








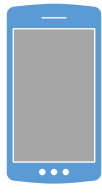




Telephonic Services Provided by Crisis Connections

The 24-Hour Crisis Line provides immediate help to individuals, families, and friends of people in emotional crisis. We can help you determine if you or your loved one needs professional consultation and we can link you to the appropriate services.

Crisis Services Regional	Specialty Services	Information and Referral Services
 <p>Southeast Washington 1-800-576-7764 Clark, Klickitat, Skamania</p>	 <p>WA Warm Line 1-877-500-9276 Mondays - Thursdays 5:00pm - 9:00pm Fridays - Sundays 12:30pm - 9:00pm</p> <p>WA Warm Line is a peer support help line for people living with emotional and mental health challenges. Calls are answered by specially-trained volunteers who have lived experience with mental health challenges. They have a deep understanding of what you are going through and are here to provide emotional support, comfort, and information. All calls are confidential.</p>	 <p>King County 211 Dial 211, email, chat, text</p> <p>King County 2-1-1 connects people to the help they need. We provide the most comprehensive information on health and human services in King County. Whether it's for housing assistance, help with financial needs, or to find the location of the nearest food bank.</p>
 <p>North Central Washington 1-800-852-2923 Grant, Chelan, Douglas, Okanogan</p>	 <p>Teen Link 1-866-833-6546 Chat, Call, Text</p> <p>Teen Link is a confidential and anonymous help line for teens. Trained teen volunteers are available to talk with you about any issue of concern. No issue is too big or too small!</p>	
 <p>Pierce 1-800-576-7764</p>	 <p>WA Recovery Help Line 1-866-789-1511 24/7</p> <p>The Washington Recovery Help Line is a help line that provides crisis intervention and referral services for Washington State residents. Professionally trained volunteers and staff are available to provide emotional support 24 hours a day, and offer local treatment resources for substance abuse, problem gambling and mental health as well as to other community services.</p>	
 <p>KC Crisis Line 1-866-427-4747</p>	 <p>National Suicide Prevention Lifeline 1-800-273-8255</p> <p>The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals</p>	   <p>crisis connections support • resources • training formerly known as crisis clinic</p>