

MANIFEST DREAMS CONSULTING & COACHING

FREE DOWNLOAD · RESOURCE GUIDE

# Washington State Resource Directory

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Free and Low-Cost Resources for Survivors, Families, and People  
Rebuilding Their Lives

Manifest Dreams Consulting & Coaching  
[manifestdreamsconsulting.com](http://manifestdreamsconsulting.com)

# Washington State Resource Directory

This directory compiles free and low-cost resources available to Washington State residents. It is organized by need — find the section that applies to your situation. Resources are updated periodically; always call ahead to confirm availability and eligibility requirements.

## Domestic Violence

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### National Domestic Violence Hotline

24/7 crisis support, safety planning, and referrals to local resources. Available in multiple languages. Chat option available online.

 1-800-799-7233 (SAFE) |  Text START to 88788 |  [thehotline.org](https://thehotline.org)

### Washington State Coalition Against Domestic Violence (WSCADV)

Statewide network of DV programs. Find your local shelter, legal advocate, and support services.

 1-800-562-6025 |  [wscadv.org](https://wscadv.org)

### YWCA of Seattle | King | Snohomish

Emergency shelter, transitional housing, legal advocacy, counseling, and economic empowerment programs for DV survivors.

 Crisis line: 1-888-788-7943 |  [ywcaworks.org](https://ywcaworks.org)

### Washington Address Confidentiality Program (ACP)

Provides a substitute address to keep your location confidential from your abuser when dealing with government agencies, employers, and schools.

 1-800-822-1065 |  [sos.wa.gov/acp](https://sos.wa.gov/acp)

### Domestic Violence Services of Snohomish County

Crisis line, emergency shelter, legal advocacy, and support groups for Snohomish County residents.

 425-252-2873 |  [dvservices.org](https://dvservices.org)

### Pierce County Center for Domestic Violence Services

Emergency shelter, legal advocacy, counseling, and transitional housing for Pierce County residents.

 253-383-2593 |  [pccadvs.org](https://pccadvs.org)

## Legal Aid & Free Legal Help

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### Northwest Justice Project — CLEAR Hotline

Free civil legal advice by phone for low-income Washington residents. Handles family law, housing, benefits, consumer issues, and more. The most important legal resource in the state for people who can't afford an attorney.

 1-888-201-1014 | Mon-Fri 9:15am-12:15pm |  [nwjustice.org](https://nwjustice.org)

### Washington LawHelp

Free legal information, self-help guides, court forms, and step-by-step instructions for common legal issues in Washington State.

 [washingtonlawhelp.org](https://washingtonlawhelp.org)

### Washington Courts Self-Help Center

Official Washington State Courts website with court forms, filing instructions, and self-help resources for people representing themselves.

 [courts.wa.gov/selfhelp](https://courts.wa.gov/selfhelp)

### Washington State Bar Association — Lawyer Referral

Connects you with a licensed attorney for a reduced-fee initial consultation. Also has a pro bono referral program.

 206-443-9722 |  [wsba.org/for-the-public/find-legal-help](https://wsba.org/for-the-public/find-legal-help)

### UW School of Law — Legal Clinics

Free legal services in specific areas including immigration, family law, and criminal defense, provided by law students under attorney supervision.

 [law.uw.edu/clinics](https://law.uw.edu/clinics)

## Housing Assistance

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### Washington 211

Call or text 211 to be connected to local housing assistance, emergency shelter, utility help, food banks, and other community resources anywhere in Washington State.

 211 |  [wa211.org](https://wa211.org)

### King County Housing Authority

Section 8 / Housing Choice Voucher program and affordable housing resources for King County residents.

 206-574-1100 |  [kcha.org](https://kcha.org)

### Compass Housing Alliance

Emergency shelter, transitional housing, and permanent supportive housing throughout the Puget Sound region.

 206-474-1000 |  [compasshousingalliance.org](https://compasshousingalliance.org)

## Mental Health & Counseling

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### Crisis Connections (King County)

24/7 mental health crisis line and referrals to mental health services in King County.

 866-427-4747 |  [crisisconnections.org](https://crisisconnections.org)

### Washington Recovery Help Line

24/7 support for substance use disorders, problem gambling, and mental health. Referrals to treatment programs statewide.

 1-866-789-1511 |  [warecoveryhelpline.org](https://warecoveryhelpline.org)

### Open Path Collective

Reduced-cost therapy (\$30–\$80/session) with licensed therapists nationwide, including many in Washington State.

 [openpathcollective.org](https://openpathcollective.org)

## Financial Assistance

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### Washington DSHS — Benefits

Apply for SNAP (food assistance), TANF (cash assistance), Medicaid/Apple Health, childcare assistance, and other state benefits.

 1-877-501-2233 |  [dshs.wa.gov](https://dshs.wa.gov)

### Utility Assistance — LIHEAP

Low Income Home Energy Assistance Program helps pay heating and electric bills. Contact your local Community Action Agency or call 211.

 211 |  [commerce.wa.gov/growing-the-economy/energy/low-income-home-energy-assistance](https://commerce.wa.gov/growing-the-economy/energy/low-income-home-energy-assistance)

## Children & Family Services

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### Washington State Child Support — DSHS DCS

Establishes and enforces child support orders. Can help locate a non-paying parent and collect support.

 1-800-442-KIDS (5437) |  [dshs.wa.gov/esa/division-child-support](https://dshs.wa.gov/esa/division-child-support)

### Treehouse — For Kids in Foster Care

Educational support, tutoring, and resources for youth in foster care in Washington State.

 206-767-7000 |  [treehouseforkids.org](https://treehouseforkids.org)

## Immigration Resources for Survivors

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### Northwest Immigrant Rights Project

Free and low-cost immigration legal services, including VAWA self-petitions for DV survivors regardless of immigration status.

 206-587-4009 |  [nwirp.org](https://nwirp.org)

## Online Self-Help Resources

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### Washington Courts Self-Help Center

Court forms, filing guides, and information about representing yourself in Washington courts.

 [courts.wa.gov/selfhelp](https://courts.wa.gov/selfhelp)

### Washington LawHelp

Plain-language guides on dozens of legal topics including DV, housing, family law, benefits, and immigration.

 [washingtonlawhelp.org](https://washingtonlawhelp.org)

### Manifest Dreams Consulting & Coaching

Navigation support, document review, research assistance, and life coaching for people navigating legal systems and rebuilding their lives.

 [manifestdreamsconsulting.com](https://manifestdreamsconsulting.com)

### A Note from Us

You don't have to navigate this alone. These resources exist because people care — and so do I. If you're not sure where to start, reach out and we'll figure it out together.

These resources were created for people who were overwhelmed, confused, and alone in systems that weren't built to help them. You deserve better than that.

 Contact: [manifestdreamsconsulting.com](https://manifestdreamsconsulting.com) |  Book a free consult: [calendly.com](https://calendly.com)