



Fostering resilience and wellbeing for all by connecting people to accessible and compassionate support.

# You are not alone.

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

[crisisconnections.org](https://crisisconnections.org)    

## Support & Resources

<b>Suicide &amp; Crisis Lifeline</b> .....	<b>988</b>
Thoughts of suicide, mental crisis, substance use crisis, emotional distress	
<b>24-Hour Crisis Line</b> .....	<b>866-427-4747</b>
Immediate help for people in crisis	
<b>King County 211</b> .....	<b>211</b>
Information and referrals to community resources	
<b>Community Living Connections</b> .....	<b>844-348-5464</b>
Serves older adults, persons with disabilities, and their families	
<b>Washington Recovery Help Line</b> .....	<b>866-789-1511</b>
24-hour help line for substance use or gambling support and recovery	
<b>Washington Teen Link</b> .....	<b>866-833-6546</b>
A confidential help line for teens	
<b>Washington Warm Line</b> .....	<b>877-500-9276</b>
Peer support for people with emotional and mental health challenges	