

988
SUICIDES & CRISIS
LIFELINE | **king
county**

Hope & help are here

Dial 988 | 24 hrs per day
7 days per week

**Need someone
to talk to now?**

**We're always
here to help**

We provide immediate, confidential help for emotional crisis situations. Real, caring professionals will guide you towards the best action and provide resources and referrals. We connect people to emergency mental health services and support.

A PROGRAM OF
 **crisis
connections**