

2009 National and Statewide Hotlines and Websites - Compiled by 4People.org

ECONOMIC RESOURCE CENTER

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

[One-Stop Economic Resource Center \(2008-9\)](#)

(For those affected by the economy)

CRISIS/ABUSE

In an emergency, dial 9-1-1

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

[CHILD HELP USA](#) (Multilingual crisis intervention for child & domestic 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

[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

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

[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 – Suicide Prevention Hotline for Gays and Lesbians](#) 1-866-488-7386

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

CASE MANAGEMENT

[ESD](#) (For homeless youth in school)

[Offender Employment Services](#)

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

[Washington County Veterans Coalition](#)

[Washington State Coalition Against Domestic Violence](#)

[Washington State Homeless Coalition](#)

CONSUMER/GOVERNMENT HOTLINES

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

[Auto/Child Safety Seat Hotline](#) 1-888-327-4236

Better Business Bureau (BBB)

- [Eastern Washington](#) 1-800-356-1007

- [Western Washington](#)

[Consumer Product Safety Commission](#) 1-800-638-2772
[Credit Karma \(free credit score - no credit card needed\)](#)
[Department of Licensing \(DOL\)](#)
[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](#) (Identity theft help) 1-877-FTC-HELP
[Free Yearly Credit Report](#)
[Labor & Industries](#) (work disability claims) 1-800-547-8367
[National Highway Traffic Safety Administration](#) 1-888-327-4236
[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
[Taxpayer Advocate Service - IRS](#) 1-877-275-8271
[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 (TTY 1-800-767-1833)
[Washington Legislative Hotline](#) 1-800-562-6000

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](#) 1-800-233-4886
[American Medical Association \(AMA\)](#) 1-800-621-8335
[Medic Alert \(provides medical alert regarding health conditions\)](#) 1-800-432-5378
[Medline Plus](#) (health information by NIH)
[National Health Information Center](#)
[Washington State Department of Health \(DOH\)](#) 1-800-525-0127 or 711 TTY

- ALZHEIMER'S DISEASE -

[Alzheimer's Association 1-800-272-3900 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](#)

- ARTHRITIS -

[Arthritis Foundation \(Pacific Northwest Chapter\) 1-800-283-7800 or 1-888-845-5695](#)

- ASTHMA -

[American Academy of Allergy, Asthma, and Immunology](#)

[American College of Allergy and Immunology 1-800-842-7777](#)

[American Lung Association of Washington 1-800-732-9339](#)

[American Lung Association 1-800-LUNGUSA or 1-800-548-8252](#) to speak to a lung professional

[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 National HIV/AIDS Treatment Hotline 1-800-822-7422](#)

- CANCER -

[American Cancer Society 1-800-227-2345 or 1-866-228-4327 TTY](#)

[Breast Cancer Network of Strength](#) (talk to a survivor) 1-800-221-2141

[Cancer Survivors Network 1-800-227-2345](#)

[Chemo Angels](#) (for those undergoing chemotherapy)

National Cancer Information Service 1-800-4-CANCER(422-6237)

[National Cancer Institute](#)

[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

- CEREBRAL PALSY -

[United Cerebral Palsy 1-800-872-5827](#)

- 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 -

[UW School of Dentistry Dental Referrals](#)

[Washington Dental Referral](#) 1-800-800-1850

[Washington Denturist Association](#) (dentures) 1-800-680-9255

- DIABETES:

[American Diabetes Association](#) 1-800-342-2383

[Eat Right \(ADA nutrition information\)](#)

[Juvenile Diabetes Research Foundation](#) 1-800-533-CURE (2873)

[Washington State Diabetes Connection](#)

- DISABILITIES -

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

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

[Disability Rights Washington](#) 1-800-562-2702 1-800-905-0209 TTY

[Dogs for the Deaf](#)

[DSHS Department of Developmental Disabilities](#) 1-800-634-4473

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

[Golden Ears Hearing Dogs](#)

[March of Dimes Washington](#) 1-800-727-3705

[SSI & SSDI \(Disability income\)](#) 1-800-562-6074

[Washington Assistive Technology Alliance](#) (helps disabled w/ technology) 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 -

[Dyslexia Washington State](#)

[International Dyslexia Association](#)

[Learning Disabilities Association of America](#)

[Learning Disabilities Association of Washington](#)

- EPILEPSY -

[Epilepsy Foundation of America](#) 1-800-332-1000

- FOOT CARE -

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

- 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

- HEADACHE INFORMATION -

[American Headache Society](#)

[Headache.org](#)

[MAGNUM National Migraine Association](#)

- HEARING -

[American Speech-Language-Hearing Association](#) 1-800-638-8255

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

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](#)

[Golden Ears Hearing Dogs](#)

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

- HEART DISEASE -

[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 Helpline 1-800-658-8989

[Washington State Hospice & Palliative Care Locator](#) 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

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

- LUNGS -

[American Lung Association of Washington](#) 1-800-732-9339

[American Lung Association](#) 1-800-LUNGUSA or 1-800-548-8252 to speak to a lung professional

- LUPUS -

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

- LYME DISEASE -

[Lyme Disease Foundation](#) 1-800-886-LYME

[Lyme Disease Network](#)

- MULTIPLE SCLEROSIS -

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

[Multiple Sclerosis Foundation](#)

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

- MYASTHENIA GRAVIS -

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

- "ORPHAN"/RARE DISEASES -

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

- PAGET'S DISEASE -

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

- PARALYSIS -

[American Spinal Cord Injury Association](#) 1-800-962-9629

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

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

[Spinal Cord Central](#) (resources & information)

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

- PARKINSON'S DISEASE -

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

[National Parkinson's Foundation](#) 1-800-327-4545

- PATIENT ADVOCACY -

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

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

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

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

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

- POISONING -

[American Association of Poison Control Centers](#)

[RX List - the internet drug index](#)

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

- POLIO -

[Polio Outreach of Washington](#)

- PRESCRIPTION ASSISTANCE -

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

- 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](#) 1-800-227-8922

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

[Washington State STD Program](#) 1-800-272-2437

- SPINA BIFIDA -

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

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

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

- SPINAL CORD INJURY -

[American Spinal Cord Injury Association](#) 1-800-962-9629

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

[Spinal Cord Central](#) (resources & information)

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

- STROKE -

[American Heart Association](#) 1-800-553-6321

[Heart Disease & Stroke Prevention](#)

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

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

- STUTTERING -

[National Center for Stuttering](#) 1-800-221-2483

[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

- Drugs and/or Alcohol -

[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
[M.A.D.D. \(Mothers Against Drunk Drivers\)](#) 1-800-GET-MADD (438-6233)
[Narcotics Anonymous \(NA\)](#)
[National Clearinghouse for Alcohol & Drug Information](#) 1-800-729-6686
[National Council on Alcohol and Drug Dependency](#) 1-800-NCA-CALL (622-2255)
[National Institute on Drug Abuse \(NIDA\)](#)
[Substance Abuse & Mental Health Services Administration](#)

- Other Substance Abuse Hotlines & Websites -

[Alliance for Consumer Education - Inhalant Abuse Prevention](#)
[Steroids Hotline](#) 1-800-STEROIDS

- Smoking -

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

- SYRINGOMYELIA -

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

- TOURETTE SYNDROME -

[National Tourette Syndrome Association](#)
[Tourette Syndrome "Plus"](#)

- TRANSPLANTS (donor/recipient)-

[Bone & Marrow Transplant Information Network](#) 1-888-597-7674
[Children's Organ Transplant Association \(helps w/ expenses for children & adults\)](#) 1-800-366-2682
[Living Bank](#) (Organ/tissue donor registry & referrals for recipients) 1-800-528-2971
[National Bone Marrow Transplant Link](#) 1-800-546-5268
[National Marrow Donor Program - Be the Match](#) 1-888-999-6743
[National Foundation for Transplants](#) (provides support & assistance w/ all aspects of transplants) 1-800-489-3863
[United Network for Organ Sharing](#) (facilitates 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

[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

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

[Healthy Kids Now](#) 1-800-562-3022

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

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

HOUSING

[Grass Roots Shelter Information for Washington State](#)

[Homelessness 24-hr Hotline](#) 1-800-654-8595

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

[Oxford Houses of Washington State](#)

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)

- Inside King county 1-800-621-4636

- Outside King county 1-888-201-1014

- Seniors (60+) 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 -

[About Depression and Suicide](#)

[Depression Screening Online](#)

[Live With Depression](#)
[National Foundation for Depressive Illness](#)

- GAMBLING -

[Gamblers Anonymous \(GA\)](#) 1-877-NO GAMBLE (664-2625)
[National Council on Problem Gambling](#) 1-800-522-4700
[Washington State Problem Gambling Program](#) 1-800-547-6133

- GAY/LESBIAN MENTAL HEALTH -

[Pride Institute for Lesbian and Gay Mental Health](#) 1-800-54-PRIDE
[Trevor Project – Suicide Prevention for Gays and Lesbians](#) 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
[Asperger Syndrome Coalition of U.S.](#)
[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](#) 1-800-782-9264
National Association on Mental Retardation 1-800-424-3688
[National Institute of Mental Health \(NIMH\)](#) 1-800-421-4211
[Self Abuse](#)
[Self-Mutilation](#) 1-800-DONTCUT
[The Arc](#) 1-800-433-5255

- GRIEF RECOVERY -

[Grief Healing](#)
[GROWW](#) 1-800-445-4808
[Pet Loss Hotline at Washington State](#) 1-866-266-8635

- SUICIDE -

[About Depression and Suicide](#)
[American Association of Suicidology](#)
[American Foundation for Suicide Prevention](#) 1-888-333-AFSP (2377)
[Befrienders International](#)
[Live With Depression](#)
National Suicide Prevention Hotline 1-800-784-2433
National Youth Crisis Hotline 1-800-448-4663
[Suicide Awareness Voices of Education \(SAVE\)](#)
Suicide Prevention Hotline 1-800-784-2433
[Trevor Project – Suicide Prevention for Gays and Lesbians](#) 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

- GENERAL INFORMATION -

[American SIDS Institute](#) 1-800-232-SIDS

[Babycenter](#)

[BabyResource](#)

[Child Help](#) – Get help to stop abuse 1-800-4-A-CHILD

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

[Connect for Kids](#)

[Disney Family.com](#)

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

[Easter Seals of Washington](#)

[Expert Advice from Gary Drenfeld, MSW, RSW](#)

[Fathers Are Parents Too](#)

[Father's World](#)

[Healthy Youth!](#) 1-800-CDC-INFO

[International MOMS Club](#)

[Kid Source](#)

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

[Mocha Moms](#)

[Mothers and More](#)

[Mothers of Preschoolers](#)

[National Center for Fathering](#)

[National Child Abuse Hotline](#) 1-800-422-4453

[National Fatherhood Initiative](#)

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

[National Institute on Media and the Family](#)

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

[National Stepfamily Resource Center](#)

[Parent News](#)

[Parent Soup](#)

[Parenthood Web](#)

[Parenting Press](#)

[Parents - the anti-Drug](#)

Parents Anonymous of Washington 800-932-4673

[Parents Talk](#)

[Parents without Partners](#)

[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

[Single Parents World](#)

[Special Olympics](#) 1-800-452-6079

[Steps for step mothers](#)

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

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

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 -

A Way Out - Mediation for parental abduction, denial of & access to children 1-800-292-9688

[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 Center for Missing](#) 1-800-782-7335
[National Runaway Switchboard](#) 1-800-RUN-AWAY
[Vanished Children's Alliance](#) 1-800-VANISHED (826-4743)
[Washington State Patrol Missing Persons Unit](#) 1-800-543-5678

- PREGNANCY -

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

TRANSPORTATION

[APTA – Washington Public Transit Info](#)
[National Patient Travel Center \(help w/medical travel\)](#) 1-800-296-1217

VETERANS AFFAIRS

[Washington State Department of Veterans Affairs](#) 1-800-562-2308
[United States Department of Veterans Affairs \(VA\)](#)
- Benefits 1-800-827-1000
- Education/GI Bill 1-888-442-4551
- Health Care 1-877-222-8387
- TDD 1-800-829-4833

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

Compiled by 4People.org