



**crisis
connections**
support • resources • training

Crisis Line

24-hour Crisis Line provides immediate help to individuals, or families and friends of people in emotional crisis. We provide emotional support, help determine if a caller or loved one needs additional interventions, and are able to recommend appropriate community services.

King County

1 866 427 4747

telephonic services

we are here for you

WA Recovery Help Line

1 866 789 1511

The WA Recovery Help line provides crisis intervention and referral services for WA State residents. Professionally trained staff are available to provide emotional support 24-hours a day. They offer local treatment resources for substance abuse, problem gambling, and mental health as well as to other community services.

Pierce County

1 800 576 7764

North Central WA

grant, chelan, douglas,
okanogan

1 800 576 7764

Southeast WA

clark, Klickitat,
skamania

1 800 576 7764

KC 2-1-1

king county

King County 2-1-1 connects people to the help they need. We provide the most comprehensive information on health & human services in King County. Whether it's for housing assistance, help with financial needs, or to find the location of the nearest food bank.

hours:

M-F, 8 - 6 pm
800.621.4636

Chat M - F 10 - 4 pm

<https://www.crisisconnections.org/king-county-2-1-1/>

Warm Line

1 877 500 9276

WA Warm Line is a peer support help line for people living with emotional and mental health challenges.

Calls are answered by specially-trained volunteers who have lived experience.

They have a deep understanding of what a caller is going through and provide emotional support, comfort, & information. All calls are confidential.

hours:

Daily, 12:30 - 9 pm

National Suicide Prevention Lifeline

1 800 273 8255

The Lifeline provides 24/7 free & confidential support for people in distress, prevention & crisis resources for you or your loved ones, & best practices for professionals.

Teen Link

1 866 833 6546

Teen Link is a confidential and non-judgmental help line for teens. Trained teen volunteers are available to talk with you about any issue or concern. No issue is too big or too small!

chat/call/text

hours:

Daily, 6-10 pm

Ext. 2 for SUD Support

www.teenlink.org



@crisiscnxns