

SUICIDE PREVENTION	PHONE NUMBER	NOTES	WEBSITE
National Suicide Prevention Lifeline	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.	<a href="https://suicidepreventionlifeline.org">https://suicidepreventionlifeline.org</a> (Includes online chat)
The Trevor Project	1-888-488-7386	Support for LGBTQ	<a href="https://www.thetrevorproject.org">https://www.thetrevorproject.org</a>
	Text "START" to 678-678.	LGBTQ Suicide prevention and crisis intervention services 24/7	
<b>CRISIS INTERVENTION</b>			
Volunteers of America (Western WA)	1-888-910-0416	24 hour crisis line for Clallam, Kitsap, and Jefferson Counties ( <b>includes suicide</b> )	<a href="https://www.voaww.org/behavioralhealth">https://www.voaww.org/behavioralhealth</a>
	741-741	Crisis Text Line: Text "HOME" for any type of crisis	
		24 hour online crisis chat	<a href="http://www.imhurting.org">www.imhurting.org</a> ,
Trans Lifeline	1-877-565-8860	This line is primarily for transgender people experiencing a crisis	<a href="https://translifeline.org">https://translifeline.org</a>
Teen Link	1-866- TEENLINK (833-6546)	Help line for teens by teens, 6pm-10pm	<a href="http://www.TEENLINK.org">www.TEENLINK.org</a>
<b>DEPRESSION OR ANXIETY</b>			
NAMI	888-999-6264	National Alliance on Mental Illness	<a href="https://www.nami.org/Home">https://www.nami.org/Home</a>
NAMI WA	206-783-4288	National Alliance on Mental Illness WA	<a href="https://namiwa.org">https://namiwa.org</a>
HEARD Alliance		Health Care Alliance for Response to Adolescent Depression	<a href="https://www.heardalliance.org">https://www.heardalliance.org</a>
Child Mind Institute	212-308-3118	For General Inquiries	<a href="https://childmind.org">https://childmind.org</a>

<b>SUBSTANCE ABUSE</b>			
NIDA (National Institute on Drug Abuse)	1-800-662-4357	24/7 substance abuse and mental health referral line. They give local treatment choices and numbers for support groups	<a href="https://www.drugabuse.gov">https://www.drugabuse.gov</a>
SAMHSA (Substance Abuse and Mental Health Services Administration)	1-877-622-HELP (4257)	8am-8pm EST, Mon-Fri	<a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a>
<b>MENTAL HEALTH &amp; SUBSTANCE ABUSE (Local)</b>			
Agape Unlimited	360-373-1529	SA services, Bremerton	<a href="https://www.agapekitsap.org/">https://www.agapekitsap.org/</a>
Bainbridge Youth Services	206-842-9675	MH services, Bainbridge Island	<a href="https://www.askbys.org/">https://www.askbys.org/</a>
Center for Child and Family Therapy	360-698-9258	MH services, Bremerton and Port Orchard	<a href="https://ccftherapy.com/">https://ccftherapy.com/</a>
Clear Creek Psychological Associates	360-698-8980	MH services, Silverdale	<a href="https://clearcreekpsychological.weebly.com/">https://clearcreekpsychological.weebly.com/</a>
Eagle Harbor Counseling	425-478-1000	SA services, Bainbridge Island	<a href="https://www.eagleharborcounseling.com/">https://www.eagleharborcounseling.com/</a>
Fleet and Family Support Center	1-866-854-0638	MH services (Naval families support), Silverdale	<a href="https://kitsap.navylifepnw.com/programs/98922df9-8b05-4813-96fe-3c3e10c101b3">https://kitsap.navylifepnw.com/programs/98922df9-8b05-4813-96fe-3c3e10c101b3</a>
Front Street Clinic	360-697-1141	MH services, Poulsbo, Silverdale, Port Orchard, and Bainbridge Island	<a href="https://www.frontstreetclinic.com/">https://www.frontstreetclinic.com/</a>
Kitsap Mental Health Services	360-373-5031	MH and SA services, Bremerton. After receiving an intake for general counseling services, youth can request substance use/abuse services	<a href="https://www.kitsapmentalhealth.org/">https://www.kitsapmentalhealth.org/</a>
MCS Counseling Group	360-698-5883	MH services, Silverdale	<a href="https://www.mcscounseling.com/">https://www.mcscounseling.com/</a>
Peninsula Community Health Services	360-377-3776	MH and SA services, Silverdale	<a href="https://www.pchsweb.org/">https://www.pchsweb.org/</a>

Port Gamble S'Klallam Chemical Dependency Program	360-297-6326	SA services, Kingston	<a href="https://www.pgst.nsn.us/tribal-programs/tribal-services/health-services/wellness-program">https://www.pgst.nsn.us/tribal-programs/tribal-services/health-services/wellness-program</a>
Suquamish Wellness Center	360-394-8558	SA services, Suquamish, provide assessment and individual counseling (not group or IOP services)	<a href="https://suquamish.nsn.us/home/departments/wellness-center/">https://suquamish.nsn.us/home/departments/wellness-center/</a>
<b>EATING DISORDER</b>			
National Eating Disorders Association (NEDA)	1-800-931-2237	Help line Mon-Thurs 8am-6pm, Fri 8am-2pm	<a href="http://www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a>
	741-741	For a crisis, text "NEDA" to	
Seattle Children's Hospital	1-866-987-2000		<a href="https://www.seattlechildrens.org/clinics/eating-disorders">https://www.seattlechildrens.org/clinics/eating-disorders</a>
The Emily Project	1-888-364-5977	Telehealth and in person. Have locations in Seattle area	<a href="https://www.emilyprogram.com">https://www.emilyprogram.com</a>
<b>MENTAL HEALTH REFERRAL SERVICE</b>			
Washington's Mental Health Referral Service for Children and Teens	833-303-5437	Monday to Friday, 8 am to 5 pm Seattle Children's operates the Mental Health Referral Service for Washington state.	<a href="https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/family">https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/family</a>