



MENTAL HEALTH & COMMUNITY RESOURCES

MENTAL HEALTH

[988 Suicide & Crisis Lifeline](#)

[Talkspace](#)

[BetterHelp](#)

[Charlie Health](#)

[Rula](#)

[Psychology Today](#)

[SAMHSA - Substance Abuse and Mental Health Services Administration](#)

[Prevent Construction Suicide](#)

[Crisis Text Line](#)

[National Alliance on Mental Illness](#)

[National Institute of Mental Health](#)

SUBSTANCE ABUSE

[Alcoholics Anonymous](#)

[Narcotics Anonymous](#)

[Marijuana Anonymous](#)

[Gambling](#)

[Recovery.com](#)

[Al-Anon Family Groups](#)

[Nar-Anon Family Groups](#)

[IUOE Member Assistance Program](#)

COMMUNITY SERVICES

[211 Essential Community Services](#)

DOMESTIC VIOLENCE

[National Domestic Violence](#)

FOOD BANKS – WA

[Puget Sound Labor Agency](#)
[Washington State Food Assistance](#)
[Northwest Harvest](#)

FOOD BANKS – ID

[The Idaho Foodbank](#)

FOOD BANKS – AK

[Food Bank of Alaska](#)

MORTGAGE ASSISTANCE

[Mortgage Assistance | Union Plus](#)

UTILITIES

[Low Income Home Energy Assistance Program](#)

Contact your utility provider directly, many have assistance programs

ADDITIONAL RESOURCES

[The Salvation Army](#)
[St. Vincent de Paul](#)
[National Sexual Assault Hotline](#)
[Veterans Crisis Line](#)
[Wounded Warrior Project \(Veterans\)](#)