

GENERAL RESOURCES

For the most up-to-date and comprehensive list of resources, including food assistance, rental assistance, and more, you can use these key resources:

Organization	Description	Contact	Website
King County 2-1-1	Free, confidential, multilingual helpline; speak with a specialist who can provide a personalized list of	Dial 2-1-1; visit website for more contact methods; https://search.wa211.org/	https://wa211.org/
Sound Generations	60+ Meal Programs	See website for specific program information	https://www.seattle.gov/documents/Departments/HumanServices/FoodBanksMealSites.pdf
King County	King County Resource Access Self-service Site	See website for resource information	https://find-human-services.kingcounty.gov/
Washington Connection	fast and easy way to apply for a variety of public benefits; Services for families and individuals	Eligibility form found here: https://www.washingtonconnection.org/evaluation/home.go?	https://www.washingtonconnection.org/home/
Puget Sound Energy	Bill Discount, Past Due Bill Forgiveness, Home Energy	Eligibility forms on website	https://www.pse.com/en/account-and-billing/assistance-
Lifeline Assistance	Provides a discount on monthly telephone service,	Request a Lifeline Application from landline/cell phone provider	https://content.govdelivery.com/accounts/WAHCA/bulletins/283a2da