



Experiencing a crisis? Please contact one of the following:

- [For suicide crisis: National Suicide Prevention Lifeline](#): 1 (800) 273-8255
- [For LOCAL suicide, mental health or substance use crisis: 24/7 Crisis Line](#): 1 (877) 266-1818
 - *Whitman County, use 1 (888) 544-9986
- [For mental health/substance use crisis: SAMHSA's National Helpline](#): 1 (800)-622-HELP (4357)
- [For suicide, mental health or substance use crisis: Crisis Text Line \(Recommended for Youth\)](#): Text START to 741-741
- [For LGBTQ+ Youth: The Trevor Project](#): (866) 488-7386