

CRISIS MANAGEMENT

- ◇ In an Emergency, Call 9-1-1
- ◇ Crisis hotlines - Clallam County:
East: 360-452-4500
West: 360-374-5011
After hours: 374-6271

FOOD & SHELTER

- ◇ OlyCAP 'Service Link' site:
www.olycap.org/servicelink/
360-452-4726
- ◇ Call 211 for closest Food Bank
- ◇ Women Infant & Children (WIC): 360-417-2352
- ◇ Port Angeles Housing Resource Center:
360-504-1946
- ◇ Forks Housing Resource Center: 360-374-2558
- ◇ Sequim Housing Resource Center: 360-477-4918
- ◇ DSHS: www.dshs.wa.gov/, 800-737-0617

RENT ASSISTANCE

- ◇ Contact OlyCAP: 360-452-4726
- ◇ Port Angeles Housing Resource Center:
360-504-1946

HEALTH SERVICES

- ◇ OLYCAP Servicelink: 360-452-4726
www.olycap.org/servicelink/
- ◇ Abuse/Neglect hotline: 1-866-363-4276
- ◇ Dungeness Valley Health and Wellness Clinic in Sequim: 360-582-0218
- ◇ Volunteers in Medicine of the Olympics in Port Angeles: 360-457-4431
- ◇ OlyCAP Dental Program: 360-452-4726 ext.3
- ◇ DSHS: 800-737-0617
www.dshs.wa.gov/basicneeds/#med

MENTAL HEALTH

- ◇ Peninsula Community Mental Health Center:
360-457-0341
- ◇ West End Outreach:
360-374-5411
- ◇ Alcohol & Drug Helpline:
800-562-1240
- ◇ Domestic Violence Hotline:
800-562-6025
- ◇ Healthy Families: 360-452-3811
- ◇ Forks Abuse - 360-374-2273



Quick Tips to Help You When Money is Tight

- Make a detailed list of everything you spend money on - reevaluate your biggest bills.
- Prepare a household budget and stick to it!
- Pay for shelter, food, and utilities before anything else!
- Set priorities in spending; cut out use of credit cards.
- Keep in contact with creditors and make adjustments to payments.
- Use incentives and programs available to low income families for example, use a food bank to save money for other expenses.
- Expand skills and talents to increase income.
- Employ energy and water conservation methods.

It is good idea to keep busy when you are out of work. Catch up on projects, get involved in the community, boost your resume, learn new skills through Peninsula College

WSU Peninsula Extension: 4H Volunteers, Master Gardeners, Beach Watches, Shore Stewards, Small Farms Program - www.clallam.wsu.edu or 360-417-2279

Peninsula College: 360-452-9277/360-385-4605

Volunteer: www.volunteerclallam.org

If you are looking for something that you don't see here: **CALL 211** for more information on services!



United Way of Clallam County

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HELP FOR HARD TIMES



A Clallam County Survival Guide
for Unemployment

The loss of a job is something that thousands of people are going through. You are not alone. Don't panic. Help is available everywhere in our county. This brochure is an effort to assist you in your search for help.

WHEN HARD TIMES HIT

Unemployment, even temporary, is probably one of the most difficult experiences to endure. Losing your job is traumatic, especially if it affects your entire family's income. Knowing where to turn and taking control of your situation can reduce the impact on you and your family.

GETTING THROUGH IT TOGETHER

Your spouse and children can feel helpless. Talk to your family and plan together to deal with problems. It helps to give each member of the family some positive steps they can take to help.

GET THE HELP YOU NEED... YOU'VE EARNED IT

For most of us it is very difficult to ask for help. But the truth is, we all need a little help in our lives sometimes. You have helped to pay for public programs through your taxes and contributions to agencies like United Way. Don't be embarrassed to ask for the help you need. You paid for it. You earned it.



COMMUNITY INFORMATION LINE

211 is a free, easy-to-remember telephone number that is your best "first call" to quickly find the right source for help. When you call 211 you will reach a trained operator who can connect you to a wide range of community services.

Important: Don't Ignore Your Mail!

Ignoring government agency inquiries or creditor requests for information may make things worse. If you don't understand notices or bills sent to you, call the person who sent the bill.



EMERGENCY UTILITY AID

- ◇ Call 2-1-1 for referral to utility aid.
- ◇ OlyCAP - Apply for Energy Assistance: 360-452-4726 www.olycap.org/servicelink/
- ◇ DSHS : www.dshs.wa.gov/ 800-737-0617

VETERANS SERVICES

- ◇ Veterans Assistance: 457-2129 or 460-9365
- ◇ County Veterans Relief Funds: 360-417-0293
- ◇ National Veteran's Foundation: 888- 777-4443

LEGAL AID

- ◇ Legal Emergency Hotline: CLEAR Line 888-201-1014
- ◇ Clallam Jefferson County Pro bono Lawyers: 360-417-0818
- ◇ Northwest Justice: 360-452-9137

OTHER KINDS OF HELP

- ◇ St. Vincent de Paul: 360 683-2112 - Sequim 360-457-5804 - Port Angeles
- ◇ Sequim Community Aid (Sequim only): 360-681-3731
- ◇ MANNA - one time aid - open Thurs - Port Angeles only: 360-457-3954

CHILD CARE RESOURCES

- ◇ Parent Line: 360-452-5437 800-300-1247
- ◇ DSHS : www.dshs.wa.gov 800-737-0617

EMPLOYMENT AID

- ◇ Unemployment Benefits: 800-318-6022 www.go2ui.com
- ◇ Worker Retraining Peninsula Community College Programs: 360-417-7987
- ◇ Clallam co. extension of WSU: www.clallam.wsu.edu or 360- 417- 2279
- Learning Center: Computer lab for job searches, resume writing, etc. www.cougarroom.com
- Team Jefferson – Business development resources, support for entrepreneurs, business classes edc.jefferson.wsu.edu
- ◇ Worksource – Resumé Building, Job Search Employee Training: www.go2worksource.com 360-457-2121
- ◇ OlyCAP Working Image: Job appropriate clothing for low income women to help them return to the job market
- ◇ OlyCAP All About You Workshops: Sign up for free classes on money management, work survival skills, interview strategies, and credit awareness.
- ◇ OlyCAP programs: JobLift, JARC: Provides transportation services that connect low income - TANF - eligible individuals and other low-income workers to jobs and other employment related activities - Forks only 360-374-6193

Call 360-452-4726 or visit www.olycap.org/servicelink/ for more referrals to OlyCAP programs

CREDIT COUNSELING

- ◇ Clearpoint Financial Solutions - Confidential advice on managing money and debt. Most services are free, but there is a fee for some services so be sure to ask. www.ClearPointFinancialSolutions.org 877-422-9040

FORECLOSURE COUNSELING

- ◇ American Financial Solutions – free confidential advice. 1-888-864-8699 or