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THREE PEOPLE I CAN CALL NO MATTER WHAT

 NAMI Washington
National Alliance on Mental Illness



POCKET RESOURCE GUIDE

24-hr Crisis Support and Suicide Prevention Hotline

call or text to 988

Crisis counselors are available 24/7 via phone, text, or online chat to support those thinking about suicide, concerned about support those thinking about suicide, concerned about substance abuse, worried about a loved one, and in need of emotional support. More resources and online chat can be found at <https://wa988.org/>

Crisis Lines

Crisis Support Line - Deaf Services

1-800-273-8255 (TTY) or dial 711 then 1-800-723-8255

Línea Directa de Apoyo de Crisis en español1-888-628-9454

Veteran's Crisis Line.....1-800-273-8255, press 1

TrevorLifelineCall 1-866-488-7386 or text "START" to 678-678

Crisis intervention and suicide prevention phone service available 24/7/365.

Trans Lifeline1-877-565-8860

A confidential hotline staffed by transgender people for transgender people.

Kids in Crisis Helpline.....203-661-1911

Trained Crisis Counselors help children and families cope with unsafe situations, crises, and conflicts. Anyone concerned about the welfare of a child is encouraged to call. **Children are welcome to call.** More resources at www.kidsincrisis.org/get-help

NAMI Helplines

NAMI Helpline.....800-950-NAMI (6264) or text "HELPLINE" to 62640

For individuals struggling with their mental health, and in need of help, or support.

Teen & Young Adult Helpline.....800-950-NAMI (6264) or text "FRIEND" to 62640

Offers a direct connection with another young person.

NAMI Helplines are available Monday - Friday 10 AM - 10 PM ET.

Other Helpful Resources

TeenLink -- a Help Line By Teens, For Teens.....1-866-TEENLINK teenlink.org

Youth peer specialists are available to talk by phone from 6-10 pm and chat or text from 6-9:30 pm every night. A statewide directory of mental health, legal, shelter, food, substance abuse, and other resources for youth available at search.teenlink.org.

The National Domestic Violence Hotline1-800-799-SAFE 1-800-787-3224 (TTY)

Teen Dating Violence Hotline.....1-866-331-9474 (call and text)

SAGE LGBT Elder Hotline1-877-360-LGBT (5428)

Talk and be heard at the SAGE LGBT Elder Hotline. Connects LGBT older people with friendly responders. For LGBT elders and caretakers.