

Crisis Clinic, a safety net for anyone in a crisis, began in 1964 as one family's answer to an act of violence that could have been avoided. As a result of that experience, community members founded one of America's oldest crisis lines—a resource for people in crisis—a place they could call for counseling and intervention—24 hours a day. Today, Crisis Clinic is the focal point for crisis resources that includes training, outreach and a bridge to other community resources. Crisis Clinic maintains its original mission with the financial support of state and local government, United Way of King County, corporations, foundations and individuals. Your financial support is needed to continue this important work.



24-HOUR CRISIS LINE 866.4CRISIS (427-4747)
Local **206.461.3222** TTY **206.461.3219**
www.CrisisClinic.org

KING COUNTY 2-1-1 DIAL **2-1-1** OR **800.621.4636**
TTY **206.461.3610** or **7-1-1 Relay** (Ask for toll-free number.)
www.211KingCounty.org

WA RECOVERY HELP LINE 866.789.1511
TTY **206.461.3219**
waRecoveryHelpLine.org

TEEN LINK 866.TEENLINK (833-6546) Evenings 6-10pm
Local **206.461.4922** TTY **206.461.3219**
www.866TeenLink.org

24-HOUR CRISIS LINE

Are you, or someone you know, experiencing:

- Anxiety or loneliness?
- Family or relationship difficulties?
- Symptoms of mental illness?
- Loss of a job?
- Health concerns?
- Abuse?
- Thoughts of suicide?

The 24-Hour Crisis Line provides immediate help to individuals, families and friends of people in emotional crisis in King County. We can help you determine if you or your loved one needs professional consultation, and we can link you to the appropriate services.

KING COUNTY 2-1-1

Do you need local resources to help you:

- Pay the rent and feed your family?
- Care for a disabled loved one?
- Find in-home services?
- Get home repair assistance?
- Find shelter for the night?
- Obtain family planning or healthcare services?
- Acquire legal or civil rights assistance?

King County 2-1-1 provides expert assistance to people seeking information about community resources. With a database of more than 5,000 King County services, Information and Referral Specialists can explain step-by-step how the social service system works, coach callers on how to access community resources and recommend the agencies best able to help. 2-1-1 also has program specialists in the areas of Housing/Homelessness, Disability, Legal and Caregiver services to provide expert assistance in these areas.

WA RECOVERY HELP LINE

Do you, or someone you know, have:

- Issues related to alcohol or drug abuse?
- Problems related to gambling?
- Symptoms of mental illness?
- Questions about treatment?

The WA Recovery Help Line is an anonymous, confidential 24-hour help line that provides crisis intervention and referral services to Washington State residents struggling with addiction and mental health issues. We can provide emotional support and connect you to local treatment resources for substance abuse, problem gambling and mental health, as well as to other community services.

TEEN LINK

Are you a teen who:

- Just needs someone to listen?
- Is feeling suicidal or has a friend who is?
- Feels like no one understands what you're going through?

Teen Link is an anonymous, confidential teen help line answered by teens every evening between 6 and 10PM. Teen volunteers are trained to talk with their peers about a wide variety of concerns, and can refer callers to specialized agencies that can address their needs. Teens can also chat online at www.866TEENLINK.org.