

**Whatever
you're feeling
is okay.
And, it's
okay to ask
for help.**



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

