



1-833-681-0211

TTY available

M-F 9am to 9pm

Weekends 9am to 6pm

A program to support Washington during the COVID-19 outbreak

What is Washington Listens?	
	Washington Listens is a support program to support <u>everyone in Washington</u> affected by the outbreak of COVID-19. All services are <u>anonymous and free</u> .
What can Washington Listens do for me?	
	Washington Listens' services are designed to help people deal with their stress from the outbreak and build recovery. This includes providing someone to talk to, groups to help work through the stress together, resources to self-manage, and connection to resources.
Who should use Washington Listens	
	<u>Anyone</u> , the service is <u>free</u> and anonymous for anyone in Washington. Services are available for children and youth to older adults. No insurance, no fees, just support.
How do I access Washington Listens	
	You can contact Washington Listens through our support line available Monday through Friday 9 am to 9 pm and Saturday and Sunday 9 am to 6 pm at: <u>1-833-681-0211</u>
More information and resources coming soon.	Please visit our website for updates and new free anonymous services.