



REST exists to provide pathways to freedom, safety, and hope for victims of sex trafficking and people involved in the sex trade.

We offer programs that are centered on your strengths, needs, and individual choices. We believe that you are strong and capable and want to partner with you to identify your own goals, increase your safety and move toward healing, stability, and economic independence.

We believe that everyone deserves to be loved and everyone deserves a life without exploitation. Our culture is influenced by our values of belonging, honor, trustworthiness, and tenacity. We are motivated and inspired by our faith.

206-451-REST (7378)

24/7 Hotline

Do you need a listening ear?

Are you trying to get somewhere safe?

Do you want to connect to services?

Call or text our hotline at 206-451-REST (7378).

[iwantrest.com](http://iwantrest.com)

Welcome to

**REST**

REAL ESCAPE FROM THE SEX TRADE

## Available Services



### Come to the Pathways Services Center

The PSC offers Enrichment Services Monday through Thursday from 12:00–5:00 p.m. It is a welcoming place to participate in a workshop or meet with REST staff. We offer snacks, mailing services, and other basic needs. Call (206) 867-8821 to make an appointment or ask for more info.



### Enroll with an Advocate

Our advocates' role is to partner with you to identify your goals, brainstorm resources, and determine a plan to reach your goals. Advocates can assist with housing, employment, education, medical, legal issues, and other goals.



### Health Services

REST offers substance use services in person or over the phone. Insurance is not required! Call (206) 948-5809 for more information. We also partner with a local clinic to provide one-hour primary care health appointments.



### REST Academy

Finding and keeping jobs is hard. The REST Academy offers employment services including a paid training program, individual coaching and access to jobsto transition from the sex trade to the square workplace. Call (206) 348-2769 to learn more.



### Stay at the Emergency Receiving Center (ERC)

The ERC offer seven individual bedrooms to cis and transgender women for 30-90 days. Guests are not required to be clean/sober, or out of the life to stay at the ERC. Call or text (206) 451-7378 to access a room.



### The REST House

The REST House is a shared residential program for adults of all genders who are receiving services through REST or WARN and are prepared to live independently.



### Housing Assistance

If you are seeking permanent housing or facing eviction, you can apply for rental assistance through our housing specialist. Connect at (206) 406-5997.

## Services designed with you in mind

At REST we put you at the center of everything we do. We've heard how hard it is to find services providers who understand what you've been through and respect you without judgment. Our programs are informed and guided by people who have lived experience in the sex trade.

*To connect to services call or text our 24/7 Hotline at 206-451-REST (7378).*