

## Resources in Washington

	Phone	Text chat/email	Website
EMERGENCY	911		
24 hour crisis clinic	1-866-427-4747 206-461-3222 (King County)	info@crisisclinic.org	crisisclinic.org
<b>Suicidal concerns</b>			
National Suicide Prevention Lifeline (24x7)	1-800-273-8255 1-800-799-4889 (TTY)	crisischat.org	suicidepreventionlifeline.org
Forefront	206-543-1016	ffront@uw.edu	intheforefront.org
American Foundation for Suicide Prevention	212-363-3500	washington@afsp.org	afsp.org/washington
Survivor outreach program (peer support)	253-778-6287	outreach.afspwa@gmail.com	afsp.org/sop
Crisis Text Line	Text START to 741-741		
<b>Veterans</b>			
National Suicide Prevention Lifeline (24x7)	1-800-273-8255 & press 1	Text to 838255 or VeteransCrisisLine.net/Chat	veteranscrisisline.net militarycrisisline.net <b>Army:</b> preventsuicide.army.mil <b>Navy:</b> suicide.navy.mil <b>Air Force:</b> afms.af.mil/suicideprevention

	Phone	Text chat/email	Website
<b>Recovery, substance abuse, problem gambling, mental health</b>			
Washington Recovery Helpline (24x7)	866-789-1511	recovery@crisisclinic.org	waRecoveryHelpLine.org
<b>LGBTQ</b>			
The Trevor Project (24x7)	1-866-488-7386	info@thetrevorproject.org	thetrevorproject.org
American Foundation for Suicide Prevention (LGBTQ support)	afsp.org/lgbt		
<b>Teens</b>			
Teen Link (6 pm to 10 pm)	866-833-6546	teenlink@crisisclinic.org	866teenlink.org
<b>Homelessness and others</b>			
King County 2-1-1 (M-F 8 am to 6 pm)	211 or 1-800-621-4636 206-461-3610 (TTY)	Chat 10 am to 4 pm crisisclinic.org/find-help/2-1-1-resources-and-information/	crisisclinic.org/education/2-1-1-community-resources
<b>Mental health/ mental illness</b>			
Washington Warm Line (Wed-Sunday, 5 pm to 9 pm) (Peer support for mental illness)	1-877-500-9276 206-461-3210 (King County)	warmline@crisisclinic.org	
Sound Mental Health	1-800-828-1449	admissionsvm@smh.org.	smh.org

Seattle Mental Health clinic	206-764-2007		
NAMI (National Association for Mental Illness)	206-783-9264 800-782-9264	supportlink@nami-greaterseattle.org	nami-greaterseattle.org
NIMH (National Institute of Mental Health)	1-866-615-6464 1-866-415-8051 (TTY)	nimhinfo@nih.gov	nimh.nih.gov
<b>Find behavioral health provider</b>	findtreatments.samhsa.gov		
	mentalhealthamerica.net/finding-help		
<b>Quit Smoking</b>	1-800-784-8669 (QuitLine) 1-800-548-8252 (ALA)	smokefree.gov quitline.com tobaccofreeco.org alaw.org	
<b>UW affiliated</b>			
UW Safecampus (24x7)	206-685-7233		washington.edu/safecampus/
UW Police (non emergency)	206-543-9331/ 206-543-8973		
Health and Wellness (Suicide intervention/alcohol and other drug education/ consultation & assessment)	206-543-6085	livewell@uw.edu	washington.edu/provost/studentlife/wellness.html
Sexual Assault and Relationship Violence Information Service (SARIS)	206-685-4357	saris@uw.edu	