

## Emergency

All resources listed below are available 24/7. You will be connected for free to a local support network

**Suicide and Crisis Lifeline**  
988

**Volunteers of America  
Crisis Outreach Line:**  
1-800-584-3578

**National Suicide Helpline:**  
1-800-273-8255

**En Español**  
1-888-628-9454

**Crisis Text Line:**  
741741

[crisistextline.org](http://crisistextline.org)  
Text with a trained Crisis Counselor

**Trevor Project**  
1-866-488-7386

[thetrevorproject.org](http://thetrevorproject.org)  
Crisis intervention and suicide prevention for LGBTQ+ youth age 13-24.

**Institute on Aging**  
800-971-0016

[ioaging.org](http://ioaging.org)  
Friendship Line for adults aged 60+ & adults living with disabilities.

**Trans Lifeline**  
877-565-8860

[translifeline.org](http://translifeline.org)  
Resources and hotline for trans people in crisis.



# Whatcom County Crisis Resources

If you are experiencing a mental health emergency, call  
**988 or 911**

**St Joseph's Hospital**  
360-734-5400

**Veterans Crisis Line**  
1-800-273-8255 (press 1)

**Crisis Care Outreach**  
1-800-584-3578  
Whatcom County Compass Health

**WWU Crisis Services**  
360-650-3164  
24/7 Crisis services for WWU students

## Local Resources

### National Alliance on Mental Illness:

**Whatcom**  
[namiwhatcom.org](http://namiwhatcom.org)  
Resources and Support Groups

**DBSA Whatcom**  
[dbsalliance.org](http://dbsalliance.org)  
Depression & Bipolar Support Alliance, local chapter (Bellingham) information found online.

**Whatcom LGBTQ+ Coalition**  
[wlgbtq.org](http://wlgbtq.org)  
List of LGBTQ+ Providers and Resources available in Whatcom County including costs and insurance providers accepted.

### Washington Listens

833-681-0211  
Hotline for Covid-19-related stress

**Crisis Connections**  
866-427-4747

**Teen Link (Crisis Connections)**  
(text or call) 866-833-6546

**GRACE**  
(Ground-Level Response & Coordinated Engagement)  
Malara Christensen 360-788-7128

**DVSAS**  
(Domestic Violence & Sexual Assault Services)  
1-877-715-1563  
[dvsas.org](http://dvsas.org)

Support for domestic violence, sexual assault, and sexual exploitation.