

## **National & Washington State Hotlines & Websites - Compiled by [4People.org](http://4People.org)**

Major Update 12/4/2011, Minor Update 9/10/2015

### **CRISIS/ABUSE**

*In an emergency, dial 911*

[Adult Protective Services](#) 1-866-363-4276

[Child Help USA](#) (Multilingual crisis intervention for child abuse) 1-800-422-4453

[Child Protective Services](#) 1-866-363-4276

[National Center for Missing and Exploited Children](#) 1-800-843-5678

[National Domestic Violence Hotline](#) 1-800-799-7233 or 1-800-787-3224 TTY

[National Runaway Switchboard](#) 1-800-RUNAWAY

[National Suicide Hotlines](#) 1-800-784-2433 or 1-800-273-8255

National Youth Crisis Hotline 1-800-448-4663

[Prevent Child Abuse America](#)

[Rape, Abuse, Incest National Network \(RAINN\)](#) 1-800-656-4673

[Safe Place for Newborns](#) (alternative to abandoning babies) 1-877-440-2229

Suicide Prevention Hotline 1-800-784-2433

[Trevor Project](#) (Crisis & Suicide Intervention for LGBTQ youth) 1-866-488-7386

Veterans Crisis Line 1-800-273-8255 then press 1

[Washington Poison Center](#) 1-866-222-1222

[Washington State Domestic Violence Hotline](#) 1-800-562-6025

### **CASE MANAGEMENT**

[DSHS \(Dept of Social & Health Services\)](#) 1-877-501-2233

[Offender Employment Services](#)

[Oxford House of Washington](#) 1-800-689-6411

[Washington County Veterans Coalition](#)

[Washington State Coalition Against Domestic Violence](#)

[Washington State Homeless Coalition](#)

[Washington State OSPI Homeless Student Information & Help](#) 360-725-6050

### **CHILD/ADULT ABUSE**

[Adult Protective Services](#) 1-866-363-4276

[Child Protective Services](#) 1-866-363-4276

[Online Child Psychology Degree - Child Abuse Info](#)

[Prevent Child Abuse America](#)

### **CONSUMER/GOVERNMENT HOTLINES**

[9-to-5 National Association of Working Women](#) 1-800-522-0925

[Care Seat or Child Safety \(NHTSA\)](#) 1-888-327-4236

Better Business Bureau (BBB):

- [Eastern Washington](#) 509-455-4200 or 1-800-356-1007

- [Western Washington](#) 206-431-2222 or 253-830-2924 or 503-212-3022

[Consumer Product Safety Commission](#) 1-800-504-2772

## **National & Washington State Hotlines & Websites - Compiled by [4People.org](#)**

[Credit Karma](#) (free credit score, no credit card needed)

[Department of Licensing \(DOL\)](#)

[Do Not Call Registry](#) 1-888-382-1222 or 1-866-290-4236 TTY

[Equal Employment Opportunity Commission](#) (investigates discrimination) 1-800-669-4000

[Equifax Credit Reporting Agency](#)

- Fraud Alert 1-888-766-0008

- Free credit report 1-800-685-1111 (once yearly)

- Identify theft 1-888-766-0008

[Experian Credit Reporting Agency](#) 1-888-397-3742

[Federal Trade Commission:](#)

- [Consumer Protection](#) 1-877-382-4357 or 1-866-653-4261 TTY

- [Identity Theft Help](#) 1-877-438-4338 or 1-866-653-4261 TTY

[Free Yearly Credit Report](#) (no credit card needed)

[IRS Taxpayer Advocate Service](#) 1-877-275-8271

[Labor & Industries](#) (work disability claims) 1-800-547-8367

[National Highway Traffic Safety Administration](#) 1-888-327-4236 or 1-800-424-9153 TTY

[Opt Out of Pre-Screened Credit Offers](#) 1-888-567-8688

[Product Recalls](#)

[Recycling Information](#) 1-800-RECYCLE

[Small Business Administration](#) 1-800-827-5722

[Social Security Administration](#) 1-800-772-1213

[Telephone Assistance Program](#)

Toll-Free Numbers Information 1-800-555-1212

[Trans Union Credit Reporting Agency](#)

- Fraud Alert 1-800-680-7289

- Free credit report 1-800-888-4213 (once yearly)

- Identify theft 1-800-680-7289

[US Citizenship & Immigration Services](#) (formerly INS) 1-800-375-5283 or 1-800-767-1833  
TTY

[Washington Legislative Hotline](#) 1-800-562-6000

### **FORECLOSURE HELP**

[HUD Approved Housing Counseling Agencies](#)

[Washington State Foreclosure Help](#)

[WSBA Home Foreclosure Project](#) 1-877-894-4663

### **HAZARDOUS/POISONOUS SUBSTANCES**

[Agency for Toxic Substances and Disease Registry](#) 1-888-422-8737

[Environmental Protection Agency](#)

[Poison Control Center](#) 1-866-222-1222

[Toxology Data Network](#) 1-888-FINDNLM

### **HEALTH INSURANCE: Washington Exchange**

## **National & Washington State Hotlines & Websites - Compiled by [4People.org](http://4People.org)**

[Washington Health Plan Finder](#)

### **EDUCATION**

[City University of Seattle Online Education](#) 1-888-42-CITYU

[College Resources for Students with Disabilities](#)

[Nursing Degree Schools Information](#)

[Office of the Superintendent of Education](#) (K - 12) 360-725-6000 or 360-664-3631 TTY

[Tutor Hunt](#) (tutoring help)

[WGU Washington](#) (accredited online university) 1-877-214-7004

[Washington State University](#)

- Graduate 509-335-6424

- Online 509-335-3557

- Undergraduate 1-888-468-6978

[University of Washington](#)

- Graduate 206-543-5900

- Undergraduate 206-543-9686

### **HEALTH HOTLINES/WEBSITES**

#### **- GENERAL HEALTH INFO -**

[Aerobics & Fitness Association of America](#) 1-877-968-7263

[American Medical Association \(AMA\)](#) 1-800-621-8335

[Centers for Disease Control \(CDC\)](#) 1-800-232-4636

[Medic Alert Foundation](#) (provides medical alert regarding health conditions) 1-888-633-4298

[Medline Plus](#) (health information provided by NIH)

[National Health Information Center](#)

[National Institutes of Health \(NIH\)](#)

[Washington State Department of Health \(DOH\)](#) 1-800-525-0127 or 711 TTY

[Washington State Medical Association \(WSMA\)](#) 206-441-9762 or 1-800-552-0612

#### **- ALZHEIMER'S DISEASE -**

[Alzheimer's Association](#) 1-800-272-3900 or 1-866-403-3073 TDD

[Alzheimer's Disease Education & Referral Center \(ADEAR\)](#) 1-800-438-4380

[Alzheimer's Foundation of America](#) 1-866-AFA-8484

[Western & Central Washington Alzheimer's Association](#) 206-363-5500 or 1-800-272-3900

#### **- ARTHRITIS -**

[Washington Arthritis Foundation \(Pacific Northwest Chapter\)](#) 1-206-547-2707 or 1-800-746-1821

#### **- ASTHMA -**

[American Academy of Allergy, Asthma, and Immunology](#) 414-272-6071

[American College of Allergy and Immunology](#) 847-427-1200

[American Lung Association](#) 1-800-LUNGUSA or 1-800-548-8252

[American Lung Association of the Mountain Pacific](#) 206-441-5100

## **National & Washington State Hotlines & Websites - Compiled by [4People.org](#)**

[Asthma and Allergy Foundation of America](#) 1-800-727-8462  
[CDC Asthma Information](#) 1-800-232-4636 or 1-888-232-6348 TTY

### **- AUTOIMMUNE DEFICIENCY DISORDER (AIDS/HIV) -**

[Averting AIDS and HIV](#) (information about AIDS/HIV)  
[CDC HIV/AIDS Information](#) 1-800-CDC-INFO (232-4636) or 1-888-232-6348 TTY  
[CDC National Prevention Information Network \(NPIN\)](#) 1-800-458-5231 & 1-800-656-4674  
TTY  
[HIV/AIDS Treatment Information Service](#) 1-800-448-0440  
[Project Inform](#) 1-800-822-7422

### **- CANCER -**

[American Cancer Society](#) 1-800-227-2345 or 1-866-228-4327 TTY  
[Cancer Survivors Network](#) 1-800-227-2345  
[Chemo Angels](#) (for those undergoing chemotherapy)  
[Colon Cancer Alliance](#) 1-877-422-2030  
[Leukemia & Lymphoma Society](#) 1-800-955-4572  
National Cancer Information Service 1-800-4-CANCER(422-6237)  
[National Cancer Institute \(NCI\)](#) 1-800-4-CANCER(422-6237)  
[National Children's Cancer Society](#) 1-800-532-6459  
[National Coalition for Cancer Survivorship](#) 1-888-650-9127  
[Susan G. Koman for the Cure](#) (breast cancer) 1-877-465-6636  
[Y-ME Breast Cancer Survivors](#) (talk to a survivor) 1-800-221-2141

### **- CEREBRAL PALSY -**

[United Cerebral Palsy](#) 1-800-872-5827  
[United Cerebral Palsy of Oregon & SW Washington](#) 503-777-4166

### **- COLITIS and CROHN'S DISEASE -**

[Crohn's and Colitis Foundation of America](#) 1-800-932-2423  
[Healthline: Crohn's Disease](#) 1-415-281-3100

### **- CYSTIC FIBROSIS -**

[Cystic Fibrosis Foundation](#) 1-800-344-4823

### **- DENTAL -**

[Washington State Dental Association](#)

### **- DIABETES -**

[American Diabetes Association](#) 1-800-342-2383  
- Richland Office 509-943-0858  
- Seattle-Tacoma Office 206-282-4616  
- Spokane Office 509-624-7478  
[Eat Right](#) (ADA nutrition information) 1-800-877-1600  
[Juvenile Diabetes Research Foundation](#) 1-800-533-CURE (2873)  
[Washington State Diabetes Connection](#) 360-236-3963

## **National & Washington State Hotlines & Websites - Compiled by [4People.org](http://4People.org)**

### **- DISABILITIES -**

[Described and Captioned Media Program](#) 1-800-237-6213 or 1-800-237-6819 TTY  
[Delta Society National Service Dog Resource Center](#) 1-800-869-6898 or 1-800-809-2714 TTY  
[Disability Rights Washington](#) 1-800-562-2702 or 1-800-905-0209 TTY  
[Dogs for the Deaf](#) 1-800-990-3647  
[DSHS Department of Developmental Disabilities](#) 1-800-634-4473  
[Easter Seals Washington](#) 206-281-5700 voice/TTY  
[Golden Ears Hearing Dogs](#) 360-868-2783 or 253-565-7184 TTY  
[Guide Dogs of America](#) 818-362-5834  
[Guide Dogs for the Blind](#) 1-800-295-4050  
[March of Dimes Washington](#) 206-624-1373  
[SSI & SSDI](#) (Disability income from Social Security) 1-800-562-6074  
[Summit Assistance Dogs](#) 360-293-5609  
[Washington Assistive Technology Alliance](#) (technological aids) 1-800-214-8731 or 1-866-866-0162 (TTY)

### **- DOWN'S SYNDROME -**

[Down Syndrome Community](#) (Washington)  
[National Down Syndrome Congress](#) 1-800-232-6372  
[National Down Syndrome Society](#) 1-800-221-4602

### **- DYSLEXIA/LEARNING DISABILITIES -**

[College Resources for Students with Disabilities](#)  
[Dyslexia Washington State](#)  
[International Dyslexia Association](#)  
[Learning Disabilities Association of America](#) 412-341-1515  
[Learning Disabilities Association of Washington](#) 425-882-0820

### **- EPILEPSY -**

[Epilepsy Foundation Northwest](#)  
- Portland Office 1-888-828-7651  
- Seattle Office 1-800-752-3509  
- Spokane Office 1-800-752-3509  
- Tri-Cities Office 509-946-5157  
[Epilepsy Foundation of America](#) 1-800-332-1000

### **- FOOT CARE -**

[The Foot Health Network](#) 1-800-526-2739

### **- GERIATRICS (AGING) -**

[DSHS Aging & Disabilities Services Administration](#)  
[National Institute on Aging \(NIA\)](#) 301-496-1752 or 1-800-222-4225 TTY

### **- HEAD INJURY -**

[Brain Injury Association of America](#) 1-800-444-6443

## **National & Washington State Hotlines & Websites - Compiled by [4People.org](http://4People.org)**

[Brain Injury Association of Washington](#) 1-877-824-1766

[National Aphasia Association](#) (inability to speak) 1-800-922-4622

[Traumatic Brain Injury Washington](#) 1-877-TBI-1766

### **- HEADACHE INFORMATION -**

[Alliance for Headache Disorders Advocacy](#)

[American Headache Society](#)

[MAGNUM National Migraine Association](#)

### **- HEARING -**

[American Speech-Language-Hearing Association](#) 1-800-638-8255 or 301-296-5650 TTY

[Described and Captioned Media Program](#) 1-800-237-6213 or 1-800-237-6819 TTY

Deaf Blind Link(Children) 1-800-438-9376 1-800-854-7013 TTY

Delta Society National Service Dog Resource Center 1-800-869-6898 1-800-809-2714 TTY

[Dogs for the Deaf](#) 1-800-990-3647

[Golden Ears Hearing Dogs](#) 360-868-2783 or 253-565-7184 TTY

Hear Now (Helps financially needy individuals obtain hearing aids or cochlear implants) 1-800-648-4327

[Summit Assistance Dogs](#) 360-293-5609

### **- HEART DISEASE -**

*In case of emergency, dial 911*

[American Heart Association](#)

- Heart Information 1-800-242-8721

- Stroke Information 1-800-553-6321

[Heart Disease & Stroke Prevention](#)

### **- HOSPICE -**

[Hospice Foundation of America](#)

Hospice Line Information & Referral 1-800-331-1620

[National Hospice & Palliative Care Organization](#) 1-800-658-8898 or 1-877-658-8896 (non-English)

[Washington State Hospice & Palliative Care Organization](#) 253-661-3739 or 1-866-661-3739

### **- HUNTINGTON'S DISEASE -**

[Huntington Disease Society of America](#) 1-800-345-4372

### **- HYPERTENSION -**

[American Society of Hypertension](#)

### **- INCONTINENCE -**

[Simon Foundation for Continence](#) 1-800-237-4666

### **- KIDNEY -**

[American Kidney Foundation](#) 1-800-622-9010

## **National & Washington State Hotlines & Websites - Compiled by [4People.org](http://4People.org)**

[PKD Foundation](#) 1-800-PKD-CURE

### **- LUNGS -**

[American Lung Association](#) 1-800-LUNGUSA or 1-800-548-8252

[American Lung Association of the Mountain Pacific](#) 206-441-5100

### **- LUPUS -**

[Lupus Foundation of America](#) 1-800-558-0121

### **- LYME DISEASE -**

[Lyme Disease Foundation](#) 860-870-0070

[Lyme Disease Network](#)

### **- MULTIPLE SCLEROSIS -**

[Easter Seals Washington](#) 206-281-5700 voice/TTY

[Multiple Sclerosis Foundation](#)

[National Multiple Sclerosis Society](#) 1-800-344-4867

- Greater Northwest Chapter 206-284-4254

- Inland Northwest Chapter 509-482-2022

### **- MYASTHENIA GRAVIS -**

[Myasthenia Gravis Foundation](#) 1-800-541-5454

- Pacific Northwest Chapter 1-877-252-0677

### **- "ORPHAN"/RARE DISEASES -**

[National Organization for Rare Disorders](#) 1-800-999-6673

### **- PAGET'S DISEASE -**

[Paget's Foundation](#) 1-800-23-PAGET

### **- PARALYSIS -**

[Christopher & Dana Reeve Foundation](#) 1-800-225-0292

[Easter Seals](#) 1-800-221-6827

[Easter Seals Washington](#) 206-281-5700 voice/TTY

[National Spinal Cord Injury Association](#) 718-803-3782

[United Spinal Association](#) 1-800-404-2898

### **- PARKINSON'S DISEASE -**

[National Aphasia Association](#) (inability to speak) 1-800-922-4622

[National Parkinson's Foundation](#) 1-800-473-4636 (English/Espanol)

### **- PATIENT ADVOCACY -**

[Client Assistance Program](#) 1-800-544-2121 or 1-888-721-6072 TTY

Center for Patient Advocacy 800-846-7444 (advocates for patients & aids with getting cancer care)

[How to Appeal a Health Care Insurance Claim](#)

## **National & Washington State Hotlines & Websites - Compiled by [4People.org](http://4People.org)**

[Medicare Appeals](#) 1-800-MEDICARE

[Medicare Rights Center](#) (aids w/Medicare access to care) 1-800-333-4114

[Patient Advocate Foundation](#) (helps appeal insurers' decisions) 1-800-532-5274

[Washington State Office of the Insurance Commissioner \(OIC\)](#) 1-800-562-6900

### **- POISONING -**

*In case of emergency, dial 911*

[American Association of Poison Control Centers](#) 1-800-222-1222

[Washington Poison Center](#) 1-800-222-1222

### **- POLIO -**

[Polio Outreach of Washington](#) 1-800-609-5538

### **- PRESCRIPTION ASSISTANCE -**

[PPA - Partnership for Prescription Assistance](#) 1-888-477-2669

[Washington Prescription Drug Program](#) 1-800-913-4146

### **- REHABILITATION -**

[DSHS Division of Vocational Rehabilitation](#) 1-800-637-5627

[National Rehabilitation Information Center](#) 1-800-346-2742

### **- REYES SYNDROME -**

[National Reyes Syndrome Foundation](#) 1-800-233-7393

### **- SICKLE CELL -**

[Northwest Sickle Cell Collaborative](#)

[Sickle Cell Disease Association of America](#) 1-800-421-8453

### **- STD's - SEXUALLY TRANSMITTED DISEASES -**

[American Social Health Association](#) 919-361-8488

[Sexually Transmitted Diseases Information \(CDC\)](#) 1-800-232-4636 or 1-888-232-6348 TTY

[Washington State STD Information \(DOH\)](#) 1-800-272-2437

### **- SPINA BIFIDA -**

[Easter Seals](#) 1-800-221-6827

[Easter Seals Washington](#) 206-281-5700 voice/TTY

[National Spinal Cord Injury Association](#) 718-803-3782

[Spina Bifida Association](#) 1-800-621-3141

[United Spinal Association](#) 1-800-404-2898

### **- SPINAL CORD INJURY -**

[Christopher & Dana Reeve Foundation](#) 1-800-225-0292

[National Spinal Cord Injury Association](#) 718-803-3782

[United Spinal Association](#) 718-803-3782



## **National & Washington State Hotlines & Websites - Compiled by [4People.org](http://4People.org)**

### **- STROKE -**

*In case of emergency, dial 911*

[American Heart Association](#) 1-800-242-8721

[Heart Disease & Stroke Prevention \(DOH\)](#) 1-800-272-2437

[National Aphasia Association](#) (inability to speak) 1-800-922-4622

[National Stroke Association](#) 1-800-787-6537

### **- STUTTERING -**

[Stuttering Foundation of America](#) 1-800-992-9392

### **- SUBSTANCE ABUSE -**

#### **- Alcohol -**

[Addictions Answers](#)

[Adult Children of Alcoholics](#)

[Al-Anon/Ala-Teen](#) 1-800-344-2666

Alcohol & Drug Helpline 1-800-252-6465

[Alcoholics Anonymous \(AA\)](#) 1-800-925-7370

[American Council on Alcoholism](#) 1-800-527-5344

[ATSI \(Addiction Treatment Services International\)](#) 1-866-962-6200

[Seabrook House](#) 1-800-761-7575

[Substance Abuse & Mental Health Services Administration](#)

[Washington Recovery Help Line](#) 1-866-789-1511

#### **- Drugs -**

[Addictions Answers](#)

Alcohol & Drug Helpline 1-800-252-6465

[ATSI \(Addiction Treatment Services International\)](#) 1-866-962-6200

[Center for Substance Abuse Prevention](#)

[Cocaine Anonymous \(CA\)](#)

[Club Drugs](#)

Cocaine Helpline 1-800-COCAINE (24 hrs)

Drug Help 1-800-378-4435

[Find Treatment](#) 1-800-662-HELP

Office of National Drug Control Policy 1-800-656-4673

[Seabrook House](#) 1-800-761-7575

[Street Drugs](#) - Chart of street drugs

[Marijuana Anonymous \(MA\)](#) 1-800-766-6779

[Narcotics Anonymous \(NA\)](#)

[National Institute on Drug Abuse \(NIDA\)](#)

[Street Drugs](#) - Chart of street drugs

[Substance Abuse & Mental Health Services Administration](#)

[The Addiction Center: Teenage Drug Abuse](#) 1-877-655-5116

[The Guide to LGBT Addiction Treatment](#)

[Washington Recovery Help Line](#) 1-866-789-1511

## **National & Washington State Hotlines & Websites - Compiled by [4People.org](http://4People.org)**

### **- Drugs and/or Alcohol -**

Alcohol & Drug Helpline 1-800-252-6465

[ATSI \(Addiction Treatment Services International\)](#) 1-866-962-6200

[Center for Substance Abuse Prevention](#)

[Find Treatment](#) 1-800-662-HELP

Office of National Drug Control Policy 1-800-656-4673

[Seabrook House](#) 1-800-761-7575

[M.A.D.D. \(Mothers Against Drunk Drivers\)](#) 1-800-GET-MADD (438-6233)

[National Clearinghouse for Alcohol & Drug Information](#) 1-800-729-6686

[National Council on Alcohol and Drug Dependency](#) 1-800-NCA-CALL (622-2255)

[Substance Abuse & Mental Health Services Administration](#)

[Washington Recovery Help Line](#) 1-866-789-1511

### **- Other Substance Abuse -**

[Inhalent.org](#)

[Anabolic Steroids Hotline](#) 1-800-STEROIDS

[Substance Abuse & Mental Health Services Administration](#)

### **- Smoking -**

[Quitline](#) 1-800-QUIT-NOW

### **- SYRINGOMYELIA -**

[American Syringomyelia & Chiari Alliance Project](#) 1-800-ASAP-282

[Syringomyelia Information](#)

### **- TOURETTE SYNDROME -**

[National Tourette Syndrome Association](#) 718-224-2999

[Tourette Syndrome "Plus"](#)

### **- TRANSPLANTS (donor/recipient)-**

[Bone & Marrow Transplant Information Network](#) 1-888-597-7674

[Children's Organ Transplant Association](#) (helps w/ expenses) 1-800-366-2682

[Living Bank](#) (Organ/tissue donor registry & referrals for recipients) 713-528-2971

[National Bone Marrow Transplant Link](#) 1-800-546-5268

[National Marrow Donor Program - Be the Match](#) 1-800-627-7692

[National Foundation for Transplants](#) (provides support & assistance) 1-800-489-3863

[United Network for Organ Sharing](#) 1-888-894-6361

### **- UROLOGIC DISORDERS -**

[American Urological Foundation Association](#) 1-800-828-7866

### **- VISION -**

[American Council of the Blind](#) 1-800-424-8666

[American Foundation for the Blind](#) 1-800-232-5463

[Guide Dog Foundation for the Blind](#) 1-800-548-4337

## **National & Washington State Hotlines & Websites - Compiled by [4People.org](http://4People.org)**

[Guide Dogs for the Blind](#) 1-800-295-4050

[Guide Dogs of America](#) 818-362-5834

[Helen Keller Services for the Blind](#)

[Prevent Blindness America](#) 1-800-331-2020

[National Association for Parents Children with Visual Impairments](#) 1-800-562-6265

[Washington State School for the Blind](#) 360-696-6321

### **-WOMEN'S HEALTH –**

[Womenshealth.org](http://Womenshealth.org)

### **HEALTH INSURANCE**

[Apple Health for Kids](#) (assistance w/ health care) 1-800-562-3022

[HRSA Health Care Assistance in Washington State](#) 1-800-562-3022

[PPA - Partnership for Prescription Assistance](#) 1-888-477-2669

[Washington Basic Health Plan](#) 1-800-660-9840

[Washington Prescription Drug Program](#) 1-800-913-4146

### **HOUSING**

Homelessness 24-hr Hotline 1-800-654-8595

[Housing and Urban Development \(HUD\)](#) (low income) 1-877-741-3281

[Oxford Houses - Washington State](#)(clean & sober housing) 1-800-562-1240

[Washington Low Income Housing Alliance](#) 206-442-9455

### **IDENTITY THEFT**

Credit Reporting Agencies:

- [Equifax Credit Reporting Agency](#) 1-888-766-0008

- [Experian Credit Reporting Agency](#) 1-888-397-3742

- <http://www.transunion.com/>>Trans Union Credit Reporting Agency 1-800-680-7289

[FTC Identity Theft Help](#) 1-877-438-4338 or 1-866-653-4261 TTY

[Understanding Identity Theft](#)

### **LEGAL AID**

[Home Foreclosure Project \(WSBA\)](#) 1-877-894-4663

[National Center for Victims of Crime](#)

[Victim/Witness Notification Program](#) 1-800-422-1536

[Family and Friends of Violent Crime Victims](#) 1-800-346-7555

[Northwest Justice Project – CLEAR](#) (civil legal aid for low income)

- Inside King county 211 or 1-877-211-WASH (9274)

- Outside King county 1-888-201-1014

- Seniors (60+, any income level) 1-888-387-7111

[Washington State Bar Association \(referrals\)](#) 1-800-945-WSBA

### **MENTAL & BEHAVIORAL HEALTH**

## **National & Washington State Hotlines & Websites - Compiled by [4People.org](http://4People.org)**

*If you need to talk now, call 1-800-273-8255*

### **- DEPRESSION -**

[Depression Screening Online](#)

[International Foundation for for Research & Education on Depressive Illness](#)

[Kristin Brooks Hope Center Hopeline](#) 1-800-784-2433

### **- GAMBLING -**

[DSHS Problem Gambling](#)

[Evergreen Council on Problem Gambling](#) 1-800-547-6133

[Gamblers Anonymous \(GA\)](#) 1-888-GA-HELPS (424-3577)

[National Council on Problem Gambling](#) 1-800-522-4700

[Washington Recovery Help Line](#) 1-866-789-1511

[Washington State Problem Gambling Program](#) 1-800-547-6133

### **- GAY/LESBIAN/BI/TRANSGENDER MENTAL HEALTH -**

[GLBT National Help Center](#)

- Adult Hotline 1-888-843-4564

- Youth Hotline (through age 25) 1-800-246-7743

[Pride Institute for Lesbian and Gay Mental Health](#) 1-800-54-PRIDE (77433)

[Trevor Project](#) (Crisis & Suicide Intervention for LGBTQ youth) 1-866-488-7386

### **- GENERAL -**

[American Association on Intellectual & Developmental Disabilities](#) 1-800-424-3688

[American Psychological Association](#)

Anxiety Panic Attack Hotline 1-800-64-PANIC

[Gift from Within](#) (for survivors of PTSD)

[Mental Health America](#) 1-800-969-6642

Mental Health Info Source 1-800-447-4474

[National Alliance on Mental Illness \(NAMI\)](#) 1-800-950-NAMI (6264)

[National Alliance on Mental Illness \(NAMI\) – Washington State](#) 360-584-9622

[National Institute of Mental Health \(NIMH\)](#) 1-800-421-4211

[Online Asperger Syndrome & Information Support \(OASIS\)](#)

[The Arc](#) 1-800-433-5255

[Washington Recovery Help Line](#) 1-866-789-1511

### **- GRIEF RECOVERY -**

[GROWW](#) 1-800-445-4808

[Pet Loss Hotline at Washington State](#) 1-866-266-8635

### **- SELF MUTILATION -**

[S.A.F.E. Alternatives](#) 1-800-DONTCUT (366-8288)

### **- SUICIDE -**

[American Association of Suicidology](#)

## **National & Washington State Hotlines & Websites - Compiled by [4People.org](http://4People.org)**

[American Foundation for Suicide Prevention](#) 1-888-333-AFSP (2377)

[Befrienders Worldwide](#)

[Live With Depression](#)

[National Suicide Hotlines](#) 1-800-784-2433 or 1-800-273-8255

National Youth Crisis Hotline 1-800-448-4663

[Suicide Awareness Voices of Education \(SAVE\)](#)

Suicide Prevention Hotline 1-800-784-2433

[Trevor Project](#) (Crisis & Suicide Intervention for LGBTQ youth) 1-866-488-7386

[Youth Suicide Prevention Program](#)

### **PARENTING/FAMILIES**

#### **- ADOPTION -**

[Adoption.com](#) (find profiles of hopeful parents)

[Adoption Network](#)(help guide and support expectant Mother through adoption process)

[Adoption Support](#) 1-800-562-5682

[Adoptive Families](#) (online magazine providing resources and stories of families considering adoption)

[Bethany Christian Services](#) 1-800-BETHANY (238-4269)

[National Adoption Center](#) 1-800-TO-ADOPT (1-800-862-3678)

[Newborn Lifeline Network](#) (prevention of abandonment of newborns) 1-866-694-BABY

#### **- CHILD ABUSE/DOMESTIC VIOLENCE -**

[Child Help USA](#) (Multilingual crisis intervention for child abuse) 1-800-422-4453

[Child Protective Services](#) 1-866-363-4276

[Washington State Domestic Violence Hotline](#) 1-800-562-6025

#### **- FATHERS INFORMATION & WEBSITES -**

[Fathers Are Parents Too](#)

[Father's World](#)

[National Center for Fathering](#)

[National Fatherhood Initiative](#)

#### **- GENERAL INFORMATION -**

[Adolescents & Youth \(CDC\)](#) 1-800-CDC-INFO

[American SIDS Institute](#) 239-431-5425

[Babycenter](#)

[BabyResource](#)

[Children's Craniofacial Association](#) 1-800-535-3643

[Disney Family.com](#)

[Easter Seals](#) 1-800-221-6827

[Easter Seals of Washington](#) 206-281-5700 voice/TTY

[Helpguide](#)

[Interaction Consultants](#) (Expert Advice from Gary Direnfeld, MSW, RSW)

[International MOMS Club](#)

[Kid Source Online](#)

## **National & Washington State Hotlines & Websites - Compiled by [4People.org](http://4People.org)**

[Leche League International](#) 1-800-LA-LECHE

[Mocha Moms](#)

[Mothers and More](#)

[Mothers of Preschoolers](#)

[National Runaway Switchboard](#) 1-800-RUN-AWAY

[Parent Further](#)

[Parent News](#)

[Parenthood.com](#)

[Parenting Press](#)

[Parents - the anti-Drug](#)

[Parents Anonymous](#)

[Parents Talk](#)

[PBS Parents](#)

[PFLAG Northwest](#)

[Positive Parenting](#)

[PRIDE Youth Programs](#) 1-800-668-9277

[Safe Place for Newborns](#) (alternative to abandoning babies) 1-877-440-2229

[Special Olympics](#) 206-362-4949

[The Addiction Center: Teenage Drug Abuse](#) 1-877-655-5116

[US Dept of Health & Human Services](#)

[Washington State Division of Child Support](#)

[WIC – Women, Infants, Children](#) (food & nutrition) 1-800-322-2588

### **- SINGLE PARENTS –**

[Parents without Partners](#)

[Single Parents World](#)

[Washington State Division of Child Support](#)

### **- STEP PARENTS -**

[National Stepfamily Resource Center](#)

[Steps for step mothers](#)

## **SENIORS**

[AARP](#) 1-888-687-2277

[AARP Washington](#) 1-866-227-7457

[Adult Abuse Hotline](#) 1-866-363-4276

[Adult Family Home/Assisted Living Facility Complaint Hotline](#) 1-800-244-5908

[Aging and Disability Services Administration \(ADSA\)](#) 1-800-562-6078

[Benefits Checkup](#)

[Easter Seals](#) 1-800-221-6827

[Easter Seals of Washington](#)

[Eldercare Locator Info & Referral](#) 1-800-677-1116

[Long Term Care Ombudsman](#) 1-800-244-5908

[Meals on Wheels Locator](#)

[National Assoc. of Professional Geriatric Care Managers](#)

## **National & Washington State Hotlines & Websites - Compiled by [4People.org](http://4People.org)**

### National Council on Aging

Retired Public Employees Council of Washington State 1-800-562-6097

Northwest Justice Project – CLEAR\*sr (legal aid for civil matters) 1-888-387-7111

Social Security Administration 1-800-772-1213

WA State Long Term Care Ombudsman 1-800-244-5908

WA State Ombudsman 1-800-562-6028

WA State Senior & Disabled Adults 1-800-422-3263

### **- HOSPICE -**

#### Hospice Foundation of America

Hospice Line Information & Referral 1-800-331-1620

National Hospice Helpline 1-800-658-8989

Washington State Hospice & Palliative Care Locator 1-866-661-3739

### **TIME SENSITIVE HELP**

#### **- MISSING PERSONS -**

##### Amber Alert

Beyond Missing (steps to take, template to create missing child flyer)

Child Find of America (missing children) 1-800-426-5678

Children of the Night (rescue children from prostitution) 1-800-551-1300

Covenant House Nine Line (relays msgs between child & parent) 1-800-999-9999

National Center for Missing and Exploited Children 1-800-843-5678

National Runaway Switchboard 1-800-RUN-AWAY

Operation Lookout: National Center for Missing Youth 1-800-782-7335

Parent Abduction Hotline 1-800-292-9688

Washington State Patrol Amber Alert Center

Washington State Patrol Missing Persons Unit 1-800-543-5678

#### **- PREGNANCY -**

Bethany Christian Services (Pro Life) 1-800-BETHANY

Birthright International 1-800-550-4900

Newborn Lifeline Network (Prevention of abandonment of newborns) 1-866-694-BABY

Option Line (Pro Life) 1-800-395-HELP

Planned Parenthood 1-800-230-7526

Pregnancy Center (Pro Life) 1-800-395-HELP

Safe Place for Newborns (alternative to abandoning babies) 1-877-440-2229 ext 3

WIC – Women, Infants, Children (food & nutrition) 1-800-322-2588

### **TELEPHONE & CELL PHONE SERVICE**

Assurance Wireless (free for low income) 1-888-898-4888

AT&T Wireless Lifeline Service 1-800-377-9450

Safelink Wireless (free for low income) 1-800-723-3546

Washington Telephone Access Program (WTAP) (subsidized service)

## **National & Washington State Hotlines & Websites - Compiled by [4People.org](http://4People.org)**

### **TRANSPORTATION**

[APTA – Washington Public Transit Info](#)

[National Patient Travel Center](#) (help with long distance medical travel) 1-800-296-1217

### **VETERANS AFFAIRS**

[Washington State Department of Veterans Affairs](#) 1-800-562-2308

[United States Department of Veterans Affairs \(VA\)](#)

- Crisis Line 1-800-273-8255 then press 1
- GI Bill/Education 1-888-442-4551
- Health Care 1-877-222-8387
- TDD 1-800-829-4833
- VA Benefits 1-800-827-1000

### **YOUTH IN CRISIS**

[Child Help](#) – National Abuse Hotline 1-800-4-A-CHILD

[Covenant House Nineline](#) 1-800-999-9999

[LGBT Teens](#)

[National Center for Missing and Exploited Children](#) 1-800-843-5678

[National Runaway Switchboard](#) 1-800-RUNAWAY

National Youth Crisis Hotline 1-800-448-4663

[Trevor Project](#) (Crisis & Suicide Intervention for LGBTQ youth) 1-866-488-7386

[Youth Suicide Prevention Program](#)

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