

In need of IMMEDIATE HELP?

24 Hour Mental Health Crisis Line

1-800-584-3578

Are you feeling depressed?

Do you need someone to talk to?

Are you concerned about a friend?

Is worry keeping you up at night?

Domestic Violence and Sexual Assault Services

(360) 715-1563

24 Hour Helpline

National Suicide Prevention Lifeline

1-800-273-8255

Planned Parenthood

(360) 734-9095