



**You are
growing
every day**



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

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

866-833-6546

WASHINGTON TEEN LINK

6-10pm Call, text and chat

Youth peer-to-peer support

teenlink.org

877-500-9276

WASHINGTON WARM LINE

9am-10pm Mental and emotional support by peers

crisisconnections.org

