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Mental Health Resources & Hotlines

Washington



This material is based upon work supported by the National Agricultural Library,
Agricultural Research Service, U.S. Department of Agriculture

A National Agricultural Law Center Research Publication

Mental Health Resources & Hotlines: Washington

Washington State University Extension: WSU Extension has a library of resources for farmers and their families dealing with excessive farm stress. This library offers stress management tips, videos, contacts and a schedule of upcoming workshops geared toward preventing suicide in the agricultural community. Find the webpage [here](#).

Washington Recovery Help Line: This 24/7 help line offers support for those struggling with an emotional crisis, substance abuse issues, and more. Contact the help line at 1-866-789-1511.

Washington Crisis Hotlines by County: The Washington State Health Care Authority has created a list of crisis hotlines for each county in the state, available [here](#).