



Fostering resilience and wellbeing for all by connecting people to accessible and compassionate support.

# You are not alone.

No matter what you're going through,  
we'll help you get through it.

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

## Support & Resources

**988** call, text and chat

Thoughts of suicide, mental crisis, substance use crisis, emotional distress

**211** call, text, chat and email

Essential needs resources and referrals

**Community Living Connections**  
**844-348-5464**

Resources for older adults, persons with disabilities, and their families

**Regional Crisis Lines**  
**866-427-4747**

**Business Office**  
**206-461-3210**

**Washington Recovery Help Line**  
**866-789-1511** call and text

24-hour help line for substance use or gambling support and recovery

**Washington Teen Link**  
**866-833-6546** call, text and chat

A confidential help line for teens by teens

**Washington Warm Line**  
**877-500-9276**

Peer support for people facing emotional and mental health challenges

**Washington Community Care Hubs**  
**833-453-0336**

Ongoing care and resource navigation for overlapping needs