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| **LOCAL RESOURCES:** |
| DV Survivor Support Groups: Call (509) 326-1190 to get a referral from a YWCA staff member. |
| Peer Spokane: (509) 967-3778 or [www.peerspokane.org/services](http://www.peerspokane.org/services)  Offers peer coaching services at no cost, as well as support groups Location: 425 W 1st Ave, Spokane, WA, 99201 |
| 24/7 Crisis Line: (877) 266-1818 Also aids in finding long-term mental health resources after crisis needs addressed  Run by mental health experts at Frontier Behavioral Health For further treatment options, go to <https://fbhwa.org/> or call (509) 838-4651 |
| **ONLINE RESOURCES:** |
| [www.psychologytoday.com/us/therapists/washington](http://www.psychologytoday.com/us/therapists/washington) to search for therapists in Washington state, filter by available (accepting new patients), specialty, language, insurance, in person or telehealth, etc. |
| LGBTQIA+ 1-on-1 Peer Support Chat, visit [www.lgbthotline.org/chat](http://www.lgbthotline.org/chat) |
| Free, online skill resources and peer support meetings throughout the week, [www.nowmattersnow.org](http://www.nowmattersnow.org) |
| **APPS:** |
| Android and IOS: A Friend Asks, MY3, ASK & Prevent Suicide, Stay Alive, HearMeWA Android: How to Help Someone Survive a Suicide Crisis IOS: Operation Reach Out, Jaspr at Home, Virtual Hope Box |
| **SUPPORT TO TEXT, CALL, OR VIDEOCALL:** |
| Veterans, visit <https://vets4warriors.com> |
| Teens: Speak, text or chat at (866) 833-6546 (6-10pm) or text TEEN to 839863 (6-9pm) |
| WA Youth in Crisis, visit <https://hearmewa.org>, or text 738477, or call (888) 537-1634 |
| Peer-to-peer texting services, ages 15-24 from 6am-9pm PST: Text Hey Sam to 439-726 |
| National Alliance on Mental Illnesses, text NAMI to 62640, or call (800) 950-6264 |
| Maternal Mental Health Support Line: Text or call (833) TLC-MAMA, interpreters available |
| Deaf Lead, Deaf Crisis Line, videophone 321-800-3323 |
| Sexual Violence (RAINN) is available via Appstore, and by calling (800) 656-4673, global access |
| Crisis Text Line, text HOME or HOLA to 741741. All ages, 24/7 |
| Trevor Project: Call (866) 488-7386, text START to 678-678, or chat online at [www.thetrevorproject.org/get-help/](http://www.thetrevorproject.org/get-help/) |
| **LOCAL CONNECTION:** |
| * Check websites like Facebook, Meetups and Reddit to find groups. You can search for hobby groups like gaming, sports, crafting, anime, book clubs, and more. Local game stores also host nights to teach and play games. If you cannot find a group that interests you, think about starting your own! * Volunteering is another wonderful way to connect. Look into a cause that is important to you and show up at events or sign up to volunteer. |
| **CONNECT WITH FAILSAFE:** |
| * You can find us our events, resources and volunteer opportunities at [www.failsafeforlife.org](http://www.failsafeforlife.org) * Find us on Facebook and Instagram. If you’re a crafter, join Compassionate Crafters on Facebook * Join us every May for our MAYlers for Mental Health event as well as Baskets of Kindness in tandem with Light a Lamp every September |
| Sunflower with solid fillSunflower with solid fill**Above all else, remember that even on the hardest days, you matter.**  **You are not broken, alone or a burden.  Be proud of you, because I am. Love you, because I do.  Show yourself kindness.** |

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AI-generated content may be incorrect.