

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 898211
Search.WA211.org

COMMUNITY LIVING CONNECTIONS
844-348-5464 | 9am-5pm M-F
Resources for older adults, people with disabilities and unpaid family caregivers

COMMUNITY CARE HUB INTAKE CENTER
833-453-0336 | 9am-4pm M-F
Care coordination for help seekers with overlapping needs

RECOVERY HELP LINE
866-789-1511 | Call 24/7 | Text 9am-9pm
Helpline for substance use treatment and recovery

TEEN LINK
866-833-6546 | 6pm-10pm Text, 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

crisisconnections.org

Our programs

988 | **SUICIDE & CRISIS LIFELINE**

211

 **911 diversion**

 **community care hub intake**

 **crisis services**

 **mobile crisis dispatch**

 **stop hate hotline**

 **recovery help line**

 **teen link**

 **warm line**

 **crisis connections**

Business Office: 206-461-3210
PO Box 19612
Seattle, WA 98109
info@crisisconnections.org



 **crisis connections**

Hope Help Healing

Mental health, basic needs
and peer support for all.

Inform
USA



You are not alone

No matter what you're going through, we'll help you get through it.

Each year, more than 700,000 people turn to us for help when they need it most.

If you or someone you know needs support for any mental health, substance use, or emotional concern—or needs assistance with basic needs like food or housing—we can help.

How it works

Reach out: a real, caring person will answer your call, text or chat and provide free, confidential support.

We'll listen: we'll ask you a few questions to understand your situation better, and without judgment. What you share is confidential. Our team of staff and volunteers are here to listen and help.

We'll get through this together: we're here to help and support you, your loved ones and community members with understanding, compassion and resources.

There is no wrong reason to reach out.

How you can help

Volunteer

Volunteers at Crisis Connections are youth and adults from many backgrounds who make a difference in the lives of thousands of people every day. With training from Crisis Connections staff, volunteers provide peer support directly to help seekers through Warm Line and Teen Link. They also raise awareness at community outreach events and can share their professional skills on a variety of projects.

crisisconnections.org/volunteer

Donate

Whether a one-time gift, a monthly commitment, or a contribution through your workplace, we rely on every donation to ensure that no one in our community has to face a crisis alone.

crisisconnections.org/donate

Share and Advocate

We know that people everywhere need support. We're grateful to our community for helping get the word out about our services. Talking with your community and colleagues, sharing our newsletter, blogs or social media content helps others know where to get help when they need it most.

Who we are

Since 1964, Crisis Connections has been a trusted nonprofit serving Washington State. Our mission is to foster resilience and well-being for all by connecting people to accessible and compassionate support. In addition to our helplines, we support survivors of suicide loss, provide community outreach, and offer youth suicide prevention education. Our phone lines support 155+ languages. This is all possible thanks to staff, volunteers, dozens of community partners, and thousands of donors and advocates.

How we can help



Mental Health



Food & Meals



Peer Support



Housing



Utilities



Depression



Loneliness



Substance Use



Stress or Anxiety