

You are NOT Alone

Free * Confidential * 24/7* For Everyone



Call: 988
Text: 988



Military and Veterans Crisis Line
Call: 988 Press 1
Text: 838255



Ayuda En Español
Llame: 988 Presione: 2
Text: Ayuda to 988



LGBTQI+ Youth
Call: 988 Press 3
Text: 988, reply "Y" when prompted



Native and Strong Lifeline
Call: 988 Press 4



**SNOHOMISH
COUNTY** 
HEALTH DEPARTMENT