



# RESOURCE LIST

## CRISIS

### **KING COUNTY 24-HOUR CRISIS LINE**

1-866-427-4747  
[crisisclinic.org](http://crisisclinic.org)

Connects people who are in emotional, physical, or financial crisis to services and support in order to meet immediate needs for individuals and families.

### **NATIONAL SUICIDE PREVENTION LIFELINE**

1-800-273-8255  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Provides 24-hour assistance connecting people to trained crisis supports who will listen and provide information on local mental health services.

## SEXUAL BEHAVIOR

### **PLANNED PARENTHOOD**

[plannedparenthood.org](http://plannedparenthood.org)

Provides information on sexual health topics such as sexual orientation, sexual pleasure, contraception, pregnancy, dating relationships, and sexual assault. Can get connected with services by finding a clinic near you.

### **KING COUNTY SEXUAL ASSAULT RESOURCE CENTER**

1-888-998-6423  
[kcsarc.org](http://kcsarc.org)

Provides a 24-hour crisis service line for support, information, and referrals by highly trained advocates. Offers evidence-based treatments for children, teens, and adults who are struggling with trauma symptoms as well as legal advocacy.

### **LOVE IS RESPECT**

1-866-331-9474  
[loveisrespect.org](http://loveisrespect.org)  
Text "LOVE IS" to 22522\*

Provides free and confidential 24-hour phone, text, or chat services. Highly-trained peer advocates offer support and information to young adults who are concerned about dating relationships. This is also a resource for allies, friends, family, teachers, and law enforcement.



## SEXUAL ORIENTATION

### **TRANS LIFELINE**

1-877-565-8860

[translifeline.org](http://translifeline.org)

Provides support primarily for transgender people experiencing crisis. This includes those who may be struggling with their gender identity and are not sure if they are transgender.

### **THE TREVOR PROJECT**

1-866-488-7386

Text “Trevor” to 202-304-1200

[thetrevorproject.org](http://thetrevorproject.org)

Provides free and confidential crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning young people ages 13-24. Includes a 24-hour services through phone, text, or chat.

### **INGERSOLL GENDER CENTER**

1-800-273-8255

[ingersollgendercenter.org/what-we-do/](http://ingersollgendercenter.org/what-we-do/)

Provides 24-hour assistance connecting people to trained crisis supports who will listen and provide information on local mental health services.

## SUBSTANCE USE

### **SAMHSA BEHAVIORAL HEALTH TREATMENT SERVICES**

1-800-662-4357

[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

A locator for mental health and/or substance use treatment facilities and programs around the country. Provides information in English and Spanish for individuals and families.

### **WASHINGTON STATE ALCOHOLICS ANONYMOUS (AA)**

[step12.com/washington.html](http://step12.com/washington.html)

Gatherings of men and women who share their experience, strength, and hope in groups with the goal of recovering from problems with alcohol. Groups for Spanish speaking individuals can also be found on this site.

### **WASHINGTON STATE MARIJUANA ANONYMOUS (MA)**

[marijuana-anonymous.org/meetings](http://marijuana-anonymous.org/meetings)

Gatherings of men and women who share their experience, strength, and hope in groups with the goal of recovering from problems with marijuana. Groups for women only can also be found on this site.