



ISSAQUAH

**nourishing
networks**

Need Help?

Overall Help

Helpline Center - (Information and Referral)

Dial 2-1-1 or 800-621-4636 (Mon-Fri 8 am-6 pm)

24 Hour Crisis Line 866-427-4747

Teen Link 866-833-6546, 6-10 pm, 866teenlink.org

Food & Clothing

Issaquah Food and Clothing Bank 179 1st Ave SE, Issaquah
Monday – Friday 8am-4pm see website for evening shopping
Issaquahfoodbank.org 425-392-4123 x10

Issaquah Meals Program- Catholic Community Services
180 E Sunset Way, 425-679-0342, Mon-Fri 5-6 pm Food
and Hospitality, Thurs 12-1pm, Sat 5-6 pm, Sun 4-5 pm

Hopelink Redmond Food Bank Monday-Thursday Hours Vary
425-869-6000 hopelink.org

Physical, Mental Health and/or Substance Abuse

Friends of Youth 414 Front St N, Issaquah, 425-392-6367
HealthPoint 425-882-1697

IKRON of Greater Seattle 425-968-5921

Therapeutic Health Services (THS) 425-747-7892

Youth Eastside Services 425-747-4937

Housing & Shelters

Coordinated Entry for All (CEA) - East King County,
Catholic Community Services, 206-328-5900

Friends of Youth- The Landing (Youth Shelter)
16225 NE 87th St, Unit A-1, Redmond, 425-449-3868

Congregations for the Homeless, (Men's Shelter)
515 116th Ave NE #150, Bellevue, 425-289-4044

The Sophia Way (Women's Shelter)
3032 Bellevue Way NE, Bellevue, 425-463-6285
Lifewire (Women's Domestic Violence Shelter)
425-562-8840

Emergency Financial Assistance

Issaquah Community Services 425-837-3125
St Vincent de Paul 206-767-6449
Hopelink 425-943-7565

Job Assistance

HopeLink 425-250-3030, hopelink.org
HERO House NW 425-614-1282
IKRON of Greater Seattle 425-968-5921
WorkSource 888-316-5627, worksourcewa.com

Other Services

Eastside Friends of Seniors 425-369-9120
Eastside Legal Assistance 425-747-7274