



washington warm line

Connect with peers to support your
emotional and mental health

877-500-9276

Local: 206-933-7001

warmline@crisisconnections.org

crisisconnections.org

A PROGRAM OF



**crisis
connections**



Wellness Strategies

 Enjoy music

 Find a furry friend

 Practice gratitude

 Take a walk

 Do something creative

 Read

 Take a shower or bath

 Watch nature

 Take a nap

 Journal

**Are you interested
in volunteering?**

warmline@crisisconnections.org
crisisconnections.org/volunteer