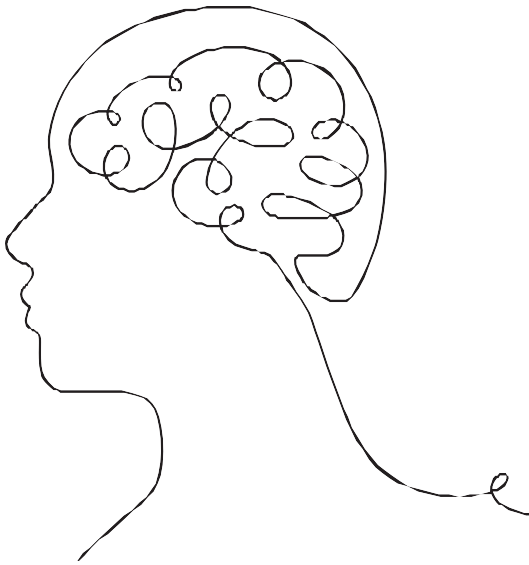


MENTAL HEALTH & COMMUNITY RESOURCES

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
National Problem Gambling Helpline
Smoke Free
Recovery.com
Al-Anon Family Groups
Nar-Anon Family Groups

COMMUNITY SERVICES

211 Essential Community Services

DOMESTIC VIOLENCE

National Domestic Violence

Last updated November 2026

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

FOOD BANKS – MT

Montana Food Bank Network

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)
IUOE Paid Maternity Leave
IUOE National Charity Fund