

Grays Harbor Crisis Line: 360-532-4327 OR 1-800-685-6556

24 hours a day, 7 days a week hotline

National Suicide Prevention Lifeline: 1-800-273-8255 Available 24 /7

Nacional de Prevencion del Suicidio: 1-888-628-9454

<http://www.suicidepreventionlifeline.org>

Crisis Text Line

Text TALK to 741-741: available 24/7.

<http://www.crisistextline.org>

Veterans Crisis Line

1-800-273-8255: available 24/7

Text TALK to 838255

www.veteranscrisisline.net

The Trevor Project: Crisis Intervention & Suicide Prevention for LGBTQ

1-866-488-7386 available 24/7

<http://www.thetrevorproject.org>

Trans Lifeline (transgender): 1-877-565-8860

Beyond Survival Sexual Assault Resource Center

1-888-626-2640 OR 360-533-9751 available 24/7

National Teen Dating Abuse Helpline hotline for teens 13 – 18: 1-866-331-9474 available 24/7

www.loveisrespect.org

American Association of Poison Control Centers

1-800-222-1222 available 24/7

www.aapcc.org

www.poison.org

Child Protective Services

1-866-624-6186 available 24/7

<https://www.dshs.wa.gov/ca/child-safety-and-protection/how-report-child-abuse-or-neglect>

National Runaway Safeline

1-800-786-2929 available 24/7

<http://www.1800runaway.org>

nowmattersnow.org: free training and resources including research-based ways for managing the most painful moments of life.

parentguidance.org: free education and therapeutic support to empower and give you hope as you support your child's mental health

mantherapy.org: website focused on men's mental health

(Although care has been taken to ensure the accuracy of the information provided, information provided here is subject to change without notice. Information is provided as is and Grays Harbor Hospital District 1 assumes no responsibility for the use of this information.)