**King County and National Mental Health Resources**

**Community resources:**

* **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)
  + Press “1” for veterans
  + For Spanish callers dial 1-888-628-9454
  + Hotline available 24 hours a day. Telephone calls are transferred to trained counselors in more than 164 crisis centers in 49 states. Call is always confidential and free.
* **Community Support Services,** **King County 2-1-1**
  + Dial 2-1-1 or (206) 461-3200, or 800-621-4636 (M-F 8am-6pm)
  + Free and confidential information and referral, available online 24/7, for help with food, housing, employment, health care, counseling and more
  + <https://www.crisisconnections.org/king-county-2-1-1/>
* **King County Crisis Connections:** (866)-427-4747 (866-4CRISIS)
  + (206) 461-3222 (Local 24 hours). Access to immediate support and services, including the following:
    - Mobile Outreach - Urgent response (within 2 hours) during the moment of crisis
    - Short-term (up to 8 weeks) intensive community-based support
    - <https://www.seattleymca.org/accelerator/familysupport/ccors>
  + (800) 621-4636 (community information line)
  + https://www.crisisconnections.org
    - King County Crisis and commitment services provide evaluations for possible involuntary treatment of people with mental health conditions. **206-263-9200**
  + [www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/mental-health/services/crisis-services/commitment-services.aspx](http://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/mental-health/services/crisis-services/commitment-services.aspx)
* **Seattle Police Crisis Intervention Team:** (206) 615-1219 or 911
  + CIT officers are certified to assist individuals in a mental health crisis in King County
  + Non-emergent Seattle police: 206-625-5011 (press 6 to speak with dispatcher)
* **Washington Recovery Helpline:** 866-789-1511
  + Is a 24-hour hotline that provides support and referrals for those struggling with issues related to mental health, substance abuse, and problem gambling.
  + [www.warecoveryhelpline.org](http://www.warecoveryhelpline.org)
* **Teen Line:** (310) 855-HOPE
  + Call during 6pm-10pm PST
  + Text “TEEN” to 839863
  + TEEN TALK App available for download to receive support from a trained teen
  + <https://teenlineonline.org/>
* **Teen Link:** 1-866-833-6546 (1-866-TEENLINK)
  + Confidential, anonymous, and is a helpline answered by teens, every evening 6pm-10pm PST
  + Teen Link Chat [www.866TEENLINK.org](http://www.866teenlink.org/)
* **Trans Lifeline:** (877) 565-8860
  + Peer support hotline that is run by and for trans people. Available from 7am-1am PST.
  + <https://www.translifeline.org/>
* **LGBTQ Youth Suicide Hotline:** (866-488-7386)
  + 24-hour, confidential suicide hotline
  + Multimedia support network for LGBTQ youth providing crisis intervention and suicide prevention
  + **The Trevor Project** [www.thetrevorproject.org](http://www.thetrevorproject.org)
    - **TrevorChat:** https://www.thetrevorproject.org/get-help-now/#sm.0000wbbhuy11nhe0zvbnpx5rlfxji
    - **TrevorText:** text START to 678678 available 7 days a week between 3am-10pm.
* **LGBT National Help Center:** (888) 843-4564
  + [www.glnh.org](http://www.glnh.org)
    - **LGBT National Youth Talkline**: 1-800-246-PRIDE (7743)
    - [www.glnh.org/talkline](http://www.glnh.org/talkline)
  + **LGBT National Hotline:** 1-888-843-4564
  + **LGBT National Senior Hotline:** 1-888-234-7243
  + Online Talk Groups available for LGBTQ Teens, Trans Youth, and Trans Teens.
* **Sound Mental Health**
  + 206-901-2000
  + www.sound.health
* **WA Warm Line:** 877-500-WARM (9276)
  + Evenings 5pm-9pm PST
  + <https://www.crisisconnections.org/wa-warm-line/>
* **Vets4Warriors:** 1-855-838-8255
  + <https://www.vets4warriors.com/>
  + Veteran peer support, by veterans for veterans. Crisis and resource line.
* **Veterans Crisis Line:** 800-273-8255 and Press 1
  + Chat and text messaging available as well <https://www.veteranscrisisline.net/>
    - **Crisis Chat**: <https://www.veteranscrisisline.net/get-help/chat>
    - **Crisis Text:** <https://www.veteranscrisisline.net/get-help/text>
* **Code 4 NW:** 425-243-5092
  + 24/7 confidential crisis and resource line, first responder peer support and peer mentors available ongoing
  + <http://www.code4nw.org/>
* **Youthline:** 877-968-8491
  + Teens are available to help daily from 4pm-10pm PST daily
  + **Text** teen2teen to 839863
  + <https://oregonyouthline.org/>
* **National Runaway Safeline:** 800-RUNAWAY (800-786-2929)
  + https://www.1800runaway.org
* **National Alliance on Mental Illness, Eastside (NAMI)** 
  + To call: (425) 885-6264
  + https://nami-eastside.org/

**Domestic Violence, Abuse, and Sexual Assault Resources**

* **Children’s Protective Services (CPS)**, Washington State
  + 800-609-8764
  + www.dcyf.wa.gov/services/child-welfare-system/cps
* **24-hour National Child Abuse Hotline** 800-4-A-CHILD (800-422-4453)
* **End Harm-Child Protective Services** 
  + 24-hour 1-866-ENDHARM (866-363-4276)
* <https://www.dshs.wa.gov/report-abuse-and-neglect>
* **24-hour Seattle Domestic Violence Hotline** (New Beginnings) 206-522-9472
* **National Sexual Assault Hotline:** 800-856-HOPE (800-656-4673)
* **RAINN (Rape, Abuse & Incest National Network)**
  + 24-hour 1-800-656-HOPE (4673)
  + [www.rainn.org](http://www.rainn.org)

**Other resources**

* **Youth Eastside Services (YES)**
  + 425-747-4937
  + Provides youth and family behavioral health services in East King County
  + Free/low cost for families who can’t afford to pay for services
* **Friends of Youth**
  + 425-869-6490
  + www.friendsofyouth.org
* [**Alcohol & Drug Helpline**](http://adhl.org/) **24/7**
  + Treatment referral for WA
  + 206-722-3700
* **Alcohol Drug Teen Help Line, WA**
  + 206-722-4222
* **Seattle Alcoholics Anonymous (AA)**
  + <https://www.seattleaa.org/>
  + Email: [info@seattleaa.org](mailto:info@seattleaa.org)
  + Call: (206) 587-2838
  + National website: [www.aa.org/pages/en\_US/find-aa-resources](http://www.aa.org/pages/en_US/find-aa-resources)
* **Al-Anon Family Groups-Recovery from another’s drinking**
  + <http://al-anon.org/>
  + <https://al-anon.org/al-anon-meetings/>
* **Alateen**
  + <http://al-anon.org/for-alateen>
* **Narcotics Anonymous (NA)**
  + <http://www.usrecovery.info/NA/Washington.htm>
  + National website: [www.na.org/meetingsearch](http://www.na.org/meetingsearch)
  + 888-GET-HOPE (888-438-4673) Hopeline
* **Helping a family member**
  + <http://www.helpguide.org/mental/suicide_prevention.htm>
  + https://c.ymcdn.com/sites/www.namimaine.org/resource/resmgr/Veterans\_Resource\_Guide\_for\_.pdf
* **Frequently Asked Questions about Involuntary Treatment and Mental Illness Laws**
  + <https://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/crisis-services.aspx>
* **National Poison Hotline:** 1-800-222-1222
* **SAMHSA Opioid Overdose Prevention Toolkit**
  + <https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>
  + Contains safety advice for patients and resources for family members
* **It Gets Better Project (IGBP)**
  + For LGBTQ youth (teens and young adults) to find support services in your community; is a global movement.
  + <http://www.itgetsbetter.org/>
* **King County Needle Exchange:** 206-263-200
  + [www.kingcounty.gov/healthservices/health/communicable/hiv/resources/needle.aspx](http://www.kingcounty.gov/healthservices/health/communicable/hiv/resources/needle.aspx)
* **Eating Disorders Anonymous**
  + [www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org)
* **National Eating Disorders Association:** 800-931-2237
  + [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
* **Overeaters Anonymous:** 206-264-5045
  + <https://www.seattleoa.org/>

**Hospitals**

* **Seattle Children’s** 
  + 877-968-3408
  + <https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/development/mental-health-resources/>
* **Overlake Psychiatric Services**
  + Outpatient services (425) 688-5460
  + Inpatient services (425) 688-5175
  + <https://www.overlakehospital.org/department/psychiatric-services>
* **Evergreen Behavioral Health**
  + 425-899-6300
  + <https://www.evergreenhealth.com/in-home-behavioral-health>
* **Fairfax Hospital**
  + 425-821-2000
  + <https://www.fairfaxhospital.com/programs/>
* **Swedish**
  + Issaquah 425-313-4000
  + Edmonds 425-640-4000
  + Mill Creek/Redmond 206-386-6000
  + <https://www.swedish.org/services/behavioral-health>