

<b>SUICIDE PREVENTION</b>			
National Suicide Prevention Lifeline	1-800-273-TALK (8255)	This line provides immediate assistance to individuals in suicidal crisis by connecting them to the nearest available suicide prevention and mental health service provider.	<a href="https://suicidepreventionlifeline.org">https://suicidepreventionlifeline.org</a> (Includes online chat)
The Trevor Project	1-888-488-7386	Support for LGBTQ	<a href="https://www.thetrevorproject.org">https://www.thetrevorproject.org</a>
	Text "START" to 678-678.	LGBTQ Suicide prevention and crisis intervention services 24/7	
<b>CRISIS INTERVENTION</b>			
Volunteers of America (Western WA)	1-888-910-0416	24 hour crisis line for Clallam, Kitsap, and Jefferson Counties ( <b>includes suicide</b> )	<a href="https://www.voaww.org/behavioralhealth">https://www.voaww.org/behavioralhealth</a>
	741-741	Crisis Text Line: Text "HOME" for any type of crisis	
		24 hour online crisis chat	<a href="http://www.imhurting.org">www.imhurting.org</a> ,
Trans Lifeline	1-877-565-8860	This line is primarily for transgender people experiencing a crisis	<a href="https://translifeline.org">https://translifeline.org</a>
Teen Link	1-866- TEENLINK (833-6546)	Help line for teens by teens, 6pm-10pm	<a href="http://www.TEENLINK.org">www.TEENLINK.org</a>
<b>DEPRESSION OR ANXIETY</b>			
NAMI	888-999-6264	National Alliance on Mental Illness	<a href="https://www.nami.org/Home">https://www.nami.org/Home</a>
NAMI WA	206-783-4288	National Alliance on Mental Illness WA	<a href="https://namiwa.org">https://namiwa.org</a>
HEARD Alliance		Health Care Alliance for Response to Adolescent Depression	<a href="https://www.heardalliance.org">https://www.heardalliance.org</a>
Child Mind Institute	212-308-3118	For General Inquiries	<a href="https://childmind.org">https://childmind.org</a>
<b>SUBSTANCE ABUSE</b>			

NIDA (National Institute on Drug Abuse)	1-800-662-4357	24/7 substance abuse and mental health referral line. They give local treatment choices and numbers for support groups	<a href="https://www.drugabuse.gov">https://www.drugabuse.gov</a>
SAMHSA (Substance Abuse and Mental Health Services Administration)	1-877-622-HELP (4257)	8am-8pm EST, Mon-Fri	<a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a>
<b>MENTAL HEALTH &amp; SUBSTANCE ABUSE (Local)</b>			
Cedar Grove Counseling	360-374-5109	SA services, Forks	<a href="https://forkswa.com/listing/cedar-grove-counseling-of-forks">https://forkswa.com/listing/cedar-grove-counseling-of-forks</a>
Klallam Counseling Services	360-452-4432	MH and SA services, Port Angeles	<a href="https://www.elwha.org/departments/klallam-counseling-services">https://www.elwha.org/departments/klallam-counseling-services</a>
North Olympic Healthcare Network	360-452-7891	MH and SA services, Port Angeles	<a href="https://www.nohn-pa.org/behavioral_health_services.php">https://www.nohn-pa.org/behavioral_health_services.php</a>
Olympic Personal Growth Center	360-681-8463	MH and SA services, Sequim	<a href="https://www.facebook.com/Olympicpersonalgrowth">https://www.facebook.com/Olympicpersonalgrowth</a> (do not have a website)
Peninsula Behavioral Health	360-457-0431	MH and SA services, Port Angeles	<a href="https://peninsulabehavioral.org/services/">https://peninsulabehavioral.org/services/</a>
True Star Behavioral Health Program	360-417-2282	SA services, Port Angeles	<a href="https://www.clallam.net/JuvenileServices/truestar.html">https://www.clallam.net/JuvenileServices/truestar.html</a>
West End Outreach Services	360-374-5011	MH service, Forks	<a href="https://www.forkshospital.org/west-end-outreach-services">https://www.forkshospital.org/west-end-outreach-services</a>
<b>EATING DISORDER</b>			
National Eating Disorders Association (NEDA)	1-800-931-2237	Help line Mon-Thurs 8am-6pm, Fri 8am-2pm	<a href="http://www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a>
	741-741	For a crisis, text "NEDA" to	
Seattle Children's Hospital	1-866-987-2000		<a href="https://www.seattlechildrens.org/clinics/eating-disorders">https://www.seattlechildrens.org/clinics/eating-disorders</a>
The Emily Project	1-888-364-5977	Telehealth and in person. Have locations in Seattle area	<a href="https://www.emilyprogram.com">https://www.emilyprogram.com</a>

<b>MENTAL HEALTH REFERRAL SERVICE</b>			
Washington's Mental Health Referral Service for Children and Teens	833-303-5437	Monday to Friday, 8 a.m. to 5 p.m Seattle Children's operates the Mental Health Referral Service for Washington state.	<a href="https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/family">https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/family</a>