

Helpful Hotlines -

Concern	Hotline	Contact Info	Description
Mental Health	Regional Crisis Line	1.877.266.1818	24/7 Frontier Behavioral Health Crisis Line
Addiction & Mental Health	Washington Recovery Help Line	1.866.789.1511	24/7 help for substance abuse, problem gambling & mental health
Mental Health	Crisis Text Line	Text START to 741741	24/7 crisis support from a crisis counselor via text message *if you identify as a young person of color, text STEVE to 741741 **if the concern is related to disordered eating, text NEDA to 741741
Mental Health	National Suicide Prevention Lifeline	988	24/7 support from a crisis counselor
Trans Mental Health	Trans Lifeline	877.565.8860	Trans-led organization dedicated to improving the quality of trans lives by responding to their critical needs *Available 7 a.m.-1 a.m. PST. Volunteers may be available during off hours
LGBTQ Mental Health	The Trevor Project	1.866.488.7386 Text START to 678678	24/7 crisis support for LGBTQ students *Chat option is also available at www.thetrevorproject.org
Veterans Mental Health	National Suicide Prevention Lifeline	1.800.273.8255 (press 1) Text 838255	24/7 confidential free support for veterans, their family members and friends. *Chat option available at www.veteranscrisisline.net
Suicide Hotline - Spanish	National Suicide Prevention Lifeline	1.888.628.9454	Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted necesita ayuda.
Domestic Violence	YWCA Domestic Violence Helpline	509.326.2255	24/7 support for anyone experiencing domestic violence or who has a friend who is experiencing domestic violence
Sexual Assault	Lutheran Community Services Sexual Assault Crisis Line	509.624.7273 (call or text)	24/7 local sexual assault crisis line
Sexual Assault	National Sexual Assault Hotline (RAINN)	800.656.4673	24/7 support from a trained staff member from a local sexual assault service provider. Chat option available at https://hotline.rainn.org/online .
Eating Disorders	NEDA	800.931.2237	Support, resources and treatment options for yourself or a loved one. Chat option available at www.nationaleatingdisorders.org (Available Monday-Thursday from 6 a.m.-6 p.m. PST, and Friday from 6 a.m.-2 p.m. PST)