

CRISIS MANAGEMENT

- ◇ In an Emergency, Call 9-1-1
- ◇ Crisis Hotlines - Jefferson County:
East: 360-385-0321/800-659-0321
West: 360-374-5011 after hours: 374-6271

FOOD & SHELTER

- ◇ Jefferson Co. Winter Shelter hosted by OlyCAP, COAST & American Legion #26. Contact OlyCAP: 360-385-2571
www.olycap.org/servicelink/
- ◇ Call 211 for the closest food bank
- ◇ Women Infant & Children (WIC)
Jefferson: 360-385-9400
- ◇ Jefferson County Housing Authority
360-379-2565
- ◇ DSHS: www.dshs.wa.gov/ - 800-737-0617

HEALTH SERVICES

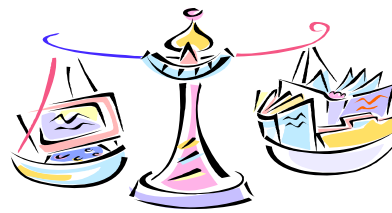
- ◇ OlyCAP Service Link—
www.olycap.org/servicelink/
360-385-2571
- ◇ Jefferson County Health Department
360-385-9400
- ◇ JC Mash - Port Townsend: (360)385-4268
- ◇ DSHS - 800-737-0617
www.dshs.wa.gov/basicneeds/#med
- ◇ Abuse/Neglect hotline - 866-363-4276

MENTAL HEALTH

- ◇ Jefferson County Mental Health Services
360-385-0321 or toll free 800-659-0321
 - ◇ Alcohol & Drug Helpline
800-562-1240
 - ◇ Domestic Violence Hotline
800-562-6025
- Contact DSHS - See contact information above.

If the information you are seeking is not found here:

CALL 211



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!
- Do not use payday loans.
- 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 or volunteering.

Peninsula College: 360-385-4605

Jefferson Co., Washington State University (WSU):

4H Volunteers, Master Gardeners, Beach Watches, Shore Stewards, Small Farms Program-
www.jefferson.wsu.edu or 360-379-5610

Volunteer: www.volunteerwashington.org

www.olycap.org

Local 20/20 - Working together towards local sustainability <http://www.l2020.org/>



HELP FOR HARD TIMES



**A Jefferson 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 in every section of 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

You, your spouse or 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.



ENERGY/UTILITY ASSISTANCE

- ◇ OlyCAP - Apply for Puget Sound Energy (PSE) Assistance or LIHEAP -
Jefferson: 360-385-2571
www.olycap.org/servicelink/
- ◇ DSHS - www.dshs.wa.gov/
800-737-0617

LEGAL AID

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

VETERANS SERVICES

- ◇ National Veteran's Foundation - 888-777-4443
- ◇ Jefferson County Veteran's Program -360-385-9122
Located at the Port Townsend Courthouse
- ◇ Skookum Programs Specialist - Stephanie Dickey
360-385-4980 xtn. 101
www.dshs.wa.gov/basicneeds/#med
- ◇ Abuse/Neglect hotline - 866- 363-4276

OTHER SOURCES

- ◇ St. Vincent de Paul: 360-379-1325

EMPLOYMENT AID

- ◇ Unemployment Benefits
800-318-6022 www.go2ui.com
- ◇ Worker Retraining Programs through
Peninsula College Jefferson: 360-385-4605
- ◇ Jefferson co. extension of WSU
www.jefferson.wsu.edu or 360-379-5610
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, Business Development
Jefferson: 360-379-5036
www.go2worksource.com/
- ◇ 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.

Call 360-385-2571 or visit
www.olycap.org/servicelink/ to sign up for
OlyCAP programs

CREDIT COUNSELING

- ◇ Consumer Credit Debt Counseling Services, Inc. -
Confidential advice on managing money and debt.
www.CCDCS.com or 1-888-862-0555

FORECLOSURE COUNSELING

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

CHILD CARE

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