



***When you're ready
for a change,
we're here to help.***

- Free and confidential support 24/7
- Referrals to local treatment providers and community services
- Support for family and friends

Washington Recovery Help Line

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

1.866.789.1511

(206.461.3219 TTY)



**Help for Teens: 1.866.TEENLINK (833.6546)
Chat online: www.866teenlink.org**

