



The Plate Fund

Additional Resources for Restaurant Workers

Crisis Lines

CALL 211 <https://wa211.org/>

CRISIS TEXT LINE Available 24hrs

<https://www.crisistextline.org/>

Text HOME to: 741741 to access a trained counselor

Undocumented Workers

EL CENTRO DE LA RAZA

<http://www.elcentrodelaraza.org/>

A resource focusing on the Latino community, from legal help to childcare and food services.

Son excelentes recursos que se centran en la comunidad latina. Desde ayuda legal hasta cuidado de niños y servicios de comida.

ONE FAIR WAGE

Offering financial assistance for ALL service workers experiencing hardship.

<https://ofwemergencyfund.org/ayuda>

Están ofreciendo asistencia financiera para TODOS los trabajadores de servicios que experimentan dificultades.

Free Food & Supplies

FEED THE BEACH

https://www.instagram.com/wa_bloc/

Free lunch every Tues + Thurs

FREE FOOD AT FRELARD TAMALES

11am - 8pm; 11am-2pm kid focused sack lunches

https://www.instagram.com/wa_bloc/

FREE MEALS BY UNITED WAY

<https://www.uwkc.org/free-meals-during-school-closures/>

FOOD LIFELINE

<https://foodlifeline.org/need-food/>

Find the nearest place offering free pantry items and groceries or a hot meal

NORTHWEST HARVEST

<https://www.northwestharvest.org/statewide-network>

RESTAURANT WORKERS RELIEF PROGRAM

<https://leeinitiative.org/>

Lee Initiative is partnered with Salare in Ravenna for Restaurant Workers Relief Program, providing meals and supplies to restaurant workers in need.

Rent Assistance

KNOW YOUR RIGHTS

<https://www.washingtonlawhelp.org/issues/health/coronavirus-covid-19?channel=legal-information>

Washington Law Help has a great guide to know your rights and help answer questions around eviction, paid leave, unemployment and a bunch more.

RENTAL HOUSING ASSOCIATION OF WASHINGTON

https://assets.noviams.com/novi-file-uploads/rhawa/blog_resources/Rental_Assistance_in_Seattle_King_County.pdf

This is a list of organizations that help with rent and sorting out housing emergencies.

REQUESTING RENT LENIENCY

<https://static1.squarespace.com/static/5e77f2d50d61823b7774c5d4/t/5e815b05fa919e2e91752057/1585535750332/Guide+For+Writing+Landlords.pdf>

This template can be used to craft a document to present to your property manager in requesting leniency; created by Seattle Restaurants United

Utility Discounts & Assistance

FREE XFINITY WIFI

<https://wifi.xfinity.com/>

SEATTLE UTILITY DISCOUNT PROGRAM

<https://www.seattle.gov/humanservices/services-and-programs/affordability-and-livability/utility-discount-program>

Community Services

BIG TABLE

Info: <https://big-table.com/seattle/>

Resources: <https://big-table.com/resources/>

Big Table provides more resources for people who work in the hospitality industry.

EAST AFRICAN COMMUNITY SERVICES

<https://eastafriancs.org/>

GROCERY FOR ELDERLY & AT RISK

<https://kingcounty.gov/council/gethelp/GroceryHours.aspx>

HOPE FOR THE DAY

https://hftd.auntbertha.com/search_results/98101?ref=hftd.org%2Ffind-help&widget=hftd

Resources searchable by zip code for mental and physical health, housing, food, money, care and much more.

UNITED WAY

<https://www.uwkc.org/need-help/covid-19-resources/>

United Way has put together a great list of resources available. From internet to transportation to technology to health and wellness.

Childcare

CHILDCARE AT SPS

https://www.seattleschools.org/district/calendars/news/what_s_new/coronavirus_update/resources/child_care

NEED HELP PAYING BILLS

https://www.needhelppayingbills.com/html/king_county_free_diapers_and_baby_s.html

Assistance for free diapers, supplies, and food for small children

Mental + Emotional Health

ADDICTION RESOURCE

<https://addictionresource.com/>

National organization providing resources to help those struggling with addiction.

Offering remote access to services and help.

Free and confidential phone call: (888)-839-9334

BEN'S FRIENDS

<https://www.bensfriendshope.com/>

Set up for workers in the hospitality industry. The Seattle chapter meets every Monday + Thursday at 10am on Zoom.

I GOT YOUR BACK

<https://igotyourback.info/>

Help for industry workers and an understanding of the specific problems that they face.

Call 800.273.8255 or text HOPE to 916.668.4226

LIFEWIRE

<https://www.lifewire.org/>

Serving Seattle-area survivors of domestic violence through emergency housing, therapy, and other resources for those in dangerous situations. Help for women, Immigrants, LGBTQ, Men, and teens.

24 hr. Helpline: 425-746-1940 / 800-827-8840

NATIONAL DOMESTIC VIOLENCE HOTLINE

<https://www.thehotline.org/>

For anyone affected by abuse and needing support: 800-799-7233

RECOVERY VILLAGE

<https://www.therecoveryvillage.com/local-rehab-resources/washington/>

Alcohol and drug addiction support through local resources searchable by zip code or city.

Offering Teletherapy: link [here](#)

or call 866.771.0988

TRANSITIONAL RESOURCES

<https://www.transitionalresources.org/our-work/>

They offer emergency treatment for times of crisis with 24 hour surveillance

Artist Grant

ARTIST TRUST COVID-19 RELIEF FUND

<https://artisttrust.submittable.com/submit/162977/covid-19-artist-trust-relief-fund>

ARTIST TRUST RESOURCE PAGE

<https://artisttrust.org/covid-19-response/>

Bartender Grant

USBG NATIONAL CHARITY FOUNDATION GRANT

<https://www.usbgfoundation.org/beap-application>