## washington recovery help line

## 24-hour help for substance use, problem gambling & mental health

## 866.789.1511

## Confidential Compassionate Nonjudgmental 24/7

Our confidential, compassionate, and nonjudgemental helpline is here for you 24/7. Our trained professionals provide crisis intervention, emotional support, and referrals to your local treatment resources.







Washington State Department of Social & Health Services



866.789.1511 warecoveryhelpline.org