



# You are not alone

**Whatever you're  
going through,  
we'll help you  
get through it.**



# Ways to get help

## **988** SUICIDE & CRISIS LIFELINE

**24/7** Call, text and chat

Thoughts of suicide, mental and emotional health, substance use

## **211** ESSENTIAL NEEDS RESOURCES

**9am-5pm M-F** Live call or chat

**24/7** Text your zipcode to 898211

Essential needs resources and referrals

[211kingcounty.org](http://211kingcounty.org)

## **844-348-5464**

**COMMUNITY LIVING CONNECTIONS**

**9am-5pm M-F** Resources for older adults, persons with disabilities, and their families

## **833-453-0336**

**WASHINGTON COMMUNITY CARE HUBS**

**9am-5pm M-F** Ongoing care and resource navigation for overlapping needs

## **866-427-4747**

**CRISIS SERVICES IN YOUR COUNTY**

**24/7** Support for people in crisis

## **866-789-1511**

**WASHINGTON RECOVERY HELP LINE**

**24/7** Call and text

Helpline for substance use or gambling support and recovery

[warecoveryhelpline.org](http://warecoveryhelpline.org)

## **866-833-6546**

**WASHINGTON TEEN LINK**

**6-10pm** Call, text and chat

Youth peer-to-peer support

[teenlink.org](http://teenlink.org)

## **877-500-9276**

**WASHINGTON WARM LINE**

**9am-10pm** Mental and emotional support by peers

[crisisconnections.org](http://crisisconnections.org)

