

Mental Health, Substance Abuse, Suicide Prevention, Family Support Resource Guide

Do you need immediate assistance? Call 911

National Addiction Recovery Resources

Al-Anon (Families of problem drinkers)	http://www.al-anon.org/	888-425-2666
Alcoholics Anonymous	https://www.aa.org/	877-355-8705
Narconon (Drug Addiction Support)	https://www.narconon.org/	888-341-6806
Stop Overdose	https://stopoverdose.org/	
Substance Abuse & Mental Health Services Administration	https://www.samhsa.gov/	877-726-4727
Blue Cross Blue Shield Substance Use Resource Center - Find resources through our Local 302/612 insurance	www.bcbs.com/SURC	

National Crisis Intervention Services Resources

988 Suicide & Crisis Lifeline	https://988lifeline.org/	call or text 988
Crisis Text Line	https://www.crisistextline.org/	Text HELLO to 741-741
National Alliance on Mental Illness	https://www.nami.org/	800-950-6264
National Child Abuse Hotline	https://childhelphotline.org/	800-422-4453 (4ACHILD)
National Domestic Violence Hotline	https://www.thehotline.org/	800-799-SAFE (7233)
National Institute of Mental Health	https://www.nimh.nih.gov/	866-615-6464
National Sexual Assault Hotline	https://www.rainn.org/	800-656-HOPE (4673)
Poison Center	https://www.poison.org/	800-222-1222
Prevent Construction Suicide	https://preventconstructionsuicide.com/	
US Department of Veterans Affairs	https://www.va.gov/	800-698-2411
Veterans Crisis Line	https://www.veteranscrisisline.net/	Dial 988 then press 1
Wounded Warriors Project (Veterans)	https://www.woundedwarriorproject.org/	888-997-2586

Washington

Find Mental health crisis lines in your area	https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-behavioral-health-support/mental-health-crisis-lines#crisis-lines	
Teen Link	https://www.teenlink.org/	866-833-6546
Washington Recovery Help Line	https://www.warecoveryhelpline.org/	866-789-1511

Washington St. Coalition Against Domestic Violence Hotline	https://wscadv.org/	800-562-1022
Washington State Department of Veterans Affairs	https://www.dva.wa.gov/	800-562-2308

Alaska

Alaska Behavioral Health	https://alaskabehavioralhealth.org/	907-563-3200
Alaska Department of Military and Veterans Affairs	https://dmva.alaska.gov/home/	907-428-6003
Alaska Network on Domestic Violence & Sexual Assault	https://andvsa.org/	907-586-3650

Idaho

Idaho Department of Health & Welfare	https://healthandwelfare.idaho.gov/services-programs/behavioral-health	208-398-4357
Idaho Coalition Against Sexual Assault & Domestic Violence	https://idvsa.org/	208-384-0419
Idaho Division of Veterans Services	https://veterans.idaho.gov/	208-780-1300

Last Updated December 21, 2022