

Social Needs Resources

PUGET SOUND REGION COVID-19

MCC

General Support

- [Findhelp.org](https://findhelp.org)
 - Aunt Bertha supported resource directly specifically for organizations supporting those affected by COVID19
- 211
 - Expanded South Sound 211 hours (6:00am – 10:00pm, 7 days a week) to support and assist with questions and directing people to support systems in Pierce, Thurston, and Lewis counties.

Food Access

- School Meal Sites – [map](#)
- [Meals on Bus Wheels](#)
 - Free meal delivery bus route for children 18 and under
- Catholic Community Services Home-Delivered Meals
 - Eligibility: must be 60+, doesn't drive or live with someone who drives
 - Phone: (253) 474-1300
- Baby formula for Pierce County WIC Clients
 - Refer to Mary Bridge WIC staff for eligibility screening. If eligible, WIC clients may receive up to 4 cans of formula.
- Food Lifeline [Food Bank Map](#)
- Lutheran Community Services Northwest - Ph: (253) 272-8433 ext 225 or (800) 335-8433
 - Meals on Wheels program for seniors and persons with disabilities. No age restriction and is available to anyone who is unable to get to the store or has trouble cooking for themselves.
- [Mom's Meals](#)
 - Home delivered meals (takes insurance)
- Senior Centers
 - Most Senior Centers are offering "to go" or delivered meals to seniors.



MCC

- [This list](#) shows all Pierce County Senior Center locations, meal programs, and contact information.
- Auburn Senior Center is offering meal deliveries M-F 11:45-1:30 with \$4.50 suggested donation: 235-931-3016 – recommended to call 4 days ahead if possible
- [Des Moines Senior Center](#) doing takeout meals at 12pm M-Th
- [Renton Senior Center](#) doing drive through pick up lunches M-F 11:30-12:30
- Senior-only grocery hours
 - The Aging and Disability Center can be called about any aging concern, including access to food. Pierce County (253) 798-4600 and King County (206) 684-0660. They are updated on all the local senior-only grocery shopping hours.
- Humana
 - Home-delivered meals for Humana members with food access concerns due to COVID19. Providers should send member's name and member ID number to John Eddy at JEddy2@humana.com
- Eloise's Cooking Pot (Pierce & King County)
 - [Home delivery](#) for elderly and persons with disabilities
- Peace Lutheran Church – Tacoma
 - Grab & Go activities and food for kids: kbtckids@gmail.com
- [Trinity Presbyterian Church](#) – Tacoma
 - Providing food baskets and grocery gift cards to families in need
- [Nourish Pierce County](#) Mobile food banks

Utility Bills / Rent Support

- [Xfinity free WiFi](#)
- [Pierce County Energy Assistance Program](#)
- [Tacoma Public Utilities Emergency Assistance Program](#)



- Provides utility credit of up to \$250 for households making up to 200% of federal poverty guidelines.
- Statewide moratorium on evictions for 30 days (starting March 18)
 - Residential landlords prohibited from issuing a 20-day notice for unlawful detainer.
- WA employment scenarios and benefits available [worksheet](#)
 - [Application site](#) for unemployment benefits
- [All Saints Parish](#)
 - Rent, Utility, and Medication Assistance for Puyallup Residents
- [Washington Lifeline Phone Service Providers](#)
 - List of all providers giving free cell phones to low income individuals at or below 135% of the Federal Poverty Level (FPL)

Social Isolation

- MultiCare's Senior Support Calls
 - Making phone calls to isolated seniors
 - Email Celebrate.Seniority@multicare.org (Subject line: Senior Support Call)
- SAMHSA Disaster Distress Helpline: 800-985-5990 (24/7)
 - Provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
- WA State WARM line: 877-500-WARM (9276) (M-F, 5 to 9pm; Sat-Sun, 12:30 to 9pm)
 - Call if you are experiencing: anxiety, loneliness, depression, problems with family or friends, or other emotional or mental health challenges.
- [Pierce County Telephone Reassurance Program](#)
 - Brief, daily phone calls (5 days/week) to elderly or disabled person.
 - Ph: (253) 798-4600 or (800) 562-0332
- [YMCA's Senior Resources for staying health at home](#)



- Includes resources for mental, physical, and emotional health specific to the aging population

Child Care

- [Child Care Aware of WA Family Center](#) or 1-800-446-1114
 - Connects families to vacant child care slots and tracks openings and closures
- Child Care for Essential Workers:
 - YMCA
 - King County: registration@seattleyymca.org
 - Pierce & Kitsap County: Darcy Celletti at dcelletti@ymcapkc.org
 - Boys & Girls Club
 - King County: [Extended hours](#) at some clubs. Registration at registration@seattleyymca.org
 - Pierce County: Carrie Holden at holdenc@bgcsp.org
 - Bates Technical College: gmondragon@batestech.edu
 - Real Kids Daycare at Real Life Church: rodmeyers@reallifechurch.com
 - University Place Presbyterian Church: astewart@uppc.org
 - Green Trike (Children's Museum): Tanya Durand at tdurand@playtacoma.org

Shelter

- [Safe Families for Kids](#) – Pierce and King Counties
 - Provides temporary safe shelter for children with a network of volunteer families during a crisis until parents feel they have a stable home environment again.
- [Tacoma Rescue Mission](#)
 - Shelters and emergency services available
- [Comprehensive Life Resources](#) – Tacoma
 - Young adult centers (HYPE and Beacon) are open for drop-in needs ages 18-24 who are homeless or at risk of homelessness.



Behavioral & Mental Health

- [Asian Counseling and Referral Services](#)
 - Mental health, behavioral health and support services for Asian Americans and Pacific Islanders. Additional services being provided for COVID10 response (food delivery, home health, etc.)
- [Greater Lakes Mental Healthcare](#)
 - Outpatient (by phone only), inpatient, residential, and crisis response services available Ph: 253-581-7020
- Disaster Distress and Mental Health Helpline: 800-985-5990. Available 24/7
- Pierce County mental health crisis line: 800-576-7764. Available 24/7
- King County Crisis Line: 866-427-4747. Available 24/7
- American Red Cross Virtual Resiliency Workshops
 - For veterans, active duty military, and their families to learn stress management and coping mechanisms
 - Contact the Northwest Regional Office at (206)-323-2345
- [YMCA's Free Virtual Exercise Classes](#)
 - Offering varying types of classes for all ages

Domestic Violence

- National Domestic Violence Hotline - 1-800-799-7233

