

Capitol Hill Services for people experiencing homelessness

The best way to learn about and access services is by calling **2-1-1** or visiting the website crisisconnections.org. If in crisis, call (866) 427-4747, a 24-hour crisis line. If you want someone to talk to or help you navigate services, call your local **REACH outreach worker** at **(206) 487-4553**. Some local services are listed below.

Get help **finding housing** through a Regional Access Point to Coordinated Entry for All—**Catholic Community Services**, 100 23rd Ave S (23rd and Yesler), Seattle, WA 98144. Call (206) 328-5900 to schedule an appointment.

Showers & Laundry

Miller Park Community Center

- 330 19th Ave E (19th Ave and Harrison St)
- Mon.–Fri., 2pm–7pm
- Showers available

Downtown Rest Stop

- 1924 9th Ave (9th Ave and Virginia St)
- Mon–Fri 5:30am–11am, 2pm–9:30pm. Sat–Sun, 8am–5pm (Oct. 1 – May 31 closes 3 pm). Last Laundry 6pm, sign up for shower by 6pm.

Immanuel Community Services

- 1215 Thomas St (Thomas St and Pontius Ave N)
- Laundry: Mon–Fri, 8am–11:30am
- Showers: Mon–Fri, 8am–1:30pm

Storage

SHARE Storage Lockers

- 715 Cherry St (Cherry St and 7th Ave)
- Access Mon–Fri, 6:30am–8:30am, Sat–Sun, 7am–9am
- Free, but participants must work one 2-hour shift per

Computer Access

Seattle Customer Service Center-Central

- 464 12th Ave, 1st Floor (12th Ave and Jefferson St)
- Mon–Fri, 9am–5pm, Sat 10am–2pm. Limit one 30-min session per day

Capitol Hill Library

- 425 Harvard Ave E (Harvard Ave E and E Republican)
- Mon–Sat, 10am–6pm, Sun, 1pm–5pm

Food Banks

Salvation Army Food Bank

- 1101 Pike St (Pike St and Boren Ave)
- Open Tue, Wed, and Fri, 9am–11:30am and 1pm–3pm. Thur, 1pm–5:45pm
- Requires valid ID.
- Provides food, hygiene kits, pet food, rental and utility assistance.

Jewish Family Services

- 1601 16th Ave (16th Ave and E Pine St)
- Open Wed and Fri, 10am–noon. Thur, 2pm–4pm
- May visit once per month

Community Meals

Capitol Hill Community Lunch

- Central Lutheran Church
- 1710 11th Ave (Cal Anderson Park)
- Free lunch Tue and Fri, 12–1pm

Capitol Hill Community Dinner

- All Pilgrims Christian Church
- 500 Broadway E (between E Republican St and E Mercer St)
- Free dinner Wed and Thur, 5–6pm

First Covenant Church Breakfast

- 400 E Pike St (at Pike St and Bellevue Ave)
- Free breakfast every Sat, 9–10am

Kawabe Memorial House Lunches

- 221 18th Ave S (E Alder St and 18th Ave S)
- Lunches with a suggested \$4–\$10 donation, Mon–Fri at 11:30am
- Must make a reservation 2 days in advance by calling (206) 322-4550 or visiting in person

Health Services

Gay City

- 517 E Pike St (E Pike St and Belmont Ave)
- Monday – Friday, 3–8pm, Saturday, 12:30pm–5pm
- Provides HIV/STI testing, assistance obtaining PrEP

Country Doctor

Community Health Center

- 500 19th Ave E (19th Ave E and E Republican St)
- Mon, Tue, Fri, 9am–5pm; Wed, Thur, 9am–8:30pm
- Provides comprehensive health services. Sliding scale fees. No one turned away due to inability to pay.
- Call (206) 299-1600 for an appointment.

Swedish Cherry Hill

- 550 16th Ave (16th Ave and E Cherry St)
- Mon–Fri, 6pm–10 pm; Sat, Sun, noon – 10pm.
- Provides comprehensive health services. Sliding scale fees. No one turned away due to inability to pay.
- Call (206) 320-5556 for an appointment.

Hepatitis Education Project

- 1621 S Jackson St, Suite 201
- Monday - Friday, 9am–5pm.
- Suboxone clinic: Tuesday and Thursday, 1pm–5pm
- Provides harm reduction services. Provides needle exchange and free syringe access, clean injection supplies, Naloxone, hepatitis testing and vaccinations, and case management. Low-barrier Suboxone program.
- Call (206) 732-0311 for an appointment.

Harborview Medical Center

- 325 9th Ave
- Mon–Fri, 8am–5pm
- Outpatient and intensive outpatient treatment for substance use disorder and mental health disorders. Provides opiate replacement therapy; can write prescriptions for Suboxone therapy.
- Call (206) 744-9600 for an appointment.
- Initial assessment is free. Sliding scale fees.

Emergency Shelters in Capitol Hill/First Hill

Referral to most emergency shelters and transitional housing is obtained through 1) The Coordinated Entry for All System. Call (206) 328-5900 to set up an appointment; or 2) Talking to a REACH outwork worker. Call (206) 487-4553 to set up an appointment. Other local options are:

Orion Center

- 1828 Yale Ave (Denny Way and Yale Ave)
- Serves young people aged 12–24
- Provides meals, hygiene supplies, case management, and afternoon drop-in services like classes, tutoring, and yoga
- Limited shelter capacity for 18–24 year olds after 6pm dinner

Operation Nightwatch

- 302 14th Ave S
- Provides dinner, Metro bus ticket, and late-night referrals to downtown Seattle shelters
- Serves single adult men and women. Before first visit, men must obtain a referral ticket from DESC (517 3rd Ave @ 7:30am Mon–Fri) or Bread of Life Mission (97 S Main St @ 4:30pm daily). Women do not need a referral
- No shelter guaranteed, no room to store belongings.

Support Groups

Ingersoll Gender Center

- 911 E Pike St, #211
- Mon–Thur, noon–6 pm, appointments encouraged
- Provides services for transgender and gender nonconforming people and peer support groups

Peer Seattle

- 1520 Bellevue Ave, #100
- Open 9am–9pm daily
- Peer-driven support and services for LGBTQ+ people, addressing mental health, substance and behavioral addiction, and chronic illnesses.