

SUICIDE PREVENTION, MENTAL HEALTH, AND SUBSTANCE ABUSE RESOURCES

National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Call #1-800-273-8255

Website: <https://suicidepreventionlifeline.org>

Crisis Text Line

Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from their secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

[Crisis Text Line](#): Text the word HOME to 741741

1-800-273-TALK (8255)

This line provides immediate assistance to individuals in suicidal crisis by connecting them to the nearest available suicide prevention and mental health service provider.

The Trevor Project

LGBTQ Suicide prevention and crisis intervention services 24/7

1-888-488-7386

Text "START" to 678-678

<https://www.thetrevorproject.org>

CRISIS INTERVENTION

I'm Hurting

ImHurting Crisis Chat is a service offered through Volunteers of America Western Washington in the North Puget Sound and Salish regions. Our mission is to help people by providing online emotional support during times of crisis. Everyone is welcome to talk about what's causing them to feel pain. Our Crisis Counselors will listen to you without judgment and help you feel cared about and safe.

visit www.imhurting.org for the chat/IM option.

Volunteers of America (Western WA)

24-hour crisis line for Clallam, Kitsap, and Jefferson Counties (includes suicide)

1-888-910-0416

<https://www.voaww.org/behavioralhealth>

Trans Lifeline

This line is primarily for transgender people experiencing a crisis

1-877-565-8860

<https://translifeline.org>

Teen Link

Help line for teens by teens, 6pm-10pm

1-866- TEENLINK (833-6546)

<https://www.teenlink.org/>

National Domestic Violence Hotline

800.799.SAFE (7233)

Chat also available

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.

Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

DEPRESSION OR ANXIETY

NAMI WA

National Alliance on Mental Illness WA,

206-783-4288

<https://namiwa.org/>

HEARD Alliance

Health Care Alliance for Response to Adolescent Depression

<https://www.heardalliance.org>

Child Mind Institute

For General Inquiries call 212-308-3118

<https://childmind.org>

SUBSTANCE ABUSE

NIDA (National Institute on Drug Abuse)

24/7 substance abuse and mental health referral line. They give local treatment choices and numbers for support groups;

1-800-662-4357

<https://www.drugabuse.gov>

SAMHSA (Substance Abuse and Mental Health Services Administration)

Open 5am-5pm Mon-Fri;

1-877-622-HELP (4257)

<https://www.samhsa.gov/find-help/national-helpline>

MENTAL HEALTH & SUBSTANCE ABUSE (LOCAL)

Alcoholics Anonymous

360-452-4211

Cedar Grove Recovery

855-269-0335

221 N Race St., Port Angeles, WA 98362

Klallam Counseling

360-452-4432

243613 U.S. Hwy 101, Port Angeles, WA 98362

Narcotics Anonymous

360-477-9367

Peninsula Behavioral Health

360-457-0431

118 E 8th St, Port Angeles, WA 98362

Reflections Counseling

Walk-in appointments available

360-452-4062

3430 E Hwy 101, Port Angeles, WA 98362

North Olympic Healthcare Network (NOHN)

Behavioral Health Services

(360) 452-7891 (call or text)

240 West Front Street, Port Angeles, Washington 98362

933 E. First Street, Port Angeles, Washington 98362