



24/7 Immediate Crisis Support

Phone support: speak to a local crisis counselor

Mobile Crisis Team: in-person help for youth and adults in crisis wherever they are in King County

Dial or text 988

Chat: chat.988lifeline.org

crisisconnections.org    

Support & Resources

988

call, text and chat

Thoughts of suicide, mental crisis, substance use crisis, emotional distress

211

call, text, chat and email

Essential needs resources and referrals

Community Living Connections

844-348-5464

Resources for older adults, persons with disabilities, and their families

Regional Crisis Lines

866-427-4747

Business Office

206-461-3210

Washington Recovery Help Line

866-789-1511

call and text

24-hour help line for substance use or gambling support and recovery

Washington Teen Link

866-833-6546

call, text and chat

A confidential help line for teens by teens

Washington Warm Line

877-500-9276

Peer support for people facing emotional and mental health challenges

Washington Community Care Hubs

833-453-0336

Ongoing care and resource navigation for overlapping needs