

# Washington Recovery Help Line

24-Hr Help for Substance Abuse, Problem Gambling & Mental Health

Free and confidential support · Linkage to local treatment providers



**866.789.1511**  
(206.461.3219 TTY)



[www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org)

Help for teens: 866.TEENLINK (866.833.6546)