

Ways to get help for mental health emergencies, emotional distress and substance use support

988 SUICIDE & CRISIS LIFELINE

24/7 Call, text, chat
[Chat.988lifeline.org](https://www.Chat.988lifeline.org)

211 BASIC NEEDS EMERGENCIES

9am-5pm M-F | [WA211.org](https://www.WA211.org)
24/7 Self-Service
Text WAOD to 898211
[Search.WA211.org](https://www.Search.WA211.org)

RECOVERY HELP LINE

866-789-1511 | Call 24/7
Text 9am - 9pm

Helpline for substance use treatment and recovery

For more about basic needs or connect with peer support and post crisis care visit [crisisconnections.org](https://www.crisisconnections.org)





**It's
okay
not
to be
okay**

