

LAUNDRY

URBAN REST STOP at U Temple on alley,
1415 NE 43rd; Tu-F 9-6

ROOTS (age 18-25) at U Temple on alley,
1415 NE 43rd; evenings

ELIZABETH GREGORY HOME DAY CENTER at U
Lutheran (women 18 and older), 1604 NE 50th;
M-F 9-3:30

CLOTHES

THRIFT STORE at U Temple on alley,
1415 NE 43rd; Fri 1:30-4:30pm

TEEN FEED (age 13-25), every night at various
sites (206-522-4366 or teenfeed.org)

ELIZABETH GREGORY HOME DAY CENTER at U
Lutheran (women 18 and older), 1604 NE 50th;
M-F noon-3

EMERGENCY FUNDING

UNIVERSITY CHURCHES EMERGENCY FUND,
4515 16th Ave NE (entrance on NE 45th); funds
up to \$100 for deposit, rent, or utilities in
98103, 98105, and 98115; Tu-F 10:30-12:30

EXPERIENCING A CRISIS?

For support for people suffering from an
emotional or mental crisis, including suicide, call
the 24-hour Crisis Line, 866-4-CRISIS.

For other life-threatening crises, call 9-1-1.

For information and referral to community
services, including physical health, call 2-1-1 (M-F
8-6).

For a teen-answered help line, call 866-833-
6546 (evenings 6-10pm).

For problems with substance abuse and
gambling and for mental health services, call the
WA Recovery Help Line, 866-789-1511 (24/7).

OPTIONS AVAILABLE FOR PEOPLE EXPERIENCING A BEHAVIORAL HEALTHCARE CRISIS

A police officer has the authority to send a
mentally ill person to jail or to Harborview if that
person has done something illegal or is a threat
to self or others. But the officer also has the
authority to send that person—if he or she
voluntarily agrees—to the *Crisis Solutions Center*
to receive professional therapeutic help, long-
term assistance and help with housing. At a police
officer's request, a Mobile Crisis Team (available
24/7) will be sent to pick up the person and
provide long-term help.


An alternative to calling the police for a
person with a mental illness (when the person is
not a threat to self or others) is to call the 24-
hour Crisis Line (866-4-CRISIS). They can refer
children and youth (ages 3-18) who are having
emotional or behavioral problems to the
Children's Crisis Outreach Response System
(CCORS, available 24/7). And they can also refer
adults with a mental illness to agencies that will
be able to help.

When calling the police (9-1-1) about
someone with a mental illness, it is useful to
request a CIT-trained officer, if available
(CIT=Crisis Intervention Team).

**An e-version of this flyer is available at the
UDHC web site (udch.org). Clicking on links
(underlined & in color) will take you to the
resource home page where available.**

Prepared by the University District Conversation
on Homelessness (udch.org). Latest update is
available at UDCH website (click "Homeless
Resources in the U-District" in menu). You may
print additional brochures from website. To report
changes or additions, or to request additional
printed brochures, email davidmcc@uw.edu.

11/1/14



Food Shelter and Services in the U District

FREE MEALS

MY SWEET LORD CAFE (vegetarian), 5521 University Way; Tu W 6:30-9:30, Th 8-9:30, F 6:30-9:30, Sat 7-9:30

ELIZABETH GREGORY HOME DAY CENTER at U Lutheran (women 18 and over), 1604 NE 50th; M-F 9-5

SUNDAY DINNER, Blessed Sacrament, 5050 8th NE; noon-2pm

FRIDAY LUNCH, Thrift Store at U Temple, on alley, 1415 NE 43rd; noon

FRIDAY FEAST at ROOTS (all welcome), U Temple on alley, 1415 NE 43rd; 5:30-7pm

TEEN FEED, dinner (ages 13-25) every night at various sites (206-522-4366 or teenfeed.org); 7-8pm

YMCA (age 13-25), 5003 12th NE; Sun 1-2pm

FOOD BANKS

U DISTRICT FOOD BANK at U Christian, 1413 NE 50th; M W F 10am-3pm, Tu Th 3-8pm

FOOD BANK at Blessed Sacrament, 5050 8th NE; Fri 10:30-noon

ELIZABETH GREGORY HOME DAY CENTER at U Lutheran (women 18 and over), 1604 NE 50th; M-F 9-5

SHELTERS

ROOTS (age 18-25) at U Temple on alley, 1415 NE 43rd; every evening, sign-in 8-8:30pm

SHARE men's shelters at U Friends and Christ Episcopal (screenings at SHARE office at *Josephinum, downtown, between 2nd & 3rd Ave, off Stewart, alley entrance*, Mon 1pm, Wed Fri 6pm)

WHEEL women's shelter at U Lutheran (screenings at *Angeline's, 2030 3rd Ave*, Mon and Wed 7pm; and at Elizabeth Gregory Home, 1604 NE 50th, Th 10am)

THE AVE FOUNDATION HOMELESS VILLAGE for men, women and families; call 206-851-6695 *There are other shelters downtown and elsewhere, as well as tent cities—Tent City 3 (in Seattle) and Tent City 4 (in east King County) 206-448-7889; Nickelsville 206-450-9136; and Camp Unity Eastside 425-652-9170. Call 2-1-1 (M-F 8-6) for information on all shelters, including cold weather shelters.*

Where to Find

Services not in the University District are in italics

TOILETS

URBAN REST STOP at U Temple on alley, 1415 NE 43rd; Tu-F 9-6

U DISTRICT LIBRARY, 5009 Roosevelt Way NE; M Tu 1-8pm, W Th Sat 11-6, Sun 1-5pm

See also **DROP-IN CENTERS**

SHOWERS

URBAN REST STOP at U Temple on alley, 1415 NE 43rd; Tu-F 9-6

ROOTS (age 18-25) at U Temple on alley, 1415 NE 43rd; evenings

YMCA (age 13-25), 5003 12th NE; Sun 1-2pm

GREEN LAKE COMMUNITY CENTER, 7201 E Green Lake Dr N (take Metro Transit #48 north to Green Lake and Woodlawn NE, or walk west on NE Ravenna Blvd 1 mile from University Way); M-F 10-8, Sat 9-4:30 (50¢ fee for towel rental)

DROP-IN CENTERS

SYM—STREET YOUTH MINISTRIES (age 13-26), 4540 15th NE; M Tu 7:30-9:30pm, Th 1-2pm and 7:30-9:30pm, F 1-4pm

SANCTUARY ARTS CENTER at U Lutheran (age 13-25), 1604 NE 50th; Tu Th 9-12, F 10-12, Sat 10-1

UDYC—U DISTRICT YOUTH CENTER (age 13-22), 4516 15th NE; M-Th 1-3:30

ELIZABETH GREGORY HOME DAY CENTER at U Lutheran (women 18 and over), 1604 NE 50th; M-F 9-5

THRIFT STORE at U Temple on alley, 1415 NE 43rd; Fri 11:30-4:30pm (nurse available 11:30-1:30)

YMCA (age 13-25), 5003 12th NE; Sun 1-2pm; orientation for free Y membership program, Th 3pm

CIRCLE OF FRIENDS FOR MENTAL HEALTH at U Christian, 4731 15th NE, room 240 (enter at door behind garden area; Th (1:15 lunch snack; 1:30 art class; 3:00 drama class)

MEDICAL ASSISTANCE

For emergencies, call 9-1-1

BALLARD HOMELESS CLINIC, 1753 NW 56th, #200 Nyer Urness House (take Metro Transit #44 to NE Market and 15th NE); M-F 9-4:15 (Tues opens at 10:30)

ROTACARE FREE CLINIC—LAKE CITY, 12736 3rd Ave NE, #200 McDermott Place (take Metro Transit #72 to NE 130th); Sat 10-1

COUNTRY DOCTOR COMMUNITY CLINIC (age 23) 500 19th Ave E (Capitol Hill—take Metro Transit #43 to E Thomas & 19th NE); M Tu 6-9pm

NEIGHBORCARE HEALTH HOMELESS YOUTH CLINIC (age 12-23) at 45th Street Clinic, 162 45th (take Metro Transit #44 east to Woodlawn); W Th 6-9pm

DENTAL CARE

DOWNTOWN DENTAL CLINIC, 2124 4th Ave, Downtown Public Health Center, M-F 8-5

NEIGHBORCARE HEALTH HOMELESS YOUTH CLINIC (age 12-23) at 45th Street Clinic, 162 45th (take Metro Transit #44 east to Woodlawn); 1st and 3rd Th 6pm, call for reservations 206-633-7650 or drop in

CLEAN NEEDLE DISTRIBUTION

THE PEOPLE'S HARM REDUCTION ALLIANCE at U Temple on alley, 1415 NE 43rd; needles, ci kits, Narcan; Tu Th 5-7pm, Fri Sun 1-5pm

MENTAL HEALTH ASSISTANCE

24-HOUR CRISIS LINE (866-4-CRISIS)

ELIZABETH GREGORY HOME DAY CENTER at U Lutheran (women 18 and older), 1604 NE 50th M-W 9-2

See also **OPTIONS**, on back of this brochure