



You are not alone

**Whatever you're
going through,
we'll help you
get through it.**



Ways to get help for peer support and post-crisis care

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
24/7 Self-Service
Text WAOD to 898211
Search.WA211.org

TEEN LINK

866-833-6546

6pm – 10pm Text, Chat, Call

Youth peer-to-peer support

Chat | teenlink.org/chat

WARM LINE

877-500-9276 | Call 2pm – 9pm

Adult peer-to-peer support

KING COUNTY STOP HATE HOTLINE

833-786-7481 | Call 24/7

Confidential, non-emergency line for reporting hate crimes and bias incidents

SUPPORT AFTER SUICIDE

Support for suicide loss survivors

crisisconnections.org/wasas

For mental health emergencies, basic needs substance use and crisis support visit crisisconnections.org

