

Health:

MultiCare - FREE e-Visits to anyone who has COVID-19 symptoms (fever, cough, difficulty breathing). To waive fee, use promo code **COVID19** (in the payment section)

<https://www.multicare.org/virtualcare/>

Premiera Blue Cross - Teladoc

<https://member.teladoc.com/premera>

Kaiser Permanente - E-visit & Care Chat

<https://wa.kaiserpermanente.org/html/public/health-wellness/care/flu-symptoms>

United Health Care - Testing will be covered at approved locations for Medicaid & Medicare members

<https://www.uhc.com/health-and-wellness/health-topics/covid-19>

Regence BlueShield - Telehealth

<https://www.regence.com/member/programs/health-support-services/telehealth>

Mental Health:

Consejo Counseling

627 West Franklin St, Shelton, WA 98584

P (360) 763-5610

Language: English, Spanish

Behavioral Health Resources - Monday-Friday, 8AM-5PM

110 West K Street

Shelton, WA 98584

P (360) 426-1696

Crisis Text Line - Free, 24/7

Text **HOME** to 741741 to connect with a Crisis Counselor

<https://www.crisistextline.org/>

The Crisis Clinic of Thurston & Mason Counties - 24/7

<http://www.crisis-clinic.org/>

Find a counselor - Psychology Today

<https://www.psychologytoday.com/us>

Food:

Amazon - Families who have a SNAP EBT card can sign up and purchase eligible groceries from Amazon. Sign up at the link below:

<https://www.amazon.com/snap/register>

Saints Pantry Food Bank

214 S 2nd Street, Shelton, WA 98584

Food distribution: Tuesday-Wednesday, 9:30am-12pm

P (360) 427-8847

Matlock Food Bank

218 W Matlock-Brady Rd, Elma, WA 98541

Hours: Wednesday, 12pm-2pm

P (360) 426-1903

Hood Canal Food Bank

331 N Finch Creek Rd, Hoodspport, WA 98548

Hours: Leave a message//1st & 3rd Monday every month, 12:30-3pm

P (360) 877-6507

Housing assistance/emergency shelters:

Community Lifeline

218 N. 3rd St, Shelton, WA 98584

P (360) 462-4439

Crossroads Housing

71 Sargison Loop, Shelton, WA 98584

Hours: Monday-Friday, 1PM-5PM

P (360) 427-6919

Haven House - Shelter/crisis center for teens 12-17

P (360) 754-1151

Turning Pointe Domestic Violence Services - Domestic Violence Shelter

Call for location

Hours: 24/7

P (360) 432-1212

<https://www.turningpointe.org/>

Hotlines:

The National Domestic Violence Hotline: 24/7

P (800) 799-7233 or (800) 787-3224 (TTY)

<https://www.thehotline.org/help/>

Teen Dating Violence Hotline: 24/7

Text **LOVEIS** to 22522

P 1-866-331-9474 or 1-866-331-8453 (TTY)

www.loveisrespect.org

Other Resources:

211 - Free, confidential community resource databank

Dial **211**

<https://wa211.org/>

Cielo Shelton

2505 Olympic Highway North, Suite 140, Shelton, WA 98584

P (360) 868-2431

Hours: 10AM-6PM, Monday-Thursday

cieloshelton@cieloprograms.org

Community Action Council - Energy assistance *limited availability*

Next scheduling dates for appointments:

- Mason Co. - March 31, 2020: 360-426-9726
- Lewis Co. - March 31, 2020: 360-736-1800
- Thurston Co. - March 27, 2020: 360-438-1100

Concern for Animals - Pet food bank, financial assistance for veterinary care, etc.

1414 State Ave NE, Olympia, WA 98506

Hours: 9AM-4PM, Monday-Friday

P (360) 456-8176: Assistance Program inquiries

Love Inc. - Mason Co. - Resources

Location closed until further notice due to COVID-19. They check e-mail and voicemail at their normal hours: 10AM-3PM, Tuesday-Thursday

P (360) 462-5683

loveinc.office@hcc.net