

Ways to get help

988 SUICIDE & CRISIS LIFELINE

24/7 Call, text and chat
Thoughts of suicide, mental and emotional health, substance use

211 ESSENTIAL NEEDS RESOURCES

9am-5pm M-F Live call or chat
24/7 Text your zipcode to 898211
Essential needs resources and referrals
211kingcounty.org

844-348-5464 COMMUNITY LIVING CONNECTIONS

8am-6pm M-F Resources for older adults, persons with disabilities, and their families

833-453-0336 WASHINGTON COMMUNITY CARE HUBS

9am-5pm M-F Ongoing care and resource navigation for overlapping needs

866-427-4747 CRISIS SERVICES IN YOUR COUNTY

24/7 Support for people in crisis

866-789-1511 WASHINGTON RECOVERY HELP LINE

24/7 Call and text
Helpline for substance use or gambling support and recovery
warecoveryhelpline.org

866-833-6546 WASHINGTON TEEN LINK

6-10pm Call, text and chat
Youth peer-to-peer support
teenlink.org

877-500-9276 WASHINGTON WARM LINE

9am-10pm Mental and emotional support by peers

Our programs



Business Office: 206-461-3210
PO Box 19612
Seattle, WA 98109
info@crisisconnections.org



hope
help
healing



You are not alone

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

Each year, more than 500,000 people turn to us for help when they need it most.

If you or someone you know wants to discuss any mental health, substance use, or emotional concern—or needs assistance with essential needs like food or housing—we can help.

How it works

Reach out: a real, caring person will answer immediately to provide free, confidential support. Many lines are available 24/7/365.

Let us understand: we'll ask you a few questions to understand your situation better, and without judgment. What you share is confidential. Our team of staff and volunteers are here to listen and help.

We'll make a plan together: we're here to listen, understand, connect to resources, and support you however you need it.

There is no wrong reason to reach out.

How you can help

Volunteer

Volunteers at Crisis Connections are of every age and background. And they truly make a difference in the lives of thousands of people every day. With some training (provided by us), you can work directly with callers on one of our helplines—either on the Crisis Line or peer-to-peer support for adults through Warm Line or for youth through Teen Link. Or help with spreading awareness and our many community outreach events. Office and general support roles are also available.

crisisconnections.org/volunteer

Donate

Whether a one-time gift, a monthly commitment, or a contribution through your workplace, every donation helps ensure that no one in our community has to face crisis alone.

crisisconnections.org/donate

Share and Advocate

We know that people everywhere need support. And we rely on empathetic humans to get the word out about our services. Tell your family, tell your friends, tell everyone.

crisisconnections.org/spreadtheword

Who we are

Since 1964, Crisis Connections has been a trusted nonprofit serving Seattle, King County, and Washington State. Our mission is to foster resilience and well-being for all by connecting people to accessible and compassionate support. Besides our helplines, we support survivors of suicide, provide community outreach, and offer youth suicide prevention education. Our phone lines support more than 150 languages. This is all possible thanks to 300 staff, 500 volunteers, dozens of community partners, and thousands of donors and advocates.

How we can help



Housing



Utilities



Food & Meals



Loneliness



Anxiety



Stress



Mental Health & Addiction



Depression



Peer Support