

Is COVID-19 causing you stress? Do you need to talk to someone?



Call our support specialists for
free confidential assistance.

WE PROVIDE:
Information
Education
Emotional Support
Links to Resources

CALL
Washington Listens
1-833-681-0211

Washington Listens is a new program to support anyone in Washington experiencing stress due to the COVID-19 pandemic. We are composed of regional partners across the state who operate teams of support specialists to help people deal with this uncertain and difficult time. Call our toll-free number from 9am-9pm Monday-Friday, 9am-6pm Saturday & Sunday or access us online at www.walistsens.org. Interpreter services available.

Our Washington Listens partners:

American Indian Community Center (AICC)
Colville Tribes
Community Integrated Health Services (CIHS)
Crisis Connections
Frontier Behavioral Health
Okanogan Behavioral Healthcare (OBHC)
Swinomish Tribe

