

PIERCE COUNTY MENTAL HEALTH RESOURCES

PIERCE COUNTY MENTAL HEALTH CRISIS LINES & SERVICES	
Pierce County Crisis Line (24/7)	1-800-576-7764
Crisis Text Line (24/7)	Text "HEAL" to 741741
2-1-1 Mental Health Resources Navigation <i>Call for help finding mental health services</i>	Dial 2-1-1 or 1-877-211-9274
Recovery Response Center <i>Short-term care facility, medically supervised</i>	253-942-5644
Pierce County Recovery Support Line <i>Talk to someone w/experience who understands</i>	1-877-780-5222
Optum Behavioral Health Organization <i>Medicaid-funded behavioral health services</i>	1-866-673-6256
TACID (Tacoma Area Coalition for Individuals w/Disabilities) <i>Support, education, info, referrals</i>	253-565-9000
Recovery Café <i>Coaching, connect to services/education/support</i>	253-888-0208

ADDITIONAL PIERCE COUNTY RESOURCES	
South Sound 2-1-1 <i>Help finding Pierce County community resources</i>	Dial 2-1-1 or 1-877-211-9274
Sexual Assault Center of Pierce County with 24/7 Crisis Line	1-800-756-7273
Tacoma Young Adult Shelter - 415 S. 13th St. <i>At Beacon Senior Center / Doors open 6:30 PM</i>	253-256-3087
Pierce County Homeless Services - Coordinated Entry	253-682-3401
New Connections <i>Offender Re-entry Program</i>	253-617-1405
Asian Counseling <i>Part of MultiCare Behavioral Health</i>	253-471-0141
Consejo Counseling & Referral Service <i>Behavioral health & other services for Latinos</i>	253-414-7461
CWA Counseling <i>Comprehensive services; accepts most insurance</i>	253-536-2956

WA & NATIONAL MENTAL HEALTH CRISIS LINES & SUPPORT	
National Suicide Prevention Lifeline (24/7)	1-800-273-TALK
WA Recovery Help Line (24/7) <i>Mental Health, Substance Use & Gambling</i>	1-866-789-1511
WA Teen Link - Phone & Chat <i>Trained teens respond 7 days/week, 6-9:30 PM</i>	1-866-TeenLink 866TeenLink.org
WA Perinatal Support Line <i>Mental health support, info & referrals</i>	1-888-404-7763
WA Warm Line (Weds-Sunday, 5-9 PM) <i>Talk to someone w/experience who understands</i>	1-877-500-WARM

ADDITIONAL WA & NATIONAL PHONE LINES	
WA Anti-Trafficking Response Network Victim Assistance Line (Mon-Fri, 9 AM - 5 PM)	206-245-0782
National Human Trafficking Resource Center Hotline (24/7)	1-888-373-7888
National Sexual Assault Hotline (24/7) <i>Chat - www.rainn.org</i>	1-800-656-HOPE
WA State Domestic Violence Hotline <i>(8 AM - 5 PM)</i>	1-800-562-6025
National Child Abuse Hotline (24/7) <i>Crisis intervention, information and referrals</i>	1-800-422-4453
National Runaway Safe Line (24/7) <i>Support, Resources, Chat - www.1800runaway.org</i>	1-800-RUNAWAY

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MENTAL / BEHAVIORAL HEALTH SUPPORT GROUPS	
Connection Recovery Group (NAMI) <i>Info, dates, locations at www.namipierce.org</i>	253-677-6629
Family & Friends Group (NAMI) <i>email Family@namipierce.org for info</i>	253-677-6629
YES Parent Group (A Common Voice) <i>6-8:30 PM / Lakewood - Tues & Spanaway - Thurs</i>	253-537-2145
Alcoholics Anonymous	253-474-8897
Narcotics Anonymous	253-531-8792
Gamblers Anonymous	1-855-222-5542
AL-Anon & ALA-Teen	1-800-726-8094

FAMILIES - MENTAL HEALTH SUPPORT / SERVICES	
NAMI Pierce <i>National Alliance on Mental Illness - Pierce County</i>	253-677-6629
A Common Voice <i>Individual & group support for parents</i>	253-537-2145
DadsMOVE - Support & training for parents	425-243-7028
Bridges - A Center for Grieving Children	253-272-8266
Parent Support for Loss of an Infant (24/7)	253-426-6735
WA State University Pet Loss Hotline	1-866-266-8635
Child Protective Services - Hotline (24/7) <i>Tacoma office - 253-983-6200</i>	1-866-363-4276
Planned Parenthood	1-800-230-7525 <i>call for nearby clinic</i>
ChildCare Aware of WA <i>Quality childcare referrals / www.childcare.org</i>	1-800-446-1114
WIC (Women, Infants, Children) <i>Healthy food vouchers, breastfeeding support, nutrition education & more</i>	1-800-322-2588 Text: WIC to 96859

VETERANS, MILITARY MEMBERS & THEIR FAMILIES	
Crisis Line - 24/7 Phone & Chat <i>Crisis and other help for Vets, Military & Families</i>	1-800-273-8255
Vets4Warriors - 24/7 Phone & Chat <i>Peer support/help to all Vets, Military & Families</i>	1-855-838-8255
DoD Safe Helpline (24/7) <i>Confidential help for sexual assault (self or other)</i>	1-877-995-5247
Veteran Combat Call Center (24/7)	1-877-WAR-VETS
VA Puget Sound Health Care System <i>American Lake Division 253-582-8440</i>	1-800-329-8387

LGBT / BISEXUAL / TRANSGENDER	
Trevor Project - Phone, Chat, Text (24/7) <i>Crisis intervention & suicide prevention for LGBTQ youth; plus resources and social networking</i>	1-866-488-7386
LGBT National Hotline - Phone, Chat <i>Peer support, info & local resources</i>	1-888-843-4564
LGBT National Youth TalkLine - Phone, Chat <i>Peer support, info & local resources</i>	1-800-246-7743
Trans Lifeline (24/7) <i>Call for help in any crisis, including suicidal thoughts; Hotline staffed by transgender people</i>	1-877-565-8860

TRIBAL / NATIVE AMERICAN	
Puyallup Tribe <i>Family services, financial & education help, more</i>	253-573-7800
Puyallup Tribal Health Authority	253-593-0232
StrongHearts - Domestic Violence Helpline <i>Culturally-appropriate, confidential, M-F/9-5:30</i>	1-844-762-8483

Pierce County Resources List compiled by CHI Franciscan Health's Prevent-Avert-Respond (PAR) Mental Health Initiative (July 2017)