



For help finding **MENTAL HEALTH** services and resources in Pierce County

To find the resources you need,
simply dial 2-1-1

South Sound 2-1-1 can also help you find other community services and resources.

If you need help **now** with a **Mental Health Crisis** call:

24-hour Pierce Co. Crisis Line 1-800-576-7764

Crisis Text Line Text "HEAL" to 741-741

National Suicide Prevention Help Line 1-800-273-TALK

Call 9-1-1 if you are having an emergency

Additional **Mental Health** Phone Support

Pierce County Recovery Support Line

When you need to talk to someone who has also faced mental health challenges

Daily from 3:00 – 11:00 PM

1-877-780-5222

Washington Recovery Help Line

24-hour help finding resources for substance use, mental health, and gambling problems

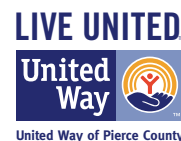
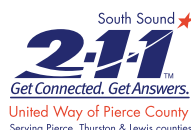
1-866-789-1511

Teen Link

Phone and online chat support and resource assistance

Every night from 6:00 – 10:00 PM

1-866-TEENLINK



South Sound 2-1-1 operates its programs without regard to race, color, and national origin. To receive additional information on its discrimination obligations, including its complaint procedures, please contact the Call Center Supervisor at 253-272-4263 or 211@uwpc.org.

All calls are confidential.