

# Need help? Reach out



## For Basic Needs



Washington  
North Sound Region

- Rent or Utility Assistance
- Food and Community Meals
- Emergency Shelter/Housing
- Medical and Dental Resources
- Mental Health and Substance Abuse
- Health Insurance
- Support Groups
- Social Services
- Clothing
- And more....

## For Those in Crisis



Call **1-800-584-3578** or  
visit **[www.imhurting.org](http://www.imhurting.org)**.

VOA Care Crisis Response Services offers 24 hour emotional support to individuals in crisis and/or considering suicide. Our crisis services are available by phone and instant messaging.

FREE PRESCHOOL in Everett and Sultan  
Visit: [voaww.org/youth](http://voaww.org/youth)



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