

Need support during COVID-19?

Call Washington Listens



What is Washington Listens?

Crisis Connections helps to facilitate a support line called Washington Listens. Washington Listens will provide non-clinical support to people who feel sad, anxious, or stressed due to COVID-19.

Washington Listens is free and anonymous. Any Washington resident can call and a support specialist will listen and help to guide you to connections within your community.

How do I access Washington Listens?

Call 1-833-681-0211. Washington Listens is staffed Monday – Friday from 9 a.m. to 9 p.m. and weekends from 9 a.m. to 6 p.m. TSR 771 and language access services are available.

You will be connected to a support specialist who will talk with you about your struggles, if you end up needing professional support the specialist will work to connect you to those services.

Partnering agencies

Washington Listens is a program operated by partnering agencies to support the state. All agencies ensure their staff are appropriate and receive training on the crisis counseling model.

- Crisis Connections
- Community Integrated Health Services (CIHS)
- American Indian Community Center (AICC)
- Colville Tribe
- Frontier Behavioral Health (FBH)
- Okanogan Behavioral HealthCare (OBHC)
- Yakama Nation
- Peer Washington
- Recovery Café
- Comprehensive
- More coming soon!

More ways of accessing services coming soon

Check out our website for updates. We are working on helping people to reach support specialists by adding text, online resources and cultural accessibility.

Contact:

Call **1-833-681-0211**.

Walistens.org