



**crisis
connections**
hope · help · healing

**You are
worthy
of healing**
**We are here
to help**



Ways to get help

988 SUICIDE & CRISIS LIFELINE

24/7 Call, text and chat

chat.988lifeline.org

211 BASIC NEEDS EMERGENCIES

9am–5pm M–F Live call, text or

chat 24/7 Text WAOD to 898211

wa211.org

844-348-5464

COMMUNITY LIVING CONNECTIONS

9am–5pm M–F Resources for older adults, people with disabilities, and unpaid family caregivers

833-453-0336

COMMUNITY CARE HUB INTAKE CENTER

9am–12pm, 1pm–4pm M–F

Care coordination for help seekers with overlapping needs

866-789-1511

RECOVERY HELP LINE

Call 24/7 Text 9am–9pm

Helpline for substance use treatment and recovery

warecoveryhelpline.org

866-833-6546

TEEN LINK

6pm–10pm Text, chat and call

Youth peer-to-peer support

teenlink.org/chat

877-500-9276

WARM LINE

Call 2pm–9pm

Adult peer-to-peer support

833-786-7481

KING COUNTY STOP HATE HOTLINE

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

crisisconnections.org

