

Hotlines That Can Help

If you need immediate support, there are a number of hotlines that can help you. These hotlines are available 24/7 and give you someone to talk to about whatever you've got going on. They can also help connect you to resources. When in doubt, reach out.

Concern	Hotline	Contact Info	Hotline Description
Mental Health	Crisis Line	1-877-266-1818	24/7 Regional Behavioral Health Crisis Line
Addiction Mental Health	Washington Recovery Help Line	866-789-1511	24 hour help for substance abuse, problem gambling and mental health
Mental Health	Crisis Text Line	Text START to 741741*	24/7 crisis support from a crisis counselor via text message (*If you identify as a young person of color, text STEVE to 741741)
Mental Health	National Suicide Prevention Lifeline	800-273-TALK (8255)	24/7 support from a crisis counselor
LGBTQ Mental Health	The Trevor Project	866-488-7386 (phone) or text TREVOR to 202-304-1200	Crisis support for LGBTQ students. Chat option is also available at www.thetrevorproject.org
Domestic Violence	YWCA Domestic Violence Helpline	509-326-CALL (2255)	Crisis support for victims of domestic violence in Spokane
Sexual Assault	Lutheran Community Services Sexual Assault Crisis Line	509-624-7273	Local 24 hour sexual assault crisis line
Sexual Assault	National Sexual Assault Hotline	800-656-HOPE (4673)	Access to a trained staff member from a local sexual assault service provider. Chat option is available at https://hotline.rainn.org/