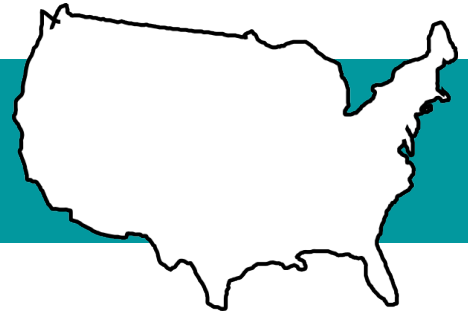




# Where to Get Help



## National Resources

### National Sexual Assault Hotline

**Phone:** 24-Hour Crisis Line 800-656-4673

**Web:** <https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

#### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

#### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

#### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free

### National Suicide Hotline

**Phone:** 24-Hour Crisis Line 1-800-273-8255, TTY: 1-800-799-4889

**Web:** <https://suicidepreventionlifeline.org/>

#### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

#### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

#### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free

### Crisis Text Line

**Phone:** 24/7 Crisis Text Line 741741

**Web:** <https://www.crisistextline.org/>

#### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

#### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

#### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free

# Washington Resources



## Washington Recovery HelpLine

**Phone:** 24/7 Helpline 866-789-1511

**Web:** <https://www.crisisconnections.org/wa-recovery-help-line/>

### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free

## King County Resources

### Harborview Abuse and Trauma Center (Seattle)

**Phone:** (206)-744-1600

**Web:** <https://depts.washington.edu/uwhatc/>

### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free

### King County Sexual Assault Resource Center (Renton)

**Phone:** 24-Hour Hotline 1-888-998-6423, Main Office 425-226-5062, TTY 425-271-6332

**Web:** <https://www.kcsarc.org/>

### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free

## Clark County Resources

### YWCA Clark County - Sexual Assault Program (Vancouver)

**Phone:** 24-Hour Hotline 800-695-0167, Community Office 360-696-0167

**Web:** <https://ywcaclarkcounty.org/>

#### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

#### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

#### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free

### SeaMar Community Health Ctr. - Wellness Program (Vancouver)

**Phone:** Main Office 360-546-1722, Crisis Line 800-626-8137, 360-696-9560, TTY 866-835-2755

**Web:** <https://csnw.org/the-wellness-program/>

#### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

#### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

#### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free

## Grant/Adams County Resources

### New Hope (Moses Lake, Mattawa, Quincy, & Othello)

**Phone:** Hotline 888-560-6027, Moses Lake 509-764-8402, Mattawa 509-932-0100, Quincy 509-787-4466, Othello 509-488-2699

**Web:** <http://www.newhopewa.org/>

#### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

#### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

#### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free

### Grant Integrated Services (Moses Lake, Quincy, Grand Coulee, Royal City, & Mattawa)

**Phone:** Moses Lake: 509-765-9239, Quincy: 509-787-4466, Grand Coulee: 509-633-1471, Royal City: 509-913-3059, Mattawa: 509-932-0100

**Web:** <http://www.grantcountywa.gov/GrIS/Mental-Healthcare/>

#### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

#### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

#### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free

## Snohomish County Resources

### Providence Intervention Center for Assault and Abuse (Everett)

**Phone:** Main Office 425-297-5774, 24/7 Crisis Line 425-252-4800

**Web:** [www.providence.org/locations/wa/intervention-center-for-assault-and-abuse-everett](http://www.providence.org/locations/wa/intervention-center-for-assault-and-abuse-everett)

#### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

#### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

#### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free

### Compass Health Adult Outpatient Services (Lynnwood & Everett)

**Phone:** Crisis Line: 1-800-584-3578, Lynnwood Adult Office: 425-835-5850, Everett: 425-349-6800

**Web:** <https://www.compasshealth.org/>

#### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

#### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

#### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free

## Spokane County Resources

### YWCA Domestic Violence Services Spokane (Spokane)

**Phone:** 24/7 Helpline 509-326-2255, Protection orders: 509-477-3656, Other: 509-789-9297, Text 509-220-3725

**Web:** <https://ywcaspokane.org/>

#### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

#### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

#### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free

### Sexual Assault and Family Trauma Response Center (Spokane)

**Phone:** Main Office 509-747-8224, Sexual Assault 24/7 Crisis Line (Call or Text) 509-624-7273

**Web:** <https://lcsnw.org/office/spokane/>

#### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

#### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

#### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free

# Whatcom County Resources

## Domestic Violence and Sexual Assault Services (Bellingham)

**Phone:** 24-Hour Crisis Line 1-877-715-1563, Office Line 360-671-5714

**Web:** <https://www.dvsas.org/>

### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free

## Compass Health Adult Outpatient & Crisis Services (Bellingham)

**Phone:** Crisis Line: 1-800-584-3578, McLeod: 36—676-2220, Whatcom County Triage Center: 360-676-2020

**Web:** <https://www.compasshealth.org/>

### Types of Services

- Crisis hotline
- Ongoing therapy
- Support groups
- Referral to other services
- Legal advocacy

### Specialties

- Sexual assault
- Domestic violence
- General mental health concerns

### Payment Options

- Insurance
- Sliding scale
- Financial assistance
- Medicaid
- Certain services are free
- All services are free