

COVID-19 Resources

Most resources are closed to in person appointments and require phone calls. Many bus systems are reducing routes, so check your area.

Call **2-1-1** or text your zip code to 898-211 to request information about what is available. (Available M-F 8am-5pm; includes Food, Rent, Utilities, Employment, Transportation, and more)

COVID-19 Information from Washington Department of Health:

- If you have questions about what is happening in Washington, or how the virus is spread, please call **1-800-525-0127** and **press #** from 6 am to 10 pm, seven days a week.
- **Text the word “Coronavirus” to 211211** to receive information and updates wherever you are. You will receive links to the latest information on COVID-19, including county-level updates, and resources for families, businesses, students, and more.

BENEFITS

DSHS: Offices are closed. Food Stamps, Cash Assistance, TANF, and all other services can be accessed through phone and online options:

Call **1-877-501-2233** for full services. Be prepared for long wait times.

- Apply for benefits or complete eligibility review without filling out a paper/online form
- Complete an interview for benefits
- Get case information or report changes or complete a mid-certification review
- Request a replacement EBT card
- Reach a WorkFirst case manager or social worker

Online at WashingtonConnection.org.

- Sub applications, reviews and mid-certifications online for program assistance.
- Report changes and find other local services.

MEDICAID: Washington Apple Health: 1-855-923-4633; TTY 1-855-627-9604 (7:30 am- 5:30 pm Monday – Friday). www.wahealthplanfinder.org

SOCIAL SECURITY: 1-800-772-1213 or online www.ssa.gov. Offices are closed.

VETERAN BENEFITS: 1-800-827-1000 or www.va.gov.

MENTAL HEALTH & SUBSTANCE USE

Washington Recovery Helpline: 1-866-789-1511

- Provides referrals for mental health, gambling and substance use.
- Available by phone 24/7, anonymous and confidential emotional support

CRISIS Support:

Disaster Distress Helpline (SAMHSA) 1-800-985-5990: For people experiencing emotional distress related to a disaster, SAMHSA offers toll-free crisis counseling and support

National Suicide Prevention Lifeline: 1-800-273-8255

Veteran’s Crisis Line: press 1 or text 838255

Text HOME to **741741** to reach a Crisis Counselor for support.