

National & Washington State Hotlines & Websites - Compiled by 4People.org

Major Update 12/4/2011

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

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

[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

National & Washington State Hotlines & Websites - Compiled by 4People.org

[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 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

National & Washington State Hotlines & Websites - Compiled by 4People.org

- 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
[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

- CYSTIC FIBROSIS -

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

- DENTAL -

National & Washington State Hotlines & Websites - Compiled by 4People.org

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

- 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 -

[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

National & Washington State Hotlines & Websites - Compiled by 4People.org

- 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

[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

National & Washington State Hotlines & Websites - Compiled by 4People.org

- KIDNEY -

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

[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

[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

- STROKE -

National & Washington State Hotlines & Websites - Compiled by 4People.org

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 -

[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

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

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

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

- Drugs -

Alcohol & Drug Helpline 1-800-252-6465

[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](#)

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

- Drugs and/or Alcohol -

Alcohol & Drug Helpline 1-800-252-6465

[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 & Washington State Hotlines & Websites - Compiled by 4People.org

[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
[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

HEALTH INSURANCE

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

National & Washington State Hotlines & Websites - Compiled by 4People.org

[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

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

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

National & Washington State Hotlines & Websites - Compiled by 4People.org

- 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](#)

[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

[Connect for Kids](#)

[Disney Family.com](#)

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

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

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

[International MOMS Club](#)

[Kid Source Online](#)

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

[Mocha Moms](#)

[Mothers and More](#)

[Mothers of Preschoolers](#)

[National Child Care Information Center](#) (in English and Spanish)

[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

[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 & Washington State Hotlines & Websites - Compiled by 4People.org

[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 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

National & Washington State Hotlines & Websites - Compiled by 4People.org

[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)

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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