

Washington State Resources



If you are experiencing a mental health emergency or need immediate support, please call 911 or go to your nearest emergency room. You can also reach out to the 988 Suicide & Crisis Lifeline by calling or texting 988. For text-based support, you can contact the Crisis Text Line by texting HOME to 741741. If you identify as Native or Indigenous, you can call or text 988 and press 4 to connect with the Native & Strong Lifeline, which offers culturally responsive support.

For local crisis support in Washington State:

County Crisis Lines:

King County Crisis Line: 206-461-3222

Pierce County Crisis Line: 1-800-576-7764

Snohomish County Crisis Line: 1-800-584-3578

Spokane County Crisis Line: 1-877-266-1818

Clark County Crisis Line: 1-800-626-8137

Support for Domestic Violence

If you are seeking support related to domestic violence or need help accessing a safe shelter, you can contact the Washington State Coalition Against Domestic Violence (WSCADV) to be connected with a local program. You can call the National Domestic Violence Hotline at **1-800-799-7233 (SAFE)**, which can help connect you to confidential resources and shelters in your area, including programs listed through WSCADV.

If it feels safer, you can also chat online at thehotline.org or text **START** to **88788** for support. wscadv.org

Culturally Responsive BIPOC Supports

Native & Strong Lifeline: A culturally centered crisis line offering support from Native crisis counselors for Indigenous individuals. Call or text **988**, then press **4** (or text **N8V** to 988) <https://nativelifeline.org>

Native Resource Hub (WA): A support line helping Native and Indigenous individuals connect with local services, including housing, treatment, and community resources. **1-866-491-1683** <https://www.voaww.org/tribalservices>

For Walk-In Urgent Care:

If you're in Washington State and need immediate support, you can call or text **988** to connect with the Suicide & Crisis Lifeline. You'll be routed to local support when available, and they can help guide you to the most appropriate next step, including mobile crisis response or in-person care.

LGBTQIA+ Support

Trans Lifeline: A peer-led support line offering confidential, affirming support for transgender and gender nonconforming individuals. **1-877-565-8860** <https://translifeline.org>

LGBT National Hotline: A confidential support line providing peer support, information, and local resources for LGBTQIA+ individuals of all ages. **1-888-843-4564** <https://www.lgbthotline.org>

Support For Veterans

Veterans Support: If you are a veteran or active duty service member, you can connect with the Veterans Crisis Line for confidential support from counselors who understand military and veteran experiences. Dial **988**, then press **1** or text **838255** <https://www.veteranscrisisline.net>

Accessibility Support

If phone-based support feels difficult or inaccessible, there are options designed to meet different communication needs, including text and videophone services. You can text **988** or **HOME to 741741** to connect with a crisis counselor, or access 988 via videophone for ASL support. <https://988lifeline.org>