

Washington Recovery Help Line

24-Hr Help for Substance Abuse, Problem Gambling & Mental Health

866-789-1511

www.waRecoveryHelpLine.org

TTY 206.461.3219

What is the WA Recovery Help Line?

The Washington Recovery Help Line is a service funded by WA State Department of Social And Health Services, Division of Behavioral Health and Recovery to assure that Washington residents have access to emotional support and treatment information for substance abuse, problem gambling and mental health issues. The WA Recovery Help Line is operated by Crisis Clinic, a non-profit organization, which has been providing telephone-based crisis intervention and linkage to community services since 1964. Crisis Clinic is an independent organization and not affiliated with any service agency so we have no vested interest in referring to a specific treatment provider, unlike many other telephone screening and assessment services.

Who can call?

We are here for you. You may be struggling with addiction issues and need “in-the-moment” support or you may be ready to engage in treatment. Family members or friends who are concerned about a loved one can find support and help. You may be a mental health or chemical dependency professional, health care or social service professional who needs guidance in finding services for your client.

What can I expect when I call?

We are here 24/7/365. You can expect an empathetic and caring response to your concerns and expert information about treatment services in your area. Our staff and volunteers receive more than 60 hours of crisis line training and additional training in understanding the specifics of the substance abuse, problem gambling and mental health systems. We also have telephone language interpretation, if you need assistance.

What type of resources can you help me find?

We can explain how the various publicly funded service systems operate and general eligibility requirements, although most services require an in-person assessment. Here's a sample of the most commonly-made referrals:

- Alcohol or drug assessments
- Outpatient mental health services
- In-patient/residential treatment
- Domestic violence services (DV)
- Youth or older adult oriented services
- Detoxification or medical services
- Outpatient substance abuse treatment
- DSHS service offices
- Support and self-help groups, such as AA, NA, GA
- Certified Problem Gambling Specialists
- Court ordered programs such as ADIS classes, victim's panels, DUI assessments, anger management and, DV perpetrator classes

I'm a teenager. How can I get help?

We have a special program for teens. Teen Link is a confidential and anonymous help line that is answered by specially trained teens each evening between 6-10pm. They can provide emotional support and referrals to youth treatment services. Calls made before 6pm or after 10pm are answered by the WA Recovery Help Line staff, so help is always available.

www.866TeenLink.org

866.TEENLINK (833.6546)

TTY 206.461.3219

