

## **988 Suicide and Crisis Lifeline**

On July 16<sup>th</sup>, 2022, you can call, text, or chat 988 to be connected to the National Suicide Prevention Lifeline (NSPL). It will be confidential, free, and available 24 hours a day, 7 days a week, 365 days a year. You can dial 988 if you are having:

- Thoughts of suicide
- Mental health crises
- Substance use crises
- Any other kind of emotional distress

You can also dial 988 if you are worried about a loved one who may need crisis support. 988 will not replace any crisis call centers in Washington state. It is an addition to the state's network of crisis center providers. The current NSPL number, 1-800-273-TALK (8255), will remain active along with 988.

[Learn more about 988](#)

**Vibrant 988 FAQ's** [Website](#)

**NASMPHD 988 FAQ's** [Website](#)

## **Washington Helplines**

### **King County 24-Hour Crisis Line**

866-427-4747

### **King County 2-1-1**

Call: 211 or 1-800-621-4636

Text: 206-461-3219

### **Washington Recovery Help Line**

866-789-1511

[Website](#)

### **WA Warm Line**

877-500-9276

### **King County Crisis Clinic**

Call: 206-461-3222

### **King County Crisis and Commitment Services**

Call: 206-263-9200

[Website](#)

### **Washington Immigrant Solidarity Network**

Call: 844-724-3737

[Website](#)

## **Crisis and Suicide Helplines**

### **National Suicide Prevention Lifeline**

Call: 1-800-273-8255

[Website](#)

### **Samaritans (24/7 Crisis Services)**

Helpline: Call or Text 877-870-4673

[Website/Chat](#)

### **Crisis Text Line**

Text: 741741 to talk to someone

[Website](#)

### **National TXT 4 HELP**

Text: Text the word "safe" and your current location (address, city, state) to **4HELP** (44357)

[Website](#)

### **IMAlive**

[Website/Chat](#)

## Youth and Parent Helplines

### Childhelp National Child Abuse Hotline

Call or text: 1-800-422-4453

[Website/Chat](#)

### Teen Domestic Violence

Call: 1-866-331-9474

Text: Text LOVIS to 22522

[Website/Chat](#)

### Teen Help

[Website](#)

### Boys Town National Hotline

Call: 800-448-3000, TDD: 1-800-4481833

[Website/Chat](#)

### National Runaway Safeline

Call: 1-800-786-2929

Text: 66008

[Website/Chat](#)

### Teen Link

866-833-6546

### End-Harm Child Protective Services

Call: 1-866-363-4276

[Website](#)

### Friends of Youth Emergency Shelter

Call: 206-236-5437

[Website](#)

## Domestic Violence and Assault Helplines and Resources

### National Domestic Violence Hotline

Call: 1-800-799-7233

TTY/Text: 1-800-787-3224

[Website](#)

### RAINN (National Sexual Assault Hotline)

Call: 800-656-4673

[Website/Chat](#)

### New Beginnings 24-Hour Domestic Violence Hotline

Call: 206-522-9472

[Website](#)

### Domestic Abuse Women's Network (DAWN)

Call: 425-656-7867

[Website](#)

### Domestic Violence Resource Center

[Website](#)

### King County Sexual Assault Resource Center

Call: 425-226-5062 (English) 425-282-0324

(Spanish)

[Website](#)

## Sexual Health Helpline

### National STD and AIDS Hotline (American Sexual Health Association)

Call: 800-232-4636

[Website](#)

## LGBTQ+ Helplines and Resources

### Trevor Project (LGBTQ crisis line)

Call: 1-866-488-7386

Text: text START to 678678

[Website/Chat](#)

### SAGE LGBTQ+ Elder Hotline (older adults)

Call: 888-234-SAGE

### The Trans Lifeline

Call (USA): 877-565-8860 (Canada): 877-339-6366

[Website](#)

### The LGBT National Hotline (all ages)

Call: 888-834-4564

### GLSEN (Gay, Lesbian, and Straight Education Network)

[Website](#)

### It Gets Better Project (IGBP)

[Website](#)

### Ingersoll Gender Center

Website

## Substance Use Information Helplines and Resources

### Substance Abuse and Mental Health Services Administration (SAMHSA) National Hotline

Call: 1-800-662-HELP

[Website](#)

### National Drug Helpline

Call: 1-844-289-0879

[Website](#)

### National Council on Alcoholism and Drug Dependence, Inc. (NCADD)

Call: 1-800-NCA-CALL

### National Institute on Drug Abuse (NIDA)

Call: 1-301-443-1124

### Seattle Alcoholics Anonymous

Call: 206-587-2838

Email: [info@seattleaa.org](mailto:info@seattleaa.org)

[Website](#)

### Narcotics Anonymous

Call: 1-888-GET-HOPE

[Website](#)

### The Partnership at Drugfree.org

Call: 1-855-DRUG-FREE

### Nar-Anon Family Groups

[Website](#)

### Al-Anon Family Groups

[Website](#)

### NARCAN Nasal Spray - How to use - Bing video

[Website](#)

### Stop Overdose

[Website](#)

### Laced and Lethal

[Website](#)

### Naloxone by Mail information

[Website](#)

### The People's Harm Reduction Alliance Order Free Naloxone AKA Narcan

[Website](#)

## Eating Disorder Awareness and Prevention and Resources

### The National Eating Disorders Association (NEDA)

Call: 800-931-2237

[Website](#)

[Screening Tool](#)

[Chat](#)

### Overeaters Anonymous

Call: 206-264-5045

[Website](#)

### The Emily Program

Call: 888-364-5977

[Website](#)

### The Alliance for Eating Disorders Awareness

[Website](#)

### The Eating Disorder Foundation

[Website](#)

## Veteran Helplines and Resources

### Veterans Crisis Line

Call: 1-800-273-8255

[Website](#)

### Washington Department of Veterans Affairs (WDVA Behavioral Health)

[Website](#)

### The Soldier's Project

Call: 877-567-5343

[Website](#)

### Give an Hour

[Website](#)

## Black, Indigenous, and People of Color Mental Health Resources

### Black Mental Health Alliance

[Website](#)

### Cup of Comfort

[Website](#)

### The Association of Black Psychologists

[Website](#)

### Asian Counseling and Referral Service

[Website](#)

### Behavioral Health, Indian Health Services

[Website](#)

### Asian Mental Health Collective

[Website](#)

### Center for Native American Youth

[Website](#)

### Asians Do Therapy

[Website](#)

### Asian LifeNet Hotline

Call: 1-877-990-8585

### Consejo Counseling and Referral Service

[Website](#)

### Latinx Therapy

[Website](#)

## Other Resources

**After a Suicide: A Toolkit for Schools (2<sup>nd</sup> Edition)**

[Website](#)

**Survivors of Suicide Drop-In Support Group**

[Website](#)

**Washington State Department of Health Grief Support Resources**

[Website](#)

**King County Youth Support Resources**

[Website](#)

**Issaquah School District Community Resource**

**Directory**

[Website](#)

**Psychosis REACH Training at the University of Washington**

[Website](#)

**Helpguide.org**

[Website](#)

**99 Coping Skills**

[Website](#)

**WRAP Workbook - Wellness Recovery Action Plan**

[Website](#)

**Washington State Health Care Authority Peer Support Training**

[Website](#)

**National Alliance on Mental Illness (NAMI)**

Call: 206-783-9264

[Website](#)

**Mental Health Centers Database**

[Website](#)

**Find a Mental Health Rehab or Treatment Center**

[Website](#)

**National Poison Hotline**

Call: 1-800-1222

**Homeowner's Help Hotline**

Call: 888-995-4673

[Website](#)