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Supportive Resources for Unhoused Individuals & Families

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Supportive Resources

all hotlines are confidential, toll-free, and provide 24/7 access

Evergreen Health Nursing Line**

(425) 899-3000

Substance Use Support

Substance Abuse and Mental Health Services Administration*

1 (800) 487 - 4889

or text your zip code to 435748 to find help near you

Alcohol Use Support

National Rehab Hotline/Washington Crisis Connections

866-210-1303 / (206)-461-3222

Personal Protection Line

Support for relationship abuse

National Domestic Violence Hotline**

1 (800) 799 - 7233 or text START to 88788

Human Trafficking Support

National Human Trafficking Resource Center*

(888) 373 - 7888 or text HELP to 233733

Mental Health & Crisis Lifeline

Suicide and Crisis Lifeline *

988

LGBTQ+ Support

The Trevor Project*

1 (866) 488 - 7386 or text 678-678

Sexual Health Support

STI Hotline

1-800-227-8922

HIV/AIDS Resources

Centers for Disease Control and Prevention*

1 (800) 232 - 4636 or visit HIV.gov

Maternal Mental Health Support

National Maternal Mental Health Hotline**

1 (833) 943 - 5746

Pregnancy Termination Support

National Abortion Hotline**

1 (800) 772-9100

Child Safety Support

Childhelp National Child Abuse Hotline**

Call or text 1 (800) 422 - 4453

Shelters for Youth in Crisis

National SafePlace

text your zip code and the word "safe" to

44357

*AVAILABLE FOR SPANISH INTERPRETATION

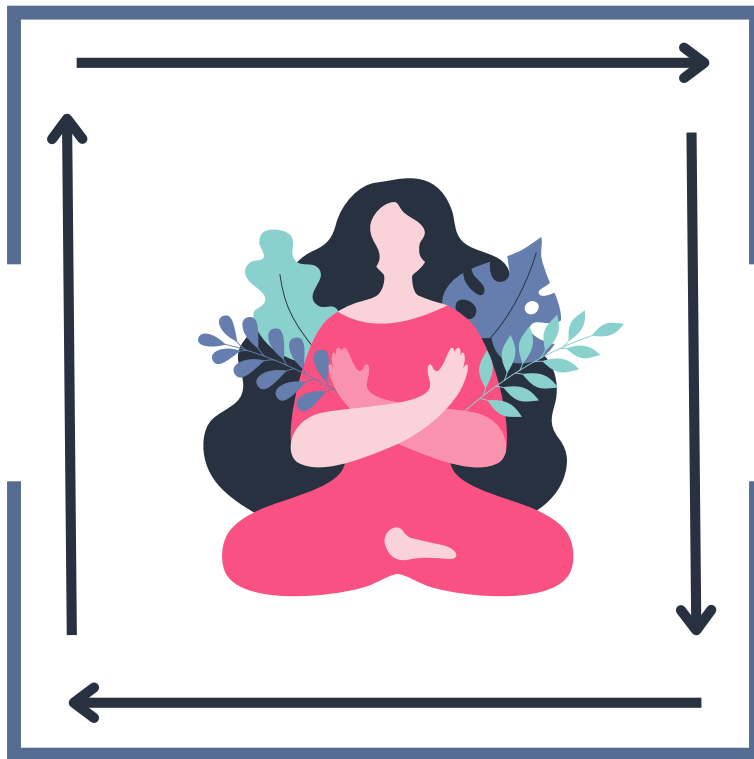
**AVAILABLE FOR SPANISH AND OTHER INTERPRETATIONS

Box Breathing

Practicing box breathing can help calm anxiety, stress, and feelings of frustration.

BREATHE IN FOR 4 SEC

HOLD FOR 4 SEC



HOLD FOR 4 SEC

BREATHE OUT FOR 4 SEC

Start with breathing in and follow around the square. Repeat 4 times.

**YOU ARE
NOT ALONE**