### Emergency Resources.

<table>
<thead>
<tr>
<th>Service</th>
<th>Website</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Suicide Prevention Helpline</td>
<td>suicide.org</td>
<td>(800) SUICIDE (800) 273-8255 (800) 799-4TTY (4449)</td>
</tr>
<tr>
<td>National Sexual Assault Hotline</td>
<td>rainn.org</td>
<td>(800) 656-HOPE (4673)</td>
</tr>
<tr>
<td>Lifewire Domestic Violence Program</td>
<td>lifewire.org</td>
<td>(425) 746-1940 (800) 827-8840 (24-hour Crisis Line)</td>
</tr>
<tr>
<td>National Domestic Violence Hotline</td>
<td>thehotline.org</td>
<td>(800) 799-7233 (800) 787-3224 (TTY)</td>
</tr>
<tr>
<td>Alcohol/Drug 24-Hour Referral Line</td>
<td>adhl.org</td>
<td>(206) 722-3700</td>
</tr>
<tr>
<td>Child Protective Services (CPS)</td>
<td>dshs.wa.gov/ca</td>
<td>(866) ENDHARM (363-4276)</td>
</tr>
<tr>
<td>Crisis Clinic of King County</td>
<td>crisisclinic.org</td>
<td>(206) 461-3222 (866) 4CRISIS (427-4747) (206) 461-3219 (TDD)</td>
</tr>
<tr>
<td>Pierce County Crisis Line</td>
<td>co.pierce.wa.us/690/support-groups</td>
<td>(800) 576-7764</td>
</tr>
<tr>
<td>Snohomish County Care Crisis</td>
<td>snohomishcountywa.gov/434/Helpful-Resources</td>
<td>(425) 258-4357</td>
</tr>
<tr>
<td>Veterans Crisis Line</td>
<td>veteranscrisisline.net</td>
<td>(800) 273-8255 (press 1)</td>
</tr>
<tr>
<td>Washington Recovery Help Line</td>
<td>warecoveryhelpline.org</td>
<td>(866) 789-1511 (206) 461-3219 (TTY)</td>
</tr>
<tr>
<td>Disaster Distress Helpline</td>
<td>samhsa.gov/find-help/disaster-distress-helpline</td>
<td>(800) 985-5990 Text TalkWithUs to 66746</td>
</tr>
</tbody>
</table>

### Other Counseling Resources.

These organizations provide counseling services and/or referral services in the Seattle area and east of Lake Washington.

- **Asian Counseling & Referral Services (ACRS)**
  - acrs.org/services | (206) 695-7600

- **Community Psychiatric Clinic (CPC)**
  - cpcwa.org/services.html | (206) 545-2345

- **Consejo Counseling Services**
  - consejocounseling.org | (206) 461-4880

- **Emmaus Counseling Center**
  - emmauscounseling.net | (425) 869-2644

- **Find a Therapist**
  - counselingwashington.com | (425) 598-2128

- **Friends of Youth (FOY)**
  - friendsofyouth.org/mentalhealth.aspx | (425) 869-6490

- **NAMI - Eastside**
  - nami-eastside.org | (425) 885-NAMI (6264)

- **RehabLinks**
  - rehablinks.org (Substance Abuse Resources)

- **Samaritan Center of Puget Sound**
  - samaritanps.org | (206) 527-2266

- **Seattle Counseling Service (SCS)**
  - seattlecounseling.org | (206) 323-1768

- **Sound Mental Health**
  - smh.org | (206) 302-2300

- **Therapeutic Health Services (THS)**
  - ths-wa.org | (425) 747-7892

- **Veterans Services @ LWTech**
  - lwtech.edu/veterans | (425) 739-8213

- **Washington Law Help**
  - washingtonlawhelp.org (Legal Resources)

- **Washington Recovery Help Line**
  - warecoveryhelpline.org | (866) 789-1511 (24-hour)

- **Wellspring Family Services**
  - wellspringfs.org/counseling | (206) 524-9055

- **Women’s Therapy Referral Service**
  - therapyreferral.org | (206) 634-2682

- **Youth Eastside Services (YES)**
  - youtheastsideservices.org/counseling | (425) 747-4937
Other Community Resources.

**Food & Clothing Resources**
- Hopelink
  hopelink.org
  (425) 869-6000
- Issaquah Food & Clothing Bank
  issaquahfoodbank.org
  (425) 392-4123

**Shelters & Housing Resources**
- Hopelink Housing
  hopelink.org/need-help/housing
  (425) 869-6000 (or 2-1-1)
- Attain Housing (formerly KITH)
  attainhousing.org
  (425) 576-9531
- Emergency Housing
  crisisclinic.org/education/emergency-services-brochures/
  King County 2-1-1
- BelRed Family Resource Center
  ugm.org/belred
  (206) 491-0651

**Abuse & Sexual Assault Resources**
- Title IX Resources (Sexual Harassment & Violence)
  aacc.nche.edu/advocacy/pages/resourcesfortitleix.aspx
- LoveisRespect.org | (866) 331-9474
- NoMore.Org
- Not Alone – Together Against Sexual Assault
  notalone.gov
- Rape, Abuse & Neglect National Network (RAINN.org)
- MenCanStopRape.org
- Recovery.org
- National Domestic Violence Hotline | (800) 799-7233

**Substance Abuse Resources**
- Alcohol & Drug Help Line
  adhl.org | (206) 722-3700
- Washington Recovery Help Line
  warecoveryhelpline.org | (866) 789-1511
- Alcoholics Anonymous
  aa.org
- Narcotics Anonymous
  na.org
- Addiction Center
  addictioncenter.com/college | (855) 513-0325
- Rehablinks
  rehablinks.org
- Addiction Resource
  addictionresource.com | (800) 662-HELP (4357)
- Safe Medication Disposal Locations
  kingcountysecuremedicinereturn.org

**Low-Cost Health Clinics**
- King County Public Health Access
  kingcounty.gov/depts/health/locations/health-insurance/access-and-outreach.aspx
  (206) 284-0331
- Public Health Teen Clinics
  kingcounty.gov/depts/health/locations/teen-clinics.aspx
  (206) 477-8000
- Public Health Seattle & King County
  kingcounty.gov/depts/health/locations
- Health Point
  healthpointchc.org/health-centers
  (866) 893-5717
- Partnership for Prescription Assistance
  pparx.org

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