

# PROJECT BETTER RESOURCE LIST

IF YOU NEED IMMEDIATE ASSISTANCE:

## National Suicide & Crisis Lifeline

Hours: Available 24 hours a day, 7 days a week

Help for people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress; help is also available for those looking to support a loved one in crisis

Languages: English (voice & text), Spanish (voice only)

**Call or Text: 988**

**Chat: [988lifeline.org/chat](https://988lifeline.org/chat)**

For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255.

## Crisis Text Line

Hours: Available 24 hours a day, 7 days a week.

**Text HOME to 741741**

## Emergency 911

SUICIDE PREVENTION RESOURCES:

## National Suicide Prevention Lifeline:

<http://www.suicidepreventionlifeline.org>

Provides a search for the nearest crisis center in the Lifeline Network and information for individuals and their families.

## Suicide.org

<http://www.suicide.org/suicide-hotlines.html>

Provides resources for helping someone who is suicidal and a list of suicide hotlines outside of the U.S.

## SuicideHotlines.com

<http://www.suicidehotlines.com>

Provides information on what to expect when calling a hotline and a directory of local hotlines by state

## TRAUMA-RELATED RESOURCES:

### Washington Recovery Helpline

**Phone: 1-866-789-1511**, 24 hours/7 days a week

Provides anonymous, confidential 24-hour help for Washington State residents experiencing substance use disorder, problem gambling, and/or a mental health challenge, including trauma-related mental problems

### International Society for Traumatic Stress Studies: Find a Clinician

<https://istss.org/public-resources/find-a-clinician>

### National Institute on Mental Health

<https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd>  
Information on posttraumatic stress disorder.

### Anxiety & Depression Association of America

<https://adaa.org/>

Information on anxiety disorders, including posttraumatic stress disorder.

# ALCOHOL & SUBSTANCE USE RESOURCES:

## Washington Recovery Helpline

**Phone: 1-866-789-1511**, 24 hours/7 days a week

Provides anonymous, confidential 24-hour help for Washington State residents experiencing substance use disorder, problem gambling, and/or a mental health challenge.

## National Alcohol and Substance Abuse Information Center

**Phone: 1-800-784-6776**

Confidential 24-hour referral line

## Alcoholics Anonymous

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

Provides information on 12-step support groups and recovery programs. Available nationwide.

## Smart Recovery

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

Provides information on support groups and recovery programs. Available nationwide.

Find a meeting at: <https://meetings.smartrecovery.org/meetings/location/>

## Addictions, Drug and Alcohol Institute: Learn about Treatment

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

A resource for the community, people with a substance use disorder and their friends and family, and healthcare providers to learn more about treatment options for substance concerns