



911

Trained telecommunicators answer calls and texts and send out police, fire, or ambulance services to people experiencing emergencies that threaten life or property. 911 is available 24/7, 365 days a year.

Call or text 911 for:

- Traffic accidents
- Home invasions or burglaries
- Physical violence or injuries
- Fire
- Drug overdose or serious self-injury
- Unconsciousness
- Suicide attempt in progress



988

Trained crisis counselors answer calls, texts, and chats and provide confidential support to people experiencing a mental health crisis, substance use concerns, or thoughts of suicide. 988 crisis counselors can also share community resources for ongoing support. 988 is available 24/7, 365 days a year.

Contact 988 for:

- Thoughts of suicide
- Feelings of anxiety, depression, or panic
- Substance use concerns
- Any emotional distress or feelings of crisis

Call or text: 988
Chat: 988lifeline.org/chat
TTY: Dial 711, then 988
Videophone for ASL: <https://988lifeline.org/help-yourself/-for-deaf-hard-of-hearing/>




211

Trained information and referral specialists provide support with health and social service needs by connecting people to local services and community resources. 211 hours vary depending on your location. Some call centers are open Monday through Friday, while others are open 7 days a week.

Contact 211 for support with finding local services and resources for:

- Food, shelter, or transportation needs
- Help with rent, housing, and utility costs
- Hygiene and health care needs for yourself or someone else
- Unpaid caregiver support
- Educational or employment assistance
- Supporting older adults and people living with disabilities

Call: 211
Text: ZIP code to 898211
Chat: 211kingcounty.org
TTY: Dial 711, then 211



Community Care Hubs


Care coordinators help people and their families with complex or multiple needs for shelter, transportation, health care, and more. Regional community care hubs connect and coordinate with local organizations to provide ongoing community-based care and support people through the process of getting their needs met.

Contact Community Care Hubs for support with:

- Housing
- Food
- Shelter
- Transportation
- Health care
- Financial assistance

The call center that submits referrals to the Community Care Hubs is available Monday through Friday, 9 a.m. to 7 p.m. and Saturday 9 a.m. to 1 p.m.

Call: 1-833-453-0336



Washington Poison Center

The Washington Poison Center (WAPC) provides immediate, free treatment advice and assistance from trained nurses, pharmacists, and poison information providers.

If you or a loved one has swallowed or been otherwise exposed to any toxic, poisonous, or potentially hazardous substance, you can get confidential support over the phone, 24/7/365. WAPC provides information and support in 140 languages.

The expert who answers your call can give you more information about treatment and offer guidance on when to go to the emergency room or seek other medical treatment.

Call: 1-800-222-1222
TTY: Dial 711 for the Washington Relay Service

