



Crisis Resources

24 Hour Crisis Line

Crisis Connections 24 Hour Crisis Line 1-866-427-4747

The 24-Hour Crisis Line provides immediate help to individuals, families, and friends of people in emotional crisis

provides immediate language interpretation in more than 155 languages

Snohomish County 24 Hour Crisis Line 1-800-584-3578

For Teens

Teen Link- Call or text 1-866-833-6546

Chat is available on computer at <https://www.teenlink.org/chat/>

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!

Teen Link accepts calls every day of the week from 6-10:00 pm

Teen Link accepts texts and chats every day of the week from 6-9:30 pm

provides immediate language interpretation in more than 155 languages

For LGBTQ+

The Trevor Project- Call 1-866-488-7386 or text “START” to 678-678

Chat is available on computer at <https://www.thetrevorproject.org/get-help/>

The Trevor Project’s trained counselors understand the challenges LGBTQ young people face and are available for support 24/7. They will listen without judgment.

For Substance Use, Problem Gambling, and Mental Health

WA Recovery 24 Hour Help Line 1-866-789-1511

This help line provides crisis intervention for those experiencing substance use disorder, problem gambling, and/or a mental health challenge.

provides immediate language interpretation in more than 155 languages

Non-Crisis Line

WA Warm Line- Call 877-500-9276

Hours: Monday – Sunday 9:00 a.m. – 10:00 p.m.

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.

provides immediate language interpretation in more than 155 languages