

## Pastoral Care Resource Guide

### Help Resources for Many Situations

The following link is an excellent resource for food, medical/dental, clothing, legal services, utility assistance, children, drug/alcohol rehabilitation and employment. It is a PDF format, so you could print it for easy reference.

[Click to access DSHS-SpokaneAreaResourceList.pdf](#)

### Spokane Resource Guide

<https://my.spokanecity.org/chhs/resources/>

### Additional Contact information

#### Food Assistance

Second Harvest Food Bank of Inland Northwest

[www.2-harvest.org](http://www.2-harvest.org)

509-534-6678

Map of All Available Food Sites

<https://2-harvest.org/food-near-me-wa/#foodmap>

Women's Kitchen & Children's Free Restaurant

<https://wcferspokane.org>

1620 N. Monroe

509-324-1995

#### Crosswalk

<https://www.voaspokane.org/crosswalk>

525 W. 2nd 13-18 years old

509-838-6596

#### Mental Health

Contact 24/7: Frontier Crisis Line (509) 838-4428

Contact, Walk-In or by appointment: Inland Northwest Behavioral Health (509) 992-

1888 <https://inlandnorthwestbh.com/contact-us/>

Suicide Prevention Line: (800) 273-8255

Veteran's Crisis Line : (800) 273-8255 (press 1)

## Housing

<https://www.lowincomehousing.us/WA/spokane.html>

Catholic Charities <https://www.cceasternwa.org/house-of-charity>

## Children

Child Protective Services (CPS) 1-866-END-HARM (1-866-363-4276)

Child Support Office (DCS) 363-5000

Infant Crisis Needs 536-1084

Vanessa Behan 24 hour crisis nursery and child care facility

2230 E Sprague Ave

[www.vanessabehan.org](http://www.vanessabehan.org) 509-535-3155

## Aging and Long Term Care

For help with issues related to aging and caring for the aging:

<https://www.altcew.org/>