

The background of the entire page is a lush, tropical scene. In the upper right, there are large, vibrant green monstera leaves. To their left, a branch with several long, slender, light green palm fronds extends diagonally. The lower portion of the image is dominated by a close-up of a pink and white hibiscus flower, with its petals partially visible. The overall color palette is warm and natural, featuring greens, pinks, and yellows.

**Love.
Peace.
Resilience.**



Ways to get help

988 SUICIDE &
CRISIS LIFELINE

24/7 Call | Text | Chat
Chat.988lifeline.org

211 BASIC NEEDS
EMERGENCIES

9am-5pm M-F | WA211.org

24/7 Self-Service

Text WAOD to 89821
Search.WA211.org

866-789-1511

RECOVERY HELP LINE

24/7 Call | Text 9am-9pm
Helpline for substance use and
recovery resources

833-786-7481

**KING COUNTY STOP
HATE HOTLINE**

24/7 Call

Trauma-informed, confidential
line for reporting hate crimes and
bias incidents in King County

Youth & Adult Peer Support

866-833-6546

TEEN LINK | YOUTH

6pm-10pm Text | Call | Chat
teenlink.org/chat

877-500-9276

WARM LINE | ADULTS

2pm-9pm Call

Scan for more help.
Check out our
programs online.

crisisconnections.org

