Crisis & Support Resources

**24/7 Confidential Suicide & Crisis Lifeline - Spokane Region | Call or Text 988 | Chat - 988lifeline.org**

**Crisis Text Line | Text HOME to 741-741 | crisistextline.org**

**2-1-1: 1.877.211.9274 (Resources, M-F 8-5) | Text your zip code to 898211 |** [**https://wa211.org/**](https://wa211.org/)

* Free, confidential community service and connection to local services including utility assistance, food, housing, health, childcare, after school programs, elder care, and crisis intervention

**Spokane Neighborhood Action Partners (SNAP) | 509.624.4282 |** [**snapwa.org/**](https://www.snapwa.org/)

* One of Spokane County’s largest private human-services agencies, SNAP focuses on serving the whole family with a commitment to providing a wide-range of accessible services for those living in poverty.

**24-Hour Spokane Domestic Violence Helpline | Call 509.3256.2255 | Text 509.220.3725 | e-mail help@ywcaspokane.org**

**Spokane Sexual Assault Crisis line | 509.624.7273**

**Walk-In Crisis Services | Frontier Behavioral Health | 107 S. Division Street, Spokane, WA 99202 | 509.838.4651**

**Spokane Mobile Crisis Response Services | Business Hours:** [**509.838.4651**](tel:5098384651)**, ext. 351400 | After Hours: 1.877.266.1818**

* All ages facing urgent mental health and/or substance use disorder crisis
* Crisis intervention and stabilization services, assistance accessing basic needs (medication, shelter, food), evaluation & screening services, linkage to appropriate community-based services
* Monday-Friday 8 a.m. to 11 p.m.
* Saturday and Sunday, 8 a.m. to 7 p.m., closed on holidays

**Daybreak Youth Services | Phone: 509.475.4651 | Fax: 509.835.4272 | daybreakyouthservices.org**

* Short-term Psychiatric Evaluation & Treatment (female and female-identifying only)
* 24/7 crisis stabilization, nursing, and medication management; Individual, group, family therapy

**Inland Northwest Behavioral Health | 104 W. 5th Ave. Spokane, WA 99204 |** [**509.992.1888**](tel:509-992-1888) **| inlandnorthwestbh.com**

* Adolescent Inpatient: 25 bed unit; ages 13-17 experiencing an emotional or behavioral crisis; 24-hour care
* Intensive Outpatient: Group therapy 3-5 five days a week, with individual therapy or medication management appointments available by request; Monday – Friday: 9:30 a.m. – 12:30 p.m.

**YFA Connections | Crisis Residential Center | yfaconnections.org/services**

* Short-term, voluntary residential youth program (Ages 12-17); Shelter and mediation services for youth and families

**Spokane Housing Authority | 509.328.2953 |** [**spokanehousing.org**](https://www.spokanehousing.org/)

* Affordable housing options and assistance in Spokane, Lincoln, Pend Orielle, Stevens, Ferry and Whitman counties.

**The Jonah Project | 509.655.7886** | **jonahproject.org**

* Support for survivors of human trafficking, at-risk women & children through direct advocacy and education.

**Pioneer Human Services | 509.325.7232**

* Treatment, housing, job skills training & employment to individuals released from prison or jail and those in recovery.

**Volunteers of America | 509.328.4685 |** [**voaspokane.org**](https://www.voa.org/offices/volunteers-of-america-eastern-washington-and-northern-idaho) |

* Alexandria’s House: Provides a safe, supportive, and nurturing home for expectant and new teen mothers (ages 16-20).
* Crosswalk Teen Shelter: 24/7 emergency shelter serving runaway and homeless youth in Eastern Washington. An array of professional case managers, teachers, health care workers, and chemical dependency counselors work with youth with the primary goal of ending their homelessness and connecting them to stabilizing and supportive services.
* Young Adult (18-24) Shelter: Open 7 days a week 7:30 pm-6:30 am. 3104 E. Augusta Ave along STA Route 39.
* VOA’s Young Adult (18-24) Shelter: Open 7 days a week 7:30 pm-6:30 am. 3104 E. Augusta Ave along STA Route 39.
* Community Based Housing: Placement for chronically-homeless adults in Spokane into safe, stable, permanent housing.
* Aston-Bleck Apartments: Transitional housing for women experiencing homelessness (Ages 18-24) and their children.
* Foster Youth Services: Free programs for foster youth to give them a solid foundation before they set out on their own.
* inReach: Supportive outreach services addressing the needs of teens and young adults on the verge of homelessness.
* YouthReach: Going on the streets meeting youth (13-24) where they are at to help reconnect to services.

**DCYF Child Protective Services Spokane | Toll Free Intake: 1.800.557.9671 | Reception: 509.505.5450 | After Hours: 1.800.562.5624**

**WA Warm Line | 1.877.500.9276 (M-F 5-9 / Sat-Sun 12:30-9) | crisisconnections.org/wa-warm-line/**

* Peer support help line for people living with emotional and mental health challenges.

**Next Generation Zone | 901 E. Second Ave. | 509.340.7800 | Monday-Thursday 9 am-4:30 pm Friday 9 am-12 pm**

* Career center for young adults combining education, career skills training, community, and employment resources.

**Odyssey Youth Movement | 1121 S. Perry St. Spokane, WA 99202 | 509.325.3637 | odysseyyouth.org**

* Youth-led, adult-supported organization committed to creating, sustaining, and advocating for affirming LGBTQ youth.

**Behavioral Health Program | Spokane Public Schools | spokaneschools.org/Page/1915**

**Spokane Family Guidance Services | 8703 N. Wall St. | 509.599.4015 | spokanefamilyservices.com**

* Helping families work through their court mandates as pertains to supervised visitation of minors

**Teen Link | 866.833.6546 | teenlink.org | M-F 6-9:30 pm call/text |Text substance use specialist: Tues-Sat 1-6 pm**

**Trevor Lifeline | Text START to 678-678 | Call 1.866.488.7386 | Chat - thetrevorproject.org/webchat**

* 24/7 information, support, crisis intervention, and suicide prevention services to LGBTQ young people ages 13-24

**Trans Lifeline | 1.877.656.8860 |**[**https://translifeline.org/**](https://translifeline.org/)

* Trans Lifeline provides trans peer support that’s been divested from police since day one. Ran by and for trans people.

**Panic Attack Hotline | 1.800.64.PANIC (72642)**

* Compassionate staff can provide information about what happens during an attack and provide tips to help get through the attack. Available to those in crisis, as well as those who are just seeking more information about the disorder.

**Black Mental Health Alliance | 410.338.2642 | blackmentalhealth.com**

* Information, resources, & therapist locator to connect with a culturally competent mental health professional

**Teen Line: 800.852.8336 | Text TEEN to 839863 | teenlineonline.org | Calls and texts between 6–10 p.m**.

* Teen hotline providing emotional support and education on common crises or issues to teens via phone, text, chat, email, and message boards. Also includes a parent and resource section with blogs and videos.

**Boys Town National Hotline: 800.448.3000 | boystown.org | 24-hour crisis line for teens and families**

**Your Life Your Voice | 800.448.3000 | Text VOICE to 20121 | yourlifeyourvoice.org**

* Advice for real life situations, tips, and tools for a number of issues such as coping skills, transitioning to adulthood, anxiety, abuse, identity, depression.

**Thursday’s Child 24/7 Youth Hotline | 800.872.5437 | thursdayschild.org**

* Assisting children, teens and young adults faced with bullying, eating disorders, self-harm, sexual assault, thoughts of suicide, trafficking, abuse, and abduction and addiction.

**SAMHSA’s National Helpline | 800.662.4357**

* Free, confidential, 24/7 mental health and substance use disorder treatment referral and information service

**Partnership to End Addiction | Text HELP to 55753**

* If you’re a parent and are concerned about your child’s substance use, text or use the scheduler on the website to schedule a call with someone who can connect you with helpful resources while providing caring support.

**60+ Friendship Line | 1.800.971.0016 |** [**https://www.ioaging.org/services/friendship-line**](https://www.ioaging.org/services/friendship-line)

* The Institute on Aging's 24-hour, toll-free, Friendship Line is designed to support people the age of 60 and older and adults living with disabilities. Trained volunteers specialize in active listening and friendly conversation.

**24-Hour Nurse: 888.275.8750**

* Registered nurses can answer your health questions any time.

**24/7 National Runaway Safeline | 1.800.RUNAWAY (786.2929) | 1800runaway.org**