

In Washington State, Help is 3 Numbers Away

211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services

Call for
Information and
Community Resources

211

211 also can connect people with information and referrals for:

- Transportation
- Legal Services
- Counseling
- Disaster Aftercare
- Everything Else

988 provides crisis support for:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

Call for Suicide
Intervention and
Crisis Support

988

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Washington

Whole
Person
Care

Call for
Emergencies

911

911 provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation



Learn more at
[Traumatic Brain Injury](#)



TRAUMATIC BRAIN INJURY
Strategic Partnership Advisory Council
of Washington State