



Overall Help

King County Line (Information and Referral)
Dial 2-1-1 or (800) 621-4636 (M-F 8am-6pm)

24 Hour Crisis Line: (866) 427-4747

Food & Clothing

Issaquah Food and Clothing Bank

179 1st Ave. SE, Issaquah
(425) 392-4123 | issaquahfoodbank.org
Mon 5-7pm | Tues-Thurs 10am-1pm

Issaquah Meals Programs

180 E. Sunset Way
Catholic Community Services, (425) 679-0342
M-F 5-6pm, dinner served @ 5:30
Food and Hospitality at the Hall
Thurs 12-1pm | Sat 5-6pm | Sun 4-5pm

Substance Abuse & Mental Health

WA Recovery Help Line: (866) 789-1511

Sound Mental Health: (206) 302-2300 | smh.org

Housing & Shelters

Sophia Way (Women's Shelter)

(425) 463-6285, ex. 102 for assistance | sophiaway.org

Mamma's Hands – House of Hope (Women's Shelter)

(206) 915-2073

Congregation for the Homeless (Men's Shelter)

(425) 614-6506 | cfhomeless.org

Friends of Youth – The Landing (Youth Shelter)

16225 NE 87th St., Ste A-1, Redmond

(425) 449-3868 | friendsofyouth.org

King County Housing Stability Project

(Housing Assistance)

(800) 621-4636

Family Housing Connections

(if unsheltered with children)

Dial 2-1-1 for Family Housing Connections

Other Services

Friends of Youth

414 Front St., Issaquah

(425) 392-6367 | friendsofyouth.org

LifeWire (Domestic Violence/Abuse)

425) 746-1940 | edvp.org