



It's okay not to be okay

877-500-9276 | 9am-10pm
daily

Need support for emotional or mental health challenges from someone who's been there?

Washington Warm Line is a free peer-to-peer help line for people experiencing mental and emotional health challenges. Our trained volunteers use their firsthand experience to provide compassionate, confidential and nonjudgmental support.

**No matter what you're going through,
there's no wrong reason to call.**



www.crisisconnections.org/wa-warm-line

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