

Mental Health Support – Schedule an appointment with a [Benefits Hub Coach](#)
Today!

Peer Support Helpline: <https://www.crisisconnections.org/wa-warm-line/>

National Suicide Prevention: <https://suicidepreventionlifeline.org/chat/>

Suicide Prevention Hotline: 800-273-TALK, 800-273-8255 or Text HOME to '741741'