

Free Healthcare Resources in Pierce County

Holistic Outreach Promoting Engagement (HOPE) Team

What they provide	Behavioral health crisis response
Days/Times	Sun-Sat, 7AM-5PM
Address	Mobile
Phone	911
Website	https://tacoma.gov/government/departments/fire/tfd-hope-team-program-holistic-outreach-promoting-engagement/
Nearest public transport	N/A
How to access	Call 911, state that there is a behavioral health emergency, ask that the HOPE Team be dispatched if available. Note: The HOPE Team is limited to work within the Tacoma city limits.

Consejo Counseling and Referral Services

What they provide	Mental health, substance use/dependency counseling and referral by appointment
Days/Times	Mon–Fri, business hours
Address	5915 Orchard St W, Tacoma, WA 98467
Phone	253-285-4750
Website	https://www.consejocounseling.org/our-locations
Nearest public transport	Pierce Transit Route 53 (Lakewood Drive W)
How to access	Call 253-285-4750

Dental Village Free Clinic

What they provide	Dental for all ages — free for low-income uninsured/underinsured
Days/Times	By appointment
Address	4036 South Pine Street, Tacoma, WA 98409
Phone	253-476-0556
Website	https://www.tacomadentalvillage.com
Nearest public transport	Pierce Transit Route 1 (Pacific Ave)
How to access	Call 253-476-0556 or visit website for appointment

Key Free Clinic

What they provide	Drop-in medical for Key Peninsula residents without insurance
Days/Times	1st & 3rd Thursdays, 5:30–8 PM (arrive by 5–5:30 PM)
Address	9013 Key Peninsula Hwy NW, Lakebay, WA 98349
Phone	253-313-3791

Website	https://www.facebook.com/KeyFreeClinic/
Nearest public transport	Limited transit on Key Peninsula
How to access	Walk in during clinic hours

Lindquist Family Dental Clinic

What they provide	Dental for children through age 20 by appointment
Days/Times	Mon–Fri, 8 AM–5 PM
Address	130 131st St S, Tacoma, WA 98444 (Parkland)
Phone	253-539-7445
Website	https://lindquistdental.org
Nearest public transport	Pierce Transit Route 1 (Pacific Ave at 131st)
How to access	Call to schedule or book online on website

Medical Teams International

What they provide	Mobile dental (extractions, fillings) at pop-up events
Days/Times	Varies by location — check website for Pierce County schedule
Address	Mobile
Phone	800-959-4325
Website	https://www.medicalteams.org/care-connect-mobile-health/
Nearest public transport	N/A — mobile
How to access	Call ahead for appointment; see schedule on website

Neighborhood Clinic

What they provide	Drop-in medical, mental health counseling by appointment
Days/Times	Mon & Thu, 5–8 PM (sign-in 5–7 PM); closed federal holidays
Address	1323 S Yakima Ave, Tacoma, WA 98405
Phone	253-627-6353
Website	https://neighborhoodclinetacoma.org
Nearest public transport	Pierce Transit Route 45 (Yakima Ave)
How to access	Walk in during clinic hours for medical care, for mental health counseling, fill out this form or call 253-733-8199

Street Medicine

What they provide	Mobile medical care including wound care, mental health, vaccines, Narcan, referrals
Days/Times	Mon, Wed, Fri: 10 AM–4 PM; Thu: Noon–4 PM. At St. Vincent de Paul (4009 S. 56th St.) Mon or Wed, alternating weekly

Address	Mobile; St. Vincent de Paul alternating Mon/Wed
Phone	253-649-1500 / streetmeds@tpchd.org
Website	https://tpchd.org/health/health-equity/street-medicine/
Nearest public transport	N/A — mobile service
How to access	Complete this form , call 253-649-1500, or email streetmeds@tpchd.org

Project Access Northwest

What they provide	Pro bono counseling by appointment
Days/Times	Hours established between patient and counselor
Address	Phone and online
Phone	206-788-4204
Website	https://projectaccessnw.org/programs/pro-bono-counseling
Nearest public transport	N/A — phone/online service
How to access	Complete this form , email behavioralhealth@projectaccessnw.org , or call 206-788-4204

SmileMobile

What they provide	Free mobile dental for children and pregnant people at pop-up events
Days/Times	Varies — check website for Pierce County clinic schedule
Address	Mobile — various Pierce County locations (see website)
Phone	N/A
Website	https://smilemobilewa.org
Nearest public transport	N/A — mobile
How to access	Schedule appointment via website

Tacoma Needle Exchange

What they provide	Needle exchange, harm reduction, wound care, medical referrals
Days/Times	Medical care hours Fri, 1–5 PM, alternating location between TNE office and Community Health Care Clinic at 37th St parking lot (except holidays)
Address	3716 Pacific Ave, Suite F, Tacoma, WA 98418 (+ mobile sites)
Phone	253-334-9576
Website	https://www.tacomaneedleexchange.org
Nearest public transport	Pierce Transit Route 1 (Pacific Ave) for TNE office
How to access	Walk in during hours or call 253-334-9576

Trinity Neighborhood Clinic

What they provide	Drop-in medical including regular physicals, diabetes management, prescription refills, sports physicals
Days/Times	Tuesdays, 5–7 PM (first 12–15 patients seen; arrive early)
Address	1615 6th Ave (Trinity House), Tacoma, WA 98405
Phone	253-272-8819
Website	https://www.tpctacoma.org/news/2018/2/1/trinity-neighborhood-clinic?rq=clinic
Nearest public transport	Pierce Transit Route 1 (6th Ave)
How to access	Walk in during clinic hours

Yakima Avenue Health for All

What they provide	Drop-in medical
Days/Times	Mon–Fri, 8 AM–4 PM
Address	Located at Nativity House 702 S 14th St, Tacoma, WA 98405
Phone	253-370-3988
Website	https://ccsww.org/services/nativity-house-programs/
Nearest public transport	Pierce Transit Route 45 (Yakima Ave)
How to access	Walk in during clinic hours; go to the front door of Nativity House and ask to see the nurse

DentistLink

What they provide	Referral service to find Apple Health (Medicaid) dentists
Days/Times	Online tool available anytime; phone lines Mon–Fri
Address	Phone and online
Phone	844-888-5465
Website	https://dentistlink.org
Nearest public transport	N/A — phone/online service
How to access	Call 844-888-5465 or visit dentistlink.org

Blessed Hope Health Center

What they provide	Medical by appointment
Days/Times	Every other Sat, 2–6 PM
Address	4545 South Union Ave, Tacoma, WA 98409
Phone	253-300-8936
Website	https://blessedhopehealth.org
Nearest public transport	Pierce Transit Route 1 (Pacific/Union area)

How to access	Call 253-300-8936 for appointments
----------------------	------------------------------------

253 Harm Redux

What they provide	Sexual health, overdose reversal, and safer drug use supplies, including free Plan B; delivery available within Tacoma and Lakewood
Days/Times	Supply distribution: 1st & 3rd Sundays, 12–3 PM at People’s Park; delivery available anytime within Tacoma and Lakewood
Email	253harmredux@gmail.com
Instagram	@253harmredux
Nearest public transport	T Line (Sound Transit) to Hilltop District Station (MLK Jr Way & S 11th St); Pierce Transit Route 11 (MLK Jr Way)

Additional Items

Where to Find Healthcare Resources by County:

Washington Healthcare Access Alliance

<https://www.wahealthcareaccessalliance.org/search-for-clinics>

Advocate for Universal Healthcare:

Whole Washington

<http://www.wholewashington.org>

Health Care for All Washington

<http://www.hcfawa.org>

Health Care is a Human Right WA

<Http://www.hchrwashington.org>

Washington Community Action Network (Washington CAN)

<Http://www.washingtoncan.org>

Physicians for a National Health Program – Western Washington

<Http://www.pnhpwash.org>