

# PHONE NUMBERS

<b>North Sound 211 – free information &amp; referral for social services.....</b>	<b>211 or 1-800-223-8145</b>	
Access to Mental Health (Medicaid Only).....	888-693-7200	
Alcohol & Other Drugs *24 hr Hotline.....	1-800-562-1240	206-722-3700
American Red Cross (Project Pride PUD assist).....	425-252-4103	
Arlington Boys & Girls Club.....	360-435-4442	
Arlington Community Chest (Arlington Residents only utility shut off).....	360-435-2168	
Arlington Community Food Bank.....	360-435-1631	
Arlington Police (911).....	360-403-3400	
Care Crisis Line.....	425-258-4357	
Care Crisis Response Services.....	800-584-3578	
Cascade Valley Hospital.....	360-435-2133	
Changes Parent Support Network.....	1-888-468-2620	
Cocoon House (Teen Shelter).....	360-435-6061	
Cocoon House.....	425-259-5802	
Community Health Center (Dental).....	360-572-5430	
Community Health Center (Medical).....	360-572-5400	
Community Transit.....	800-562-1375	
Compass Health Counseling.....	1-888-693-7200	
CPS 24 hour Hotline.....	360-657-6950	
Dental - Mobile Van/Camano Island.....	360-387-7202	
Dial-A-Ride Transportation.....	800-562-1381	
Dispute Resolution Center.....	425-339-1335	
Domestic Violence (in-home).....	425-258-2766 Ext.119	
Domestic Violence Hot Line (Washington State).....	800-562-6025	
DSHS – Arlington (Smokey Point) & Mt. Vernon.....	877-501-2233	
Energy Assistance (Snohomish Co Residents Seasonal).....	425-388-3880	
Family Reconciliation (DSHS).....	360-651-6926	
Free Counseling for youth’s.....	360-403-7526	
Helping Hands.....	360-435-2214	
Housing Search.....	1-877-428-8844	
Kids Kloset.....	360-435-4875	
National Suicide Prevention Lifeline.....	866-784-2433	
Navy/Marine Corps Relief Society (Active Duty & 20 yr. Veterans Retired only).....	425-304-3203	
Safe Harbor Free Clinic.....	425-870-7384	
Safe School Help Line.....	1-8004-1-VOICE ext 359	
Salvation Army/Everett (Marysville 360-926-2228).....	425-259-8129	
Senior Information & Assistance/Snohomish Co.....	800-422-2024	
Silver Hanger.....	360-548-3294	
Snohomish County Sheriff (911).....	425-258-2484	
Snohomish County (involuntary Commitment).....	425-388-7215	
Social Security Information.....	800-772-1213	
St. Vincent de Paul.....	425-355-3504	
Stillaguamish Senior Center.....	360-653-4551	
Teen line.....	206-722-4222 or 1-800-562-1240	
Tulalip Tribes (members only).....	360-651-4000	
Veterans Assistance Program.....	425-388-7255	
Volunteers of America Emergency Services (Adults call this number).....	1-800-747-8654	
Volunteers of America Emergency Services (Students call this number).....	1-800-584-3578	
Washington Recovery Helpline.....	866-789-1511	
WIC.....	360-435-3735	
Youth Suicide Prevention Line.....	1-800-422-2552	