

## 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/](http://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/](http://www.dshs.wa.gov/) - 800-737-0617

## HEALTH SERVICES

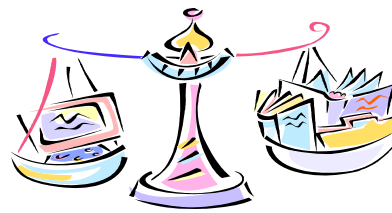
- ◇ OlyCAP Service Link—  
[www.olycap.org/servicelink/](http://www.olycap.org/servicelink/)  
360-385-2571
- ◇ Jefferson County Health Department  
360-385-9400
- ◇ JC Mash - Port Townsend: (360)385-4268
- ◇ DSHS - 800-737-0617  
[www.dshs.wa.gov/basicneeds/#med](http://www.dshs.wa.gov/basicneeds/#med)
- ◇ 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](http://www.jefferson.wsu.edu) or 360-379-5610

**Volunteer:** [www.volunteerwashington.org](http://www.volunteerwashington.org)

[www.olycap.org](http://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 County 360-385-2571  
[www.olycap.org/servicelink/](http://www.olycap.org/servicelink/)
- ◇ DSHS - [www.dshs.wa.gov/](http://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 Ext 101  
[www.dshs.wa.gov/basicneeds/#med](http://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](http://www.go2ui.com)
- ◇ Worker Retraining Programs through  
Peninsula College Jefferson: 360-385-4605
- ◇ Jefferson Co. extension of WSU  
[www.jefferson.wsu.edu](http://www.jefferson.wsu.edu) or 360-379-5610

Learning Center – Computer lab for job searches, resume writing, etc.  
[www.cougarroom.com](http://www.cougarroom.com)

Team Jefferson – Business development resources, support for entrepreneurs, business classes  
[edc.jefferson.wsu.edu](http://edc.jefferson.wsu.edu)

- ◇ WorkSource – Resumé Building, Job Search, Employee Training, Business Development  
Jefferson: 360-379-5036  
[www.go2worksource.com/](http://www.go2worksource.com/)

## CREDIT COUNSELING

- ◇ Consumer Credit Debt Counseling Services, Inc. - Confidential advice on managing money and debt.  
[www.CCDCS.com](http://www.CCDCS.com) or 1-888-862-0555

## FORECLOSURE COUNSELING

- ◇ American Financial Solutions – free confidential advice. 1-888-864-8699 or  
[www.myfinancialgoals.org](http://www.myfinancialgoals.org)

## CHILD CARE

- ◇ DSHS - [www.dshs.wa.gov](http://www.dshs.wa.gov)  
800-737-0617
- ◇ Parent Line - 360-452-5437  
800-300-1247