



Local & National Crisis Support Services

rev.:

4/01/2024

If you do not feel you can use the Crisis Protocol or it does not match your need and current situation, this resource list can help you get to your next ok moment. These support services **save lives** and are also not a replacement for professional care.

I. LOCAL

1-206-461-3222 • King County Crisis Connections

- You can also reach someone through the chat/messaging on their website.

Local, free, confidential, open 24/7, and have trained professionals (beyond that of even volunteers) that can help you. <https://www.crisisconnections.org/get-help/>

211 • Local Human & Social Services Info (and National)

“211 is the most comprehensive source of local human and social services information in the U.S. and most of Canada. Our teams of compassionate, highly trained specialists are available 24/7 to help you access the best local resources and services to address any need.” “Calls to 211 are routed by the local telephone company to a local or regional calling center. The 211 center’s referral specialists receive requests from callers, access databases of resources available from private and public health and human service agencies, match the callers’ needs to available resources, and link or refer them directly to an agency or organization that can help.” www.211.org

1-866-789-1511 • Washington Recovery Help Line

- A Crisis Connections program.

“We offer an anonymous, confidential 24-hour help line for Washington State residents. This help line is for those experiencing substance use disorder, problem gambling, and/or a mental health challenge. Our professionally-trained volunteers and staff provide emotional support. They can also connect callers with local treatment resources or more community services. Hope is out there. Let us help.” <http://www.warecoveryhelpline.org/>

II. NATIONAL

988 • Suicide & Crisis Lifeline

“988” is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline. By calling or texting 988, you’ll connect with mental health

professionals with the 988 Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline).

- Veterans: Press “1” after dialing 988 to connect directly to the Veterans Crisis Lifeline which serves our nation’s Veterans, service members, National Guard and Reserve members, and those who support them. For texts, Veterans should continue to text the Veterans Crisis Lifeline short code: 838255.
- Spanish: Press “2” after dialing 988. To text with a Spanish-speaking crisis counselor, text AYUDA to 988. To chat with a Spanish-speaking crisis counselor, visit <https://988lifeline.org/es/chat/>.
- LGBTQI+: Press “3” after dialing 988. You can reach a specialized LGBTQI+ affirming counselor by texting “PRIDE” to 988.
- American Sign Language: Call with direct video to 988, and use videophone to speak to someone fluent in American Sign Language.
- Also, people can chat at 988lifeline.org for themselves or a loved one who may need crisis support.”

Federal Communications Commission (<https://www.fcc.gov/988-suicide-and-crisis-lifeline>)

Text “Home” to 741-741 • Crisis Text Line

“Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text.”

<https://www.crisistextline.org/texting-in>

1-800-985-5990 • Disaster Distress Helpline

- Deaf/Hard of Hearing: text “TalkWithUs” to 66746 or TTY 1-800-846-8517
- Spanish Speakers: 1-800-985-5990 and press “2” or text Hablanos to 66746

“SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.” <https://www.samhsa.gov/find-help/disaster-distress-helpline>

1-888-843-4564 • LGBT National Hotline

- help@LGBThotline.org
- HOURS: Monday thru Friday, 1PM to 9PM, PST /Sat, 9AM to 2PM, PST

“LGBT National Hotline provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.” “We provide a safe space that is anonymous and confidential where callers can speak on many different issues and concerns including, but limited to, coming out issues, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide, and much more.”

<https://www.glbthotline.org/hotline.html>

1-800-799-SAFE (7233) • National Domestic Violence Hotline

- Online chat is available 24/7/, 365 days a year
- Spanish: Chat en Español esta disponible cada cuando el botón de chat está en rojo. Para información en español, visita la página “En Español.”

“Our advocates are available 24/7 in more than 200 languages. All calls are free and confidential.” Or “get help without saying a word.” “Safety Alert: Computer use can be monitored and is impossible to completely clear. If you are afraid your internet usage might be monitored, call the National Domestic Violence Hotline at 1-800-799-7233 or TTY 1-800-787-3224. Users of web browser Microsoft Edge will be redirected to Google when clicking the “X” or “Escape” button.” <https://www.thehotline.org/>

1-800-656-HOPE (4673) • National Sexual Assault Hotline

- Crisis chat support is available at Online Hotline.

“Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services.” <https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

1-800-273-8255, press 1 • Veterans Crisis Line

- Text 838255 or chat online via website

“Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. We serve all Veterans, Service Members, National Guard and Reserve, their family members and friends.” <https://www.veteranscrisisline.net/>