

Phone list for help A-Z

1. Suicide Prevention Lifeline 1-800-273-8255 (TALK)
2. Crisis Line (trained crisis counselors) Text Hello to 741741
or call 1-866-427-4747 (866-4-CRISIS)
3. King County Crisis Line. Dial 2.1.1 or 1-800-621-4636
4. Pierce County Crisis Line Dial 7.1.1 or 1-800-576-7764
5. Washington Recovery Hotline. 1-866-789-1511
6. National Domestic Violence Hotline. 1-800-799-7233
7. Washington St. Coalition Against Domestic Violence
Hotline. 1-800-562-1022
8. National Sexual Abuse Hotline. 1-800-656-4673 (HOPE)
9. Teen Link. 1-866-833-6546
10. Child Abuse Hotline. 1-800-422-4453 (4ACHILD)
11. Poison Center. 1-800-222-1222
12. Project Help/WSLC Claims office. 1-800-255-9752
13. To search for Rehab facilities (both drug and alcohol) that
are covered by our insurance, go to WWW.bcbs.com/SURC

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