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.
Support & Resources

Suicide & Crisis Lifeline 988
Thoughts of suicide, mental crisis, substance use crisis, emotional distress

24-Hour Crisis Line 866-427-4747
Immediate help for people in crisis

King County 211 211
Information and referrals to community resources

Community Living Connections 844-348-5464
Serves older adults, persons with disabilities, and their families

Washington Recovery Help Line 866-789-1511
24-hour help line for substance use or gambling support and recovery

Washington Teen Link 866-833-6546
A confidential help line for teens

Washington Warm Line 877-500-9276
Peer support for people with emotional and mental health challenges