

Sometimes it helps to just talk it out.

Washington Listens is a free and confidential support line and outreach program for Washington State residents. The service provides non-clinical support and resources to people experiencing elevated stress due to COVID-19.

It can help you:



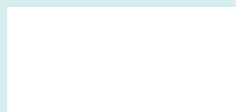
Understand your current situation and reactions.



Reduce stress and provide ideas or tips to cope with our new normal.



Receive Support and connection to community resources in your area.



 **1-833-681-0211**

Mon - Fri 9 to 9, Weekends 9 to 6

I feel so overwhelmed.

I need someone to talk to.

I need someone to listen.

I'm here.

I'm listening.

WAListens.org

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Language access services are available and TTY can be accessed by dialing 7-1-1 or preferred method.

Washington Listens supplements but doesn't replace existing community programs. The phone line is staffed by support specialists located around the state who understand how COVID-19 is affecting your community.