

We are all in this together. By no means is this meant to be an exhaustive list of resources, however, they may give you some direction on where to turn for resources and support during this unprecedented time. Please stay safe and remember to “Physically Distance” yourself to stop the spread of Covid-19.

Resources for Students and Community Members

[Associated Ministries Resource Guide](#)

[Helping Hand House](#)

[Need Help Paying Bills](#)

[Pierce County Community Support](#)

[Pierce County Library System](#)

[Pierce County Resources](#)

[Pierce County Washington, Homeless Response Update](#)

[Share and Care House](#)

[Tacoma-Pierce County Health Department](#)

[Thurston County Washington - Public Health and Social Services](#)

[Thurston County Washington - Public Health and Social Services; COVID-19 Resources](#)

[Washington 211](#)

[Washington Health Plan Finder](#)

[Employment Security Department - Unemployment](#)

Resources for Managing Stress and Anxiety

[Calm](#)

[Free Guide to Living with Worry and Anxiety Amidst Global Uncertainty \(multiple languages\)](#)

[Thurston County Washington, Mental Health and Coping](#)