

Look to your library for information...

Bills piling up?

Learn what resources are available to help cope with sudden loss of income and the resulting emotional turmoil.

Databases

- **Consumers Checkbook**–Local business ratings that can save you time and money, *available only at KCLS libraries.*
- **ChiltonLibrary**–Do-it-yourself auto repair.
- **Consumer Reports via General OneFile**–Dependable product reviews.
- **Books 24x7**–Wellness books for taking care of yourself.
- **Press Display**–Free access to newspapers around the world.
- **Health and Wellness Resource Center**–Learn more about health and nutrition.

Agencies and Web Sites

- **Crisis Clinic**–Help for any assistance or crisis. Dial 2–1–1.
<http://www.crisisclinic.org/211KC.html>

General Help

- **United Way of King County**
<http://www.uwkc.org/>
206.461.3700
- **Hopelink**–Food, housing, financial and more.
<http://www.hope-link.org/gethelp>
425.869.6000
- **King County Senior Services**–Food, housing, legal, financial and more.
<http://www.seniorservices.org/>
206.448.5757
- **Washington Women in Need**–Counseling and education.
<http://www.wawomeninneed.org/>
425.451.8838
- **Jewish Family Services**–Funds may be available to help pay for various emergencies such as transportation, medical needs, past due utility bills, avoiding eviction or school clothing. Screening is required.
<http://www.jfsseattle.org/>
Seattle, 206.461.3240
- **Family Services**–Helping families stay self-sufficient.
206.524.9055
- **King County MultiService Center**–Nonprofit community action agency providing housing and emergency support services to people living in poverty throughout King County.
253.854.4406

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Finances

- **Consumer Credit Counseling Services**
<http://www.cccservices.com/>
206.382.8087
- **Consumer Education and Training Services (CENTS)**
<http://www.centsprogram.com/>
206.267.7017
- **American Consumer Credit Counseling**
<http://www.consumercredit.com/>

Health

- **Sound Mental Health**, 206.302.2200
- **Washington Basic Health**, 1.800.660.9840
- **Washington Basic Food Help**
Foodhelp.wa.gov
<http://foodhelp.wa.gov/index.htm>
1.877.514.FOOD
- **Statewide Health Insurance SHIBA**
<http://www.insurance.wa.gov/>
1.800.562.6900
- **Community Health Centers of King County**
Auburn, 253.735.0166
Bothell–Kenmore, 425.486.0658
Eastside, 425.882.1697
Federal Way, 253.874.7634
Kent, 253.852.2866
Renton, 425.226.5536
SeaTac, 206.277.7200

Housing

- **FinancialStability.gov**–Mortgage refinancing.
<http://financialstability.gov>
- **Hope for Homeowners**–Mortgage refinancing.
<http://www.hud.gov/hopeforhomeowners/>
1.800.225.5342
- **Aptfinder.org**–Affordable housing in Washington.
<http://aptfinder.org/>
- **U.S. Dept of Housing and Urban Development (HUD)**–Avoiding foreclosure.
<http://www.hud.gov/foreclosure/>
- **Washington State Housing Finance Commission Homeownership Programs**
<http://www.wshfc.org/>
- **Low Income Home Energy Assistance Program**
<http://www.liheapwa.org/>

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Legal

- **King County Bar Association**—Free/low cost legal help.
206.267.7070
- **Washington Law Help**—Legal self–help guides.
<http://www.washingtonlawhelp.org/WA/>
- **Northwest Justice Project**—Low–cost or free legal services.
<http://www.nwjustice.org/>

Books

- *No Job? No Prob!: How to Pay Your Bills, Feed Your Mind, and Have a Blast When You're Out of Work* by Nicholas Nigro
- *The Foreclosure Survival Guide: Keep Your House or Walk Away With Money in Your Pocket* by Stephen Elias
- *An Insider's Guide to Refinancing Your Mortgage: Money–Saving Secrets You Need to Know* by David Reed
- *Cut Your Energy Bills Now: 150 Smart Ways to Save Money & Make Your Home More Comfortable & Green* by Bruce Harley
- *Help! I Can't Pay My Bills: Surviving a Financial Crisis* by Sally Herigstad
- *What To Do When the Economy Sucks: 101 Tips to Help You Hold On to Your Job, Your House and Your Lifestyle* by Peter Sander
- *365 Ways to Live Cheap: Your Everyday Guide to Saving Money* by Trent Hamm
- *Shop Smart, Save More: Learn the Grocery Game and Save Hundreds of Dollars a Month* by Teri Gault
- *Money Saving Meals* by Sandra Lee

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