16219 S.E. 12th Street, Suite #206, 98683 <a href="http://www.vansleep.net">www.vansleep.net</a>

<b>Vancouver Sleep Center, 139th St.</b>
AASM accredited comprehensive sleep center 360-839-4532 2101 NE 139th ST, Suite #285, 98686 <a href="http://www.vansleep.net">www.vansleep.net</a>

<b>Vancouver Sleep Center, Hudson St.</b>
AASM accredited comprehensive sleep center 360-839-4532 1700 Hudson St, Suite #202, 98632 <a href="http://www.vansleep.net">www.vansleep.net</a>

## Traumatic Brain Injury

<b>Brain Injury Alliance of Washington</b>
public awareness, support, and hope for those affected by Brain Injury through education, assistance, and advocacy. 206-467-4800 P.O Box 3044/316 Broadway Suite 305, 98122 <a href="http://www.biawa.org">www.biawa.org</a>

<b>Brain Injury Resource Center</b>
Consultations, research assistance, case management services, legal services, and in-service training 206-621-8558 PO Box 84151, 98124 <a href="http://www.headinjury.com/nwresources.htm">www.headinjury.com/nwresources.htm</a> <a href="http://www.headinjury.com">www.headinjury.com</a>

## Veterans Resources

<b>Clark County Veterans Assistance Center</b>
Food, clothing, hygiene items, back packs, sleeping bags, coffee, sandwiches, financial and disability claims assistance 360-693-7030 1305 Columbia St., 98660 <a href="http://www.ccvac.net">www.ccvac.net</a>
<b>Housing Hotline</b>
Council for the Homeless housing hotline to find shelter 360-695-6977 2500 Main St., 98660 <a href="http://www.councilforthehomeless.org">www.councilforthehomeless.org</a>
<b>Partners in Careers, Homeless Veteran Reintegration Program</b>
Serves homeless veterans seeking housing assistance, employment services, and/or training program connection and support 360-696-8417 ext 115 3210 NE 52nd St., 98663 <a href="http://www.partnersincareers.org">www.partnersincareers.org</a>
<b>Returning Veterans Project</b>
Provides free, confidential mental and physical health services to post-9/11 war zone veterans and their families 503-954-2259 PO Box 14035 Portland, 97293 <a href="http://www.returningveterans.org">www.returningveterans.org</a>
<b>VA Housing Assistance Program</b>
Partners with HUD to find and sustain permanent housing, provides grant and per diem program, low-income case management and support 1-800-698-2411 <a href="http://www.va.gov/homeless/housing.asp">www.va.gov/homeless/housing.asp</a>
<b>VA Portland Medical Center, Mental Health</b>
Mental health counseling including PTSD, residential rehabilitation, and substance abuse treatment 503-273-5187 1601 E Fourth Plain Blvd., Bldg 11, 98661 <a href="http://www.portland.va.gov/locations/vancouver.asp">www.portland.va.gov/locations/vancouver.asp</a>
<b>VA Portland Medical Center, Vancouver Office</b>
Primary care, mental health, audiology, cardiology, dermatology, ophthalmology, optometry, specialty care, dental services 360-759-1901 1601 E Fourth Plain Blvd., 98661 <a href="http://www.portland.va.gov/locations/vancouver.asp">www.portland.va.gov/locations/vancouver.asp</a>

<b>VA Vocational Rehab and Employment Office</b>
Education and career counseling, transition assistance, vocational rehabilitation, and employment assistance 503-412-4577 1601 E Fourth Plain Blvd., Bldg 18, 98661 <a href="http://www.portland.va.gov/locations/vancouver.asp">www.portland.va.gov/locations/vancouver.asp</a>

<b>Washington Department of Veterans Affairs</b>
Counseling, support center, claims assistance, education and training, employment assistance, housing, and more 1-800-562-2308 1102 Quince St. SE, Olympia, WA, <a href="http://www.dva.wa.gov">www.dva.wa.gov</a>

## Youth Resources

<b>Children's Home Society of WA, Triple Point</b>
Support groups for lesbian, gay, bisexual, transgender, intersex, queer, and questioning youth ages 11-18 360-695-1325 309 W 12th St., 98660 <a href="http://www.childrenshomesociety.org/clarkcowlitz">www.childrenshomesociety.org/clarkcowlitz</a>

<b>Children's Home Society of WA, Vancouver</b>
Adoption, child and family counseling, family support, LGBTQ+ youth, and more 360-695-1325 309 W 12th St., 98660 <a href="http://www.childrenshomesociety.org/home">www.childrenshomesociety.org/home</a>

<b>Children's Home Society of WA, Washougal</b>
Child and family counseling, family support, LGBTQ+ youth, and more 360-835-7802 1702 C St., Washougal, 98671 <a href="http://www.childrenshomesociety.org/home">www.childrenshomesociety.org/home</a>

<b>Clark County Crisis Line</b>
Call when in a mental health or substance use crisis, can send out a mobile crisis unit 360-696-9560 800-626-8137, <a href="http://www.wa.beaconhealthoptions.com/individuals-families">www.wa.beaconhealthoptions.com/individuals-families</a>

<b>Clark County Teen Talk</b>
Warmline and peer-to-peer support for teens. Mon - Thurs, 4 - 9 PM; Fri, 4 - 7 PM 360-397-2428/text 360-984-0936 <a href="http://www.ccteentalk.clark.wa.gov">www.ccteentalk.clark.wa.gov</a>

<b>Clark County Youth House</b>
Youth empowerment center for at-risk youth to prevent substance abuse, provide rolemodels, and counseling 564-397-2075 ext 7823 1012 Esther St., 98660 <a href="http://www.clark.wa.gov/community-services/youth-house">www.clark.wa.gov/community-services/youth-house</a>
<b>Columbia River Mental Health, Child and Family Services</b>
Children's counseling, case management, group therapy, assessments, medication, and evaluations 360-993-3000 6926 NE Fourth Plain Blvd., 98661 <a href="http://www.crmhs.org/child-and-family">www.crmhs.org/child-and-family</a>
<b>Columbia River, Options Youth Program</b>
For ages 14 - 24 who need housing, employment, education, advocacy, and guidance 360-993-3000 6926 NE Fourth Plain Blvd., 98661 <a href="http://www.crmhs.org/child-and-family">www.crmhs.org/child-and-family</a>
<b>Community Services NW, 39th St.</b>
First episode psychosis program, outpatient services, and addiction treatment 360-546-1722 317 E 39th St., 98663 <a href="http://www.csnw.org">www.csnw.org</a>
<b>Community Services NW, Battle Ground</b>
First episode psychosis program, outpatient services, and addiction treatment 360-723-0848 11117 NE 189th St., Suite 301, 98604 <a href="http://www.csnw.org">www.csnw.org</a>
<b>Community Services NW, Fourth Plain</b>
First episode psychosis program, outpatient services, and addiction treatment 360-558-5795 1601 E Fourth Plain Blvd., 98661 <a href="http://www.csnw.org">www.csnw.org</a>
<b>Community Services NW, Meriwether</b>
First episode psychosis program, outpatient services, and addiction treatment 360-831-0908 6221 NE Fourth Plain Blvd., Suite 130, 98661 <a href="http://www.csnw.org">www.csnw.org</a>
<b>Community Services NW, Town Plaza</b>
First episode psychosis program, outpatient services, and addiction treatment 360-831-0904 5411 E Mill Plain Blvd., Suite 16, 98661 <a href="http://www.csnw.org">www.csnw.org</a>

<b>Friends of Children - Main Portland Office</b>
Pairs children who face systemic obstacles and lived through trauma with adult mentors to empower and support them 503-281-6633 44 NE Morris St. Portland, 97212 <a href="http://www.friendspx.org">www.friendspx.org</a>
<b>Friends of Children - Rockwood Program Site</b>
Pairs children who face systemic obstacles and lived through trauma with adult mentors to empower and support them 503-281-6633 44 NE Morris St. Portland, 97212 <a href="http://www.friendspx.org">www.friendspx.org</a>
<b>Great Life Mentoring</b>
Mentoring program for local children in foster care, children of prisoners, or any other high-risk youth 360-597-7500 9105 NE Highway 99, Suite 201A, 98665 <a href="http://www.greatlifementoring.com">www.greatlifementoring.com</a>
<b>Janus Youth, Oak Bridge Youth Shelter</b>
Provides immediate shelter and crisis intervention to youth who don't have a safe place to go, ages 9-17 888-979-4357
<b>Janus Youth, The Perch</b>
For at-risk youth, ages 15-24, to hang out, take a shower, do laundry, or get food. Open Mon - Fri, 9AM -3:30 PM 360-314-5716 call for address, <a href="http://www.janusyouth.org">www.janusyouth.org</a>
<b>Janus Youth, Yellow Brick Road</b>
Provides information, referrals, and crisis intervention 360-314-5716 <a href="http://www.janusyouth.org">www.janusyouth.org</a>
<b>Mentors of Boys</b>
Mentors young boys (8 - 11) who do not have father figures in their life and encourages them to be their best 360-433-2776 <a href="http://www.mentorsofboys.org">www.mentorsofboys.org</a>
<b>National Youth Crisis Hotline</b>
Provides counseling and referrals to local drug treatment centers, shelters, and abuse centers; open 24/7 1-800-422-HOPE (4673)

<b>SeaMar Behavioral Health, Child &amp; Family Services</b>
Mental health assessments, case management for adults and children, individual therapy, family therapy, group therapy, medication management 360-558-5790 11801 NE 65th St., Suite A, 98662 <a href="http://www.seamar.org/clark-bh-family-vancouver.html">www.seamar.org/clark-bh-family-vancouver.html</a>
<b>Teach One to Lead One</b>
Community mentoring program that teaches universal principles to lead at-risk kids into a life of purpose and potential 360-828-1402 4200 SE Columbia Way Ste F, 98661 <a href="http://www.clarkwa.t1l1.org">www.clarkwa.t1l1.org</a>
<b>The Children's Center</b>
Mental health services for children including ADHD, sex abuse recovery, and more 360-699-2244 13500 SE 7th St., 98683 <a href="http://www.thechildrenscenter.org">www.thechildrenscenter.org</a>
<b>Transitional Youth</b>
Reaching homeless youth on the streets with meals, relationships, and more 503-350-7215 1500 NW 167th Pl., Beaverton, 97006 <a href="http://www.transitionalyouth.org">www.transitionalyouth.org</a>
<b>Transitional Youth, Junction House</b>
Safe and sober house for homeless males 18-25 503-350-7215 Vancouver, <a href="http://www.transitionalyouth.org/programs">www.transitionalyouth.org/programs</a>
<b>Transitional Youth, Vida's Ark</b>
Safe and sober house for young mothers 18-25 and their babies 503-350-7215 Vancouver, <a href="http://www.transitionalyouth.org/programs">www.transitionalyouth.org/programs</a>
<b>WA State Homeless Education Liaison</b>
Support for the education of homeless students in school programs; Melissa Newhouse, melissa.newhouse@vansd.org 360-313-1483 2901 Falk Rd, 98661 <a href="http://www.k12.wa.us/student-success/access-opportunity-education/homeless-education">www.k12.wa.us/student-success/access-opportunity-education/homeless-education</a>
<b>WA State Child Abuse Hotline</b>
Washington State's toll free, 24/7 hotline for suspected child abuse or neglect 1-866-363-4276 <a href="http://www.atg.wa.gov/child-abuse-neglect">www.atg.wa.gov/child-abuse-neglect</a>

<b>YouthLine, call</b>
Support line for teens 13-21; from 4 - 10 PM every day; adults available all day every day 1-877-968-8491 5100 SW Macadam Ave. Suite 400, Portland, 97239 <a href="http://www.oregonyouthline.org">www.oregonyouthline.org</a>
<b>YouthLine, chat</b>
Chat online with a teen from 4 - 10 PM every day 5100 SW Macadam Ave. Suite 400, Portland, 97239 <a href="http://www.oregonyouthline.org">www.oregonyouthline.org</a>
<b>YouthLine, text</b>
Text "teen2teen" to 839863 from 4 - 10 PM every day "teen2teen" to 839863 5100 SW Macadam Ave. Suite 400, Portland, 97239 <a href="http://www.oregonyouthline.org">www.oregonyouthline.org</a>
<b>YWCA CASA Program</b>
Advocate for children in the dependency system as a result of abuse, neglect, or abandonment 360-696-0167 3609 Main St., 98663 <a href="http://www.ywcaclarkcounty.org/what-we-do/our-programs/casa">www.ywcaclarkcounty.org/what-we-do/our-programs/casa</a>