Unless noted, all health care providers are located in the Tacoma area.

24 hr. crisis line for psychological emergencies: 1-800-576-7764
Rebuilding Hope: The Sexual Assault Center of Pierce County: 253-474-7273
Poison Control: 1-800-222-1222

**EMERGENCIES ONLY:** Call campus Security Services at x3311 for emergencies (serious injury or illness) during the day, night, or on weekends. When CHWS is closed, registered UPS students may access the Multicare (24 Hour) Consulting Nurse Service (253-792-6300) for advice regarding emergent concerns. The Multicare staff will fax a summary of your consultation to CHWS, and our staff may follow up with you on our next business day.

**Community Health Care:** Network of community clinics providing reduced cost (sliding fee) care for general medical services

**Downtown Clinic:** General Dentistry, Mental Health, Domestic Violence Services, and Prescriptions and Refills
1102 S. I. Street, 253-597-3813

**Eastside Clinic:** General Dentistry, Mental Health, Domestic Violence Services, and Prescriptions and Refills
1708 East 44th Street, 253-471-4553

**SEAMAR Clinic:** 2121 S. 29th Street, 253-593-2144

**Family Dental Clinic:** (walk-ins must sign in at 6:50 AM) 1708 E 44th Street, 253-572-7002

**Planned Parenthood:** reduced cost services for STI testing and treatment, contraception, and pregnancy testing
1515 MLK, Jr. Way, 1-800-769-0045
(Open Saturdays 8:00 AM -4:00 PM)

**Travel Consultation & Immunizations:**
Northwest Infections Limited: 1624 S. I Street, #305, 253-428-8754
St. Peter Travel Medicine: 525 Lilly Rd N.E., Olympia, 360-493-7230
Safeway Pharmacy: 6201 6th Ave., 253-566-9217

**Family Practice/General Medicine Health Care Providers:**
These private health care providers are usually able to see you for an urgent problem, which may require an appointment, within 1 to 2 days. If you have an urgent concern, calling in the morning will more likely assure an appointment for that day. They will also accept new patients for regular medical care. **Standard fees are charged.**

**Multicare Westgate Clinic** 2209 N. Pearl St., 253-792-6900
**Andy Loomis, MD** 2517 N. Washington St., 253-759-3586
**Primary Care Northwest** 1812 S J St., 253-552-4900
**Pacific Northwest Primary Care** 1818 S. Union Ave., Suite 2A, 253-473-7637
**Group Health: Tacoma Specialty Clinic** 209 MLK, Jr. Way, 253-596-3300 (Consulting Nurse: 1-800-297-6877)
Urgent care available 24 hours 7 days a week. **Tacoma South Medical Center** 9505 S. Steele St., 253-597-6800

**Dietician:**
Lisa Werner, RD HopeSparks, 6424 N. 9th St., 253-565-4484
Debora Robinett, MA, RD 1812 S J St., Suite 102, 253-566-1616

**Dentists:**
Greg Planche, DDS General Dentistry & TMJ, 2312 N. 30th St., Suite 201, 253-272-7400
Steve Tuley, DDS General Dentistry, 2520 N. Alder St., 253-572-6670

**Ophthalmologists & Optometrists:**
Cascade Eye & Skin Care 5225 Cirque Drive West, Ste. 200, University Place 253-848-3000
Costco 2219 S. 37th Street, 253-475-5595
Dr. Francis Geissler 4717 S. 19th Street, 253- 248-2020
Family Vision & Contact Lens Center 2514 N. Adams, 253-759-5679
Pacific NW Eye Associates 2202 S. Cedar, Suite 100 (available for emergencies), 253-759-5555
Target 3320 S. 23rd Street, 253-414-0303
CHWS makes no specific recommendation for any of the individual medical providers or services listed above. You may also check with CHWS providers or the telephone yellow pages for additional resources. If you need assistance with a specialty referral, make an appointment with a CHWS medical provider by calling 253-879-1555.

**Hospitals (numbered to match map below)**

1. **MultiCare West Tacoma Family Medicine and Urgent Care Clinic**  
   2209 N Pearl St., Ste. 100  
   253-792-6900, 9am-9pm Weekdays, 9am-5pm weekends and holidays  
   Access: [http://www.multicare.org/west-tacoma-urgent-care/](http://www.multicare.org/west-tacoma-urgent-care/) and use the "join the line" feature on the right side of the screen to save time by checking in online before arrival

2. **Allenmore Hospital (Multicare)**  
   1901 S. Union Ave.  
   253-459-6633

3. **Tacoma General Hospital (Multicare)**  
   315 Martin Luther King Jr. Way  
   253-403-1000

4. **Group Health (Kaiser Patients Covered)**  
   209 Martin Luther King Jr. Way, 253-596-3300

5. **St. Joseph Hospital (Group Health and Kaiser patients should go here for ER Visits)**  
   1717 S. J St.  
   253-426-4101