



Help Starts Here.

Washington State Employee Assistance Program

NAVIGATING DIFFICULT TIMES: SUPPORT AND RESOURCES

Energy, Food and Housing

- [Low-Income Home Energy Assistance Program](#) - provides energy assistance through local organizations
- [Food Banks](#) – find a local food bank, search by zip code or state
- [Food Assistance](#) – food assistance through Economic Services Administration
- [Food Assistance](#) – find food assistance through Washington State Department of Agriculture
- [Housing Assistance, Rental Assistance and Homeless information](#) – US Housing and Urban Development, Washington
- [Rental Assistance](#) – eviction rent assistance resources

Legal and Financial Assistance

- [Washington Law Help](#) – provides self-help resource for civil matters
- [Northwest Justice Project](#) – provides civil legal assistance to people with low-income
- [Mortgage Assistance, Education and Resources](#) - Mortgage assistance and foreclosure prevention information for Washington state homeowners.
- [Consumer Financial Protection Bureau](#) - provides information and resources to help people protect and manage their finances

National, State and County Crisis and Emergency Support

- [County Crisis Lines](#) - available for all people in Washington, regardless of income or insurance
- [Crisis Connections](#) - serves the emotional and physical needs of all people in Washington
- [National Suicide Prevention Lifeline](#) – call (800) 273-8255
- [Emergency Programs](#) – medical programs, emergency food and cash assistance through Economic Services Administration

Mental Health, Substance Use and Addiction

- [A Mindful State](#) – personal narratives, advice and resources related to mental health
- [Crisis Text Line](#) – to Connect with a Crisis Counselor, text “HOME” to 741741
- [NAMI Washington](#) – advocate for mental health services, provides support and resources
- [Rethinking Drinking](#) (National Institutes of Health)
- [Washington Recovery Helpline](#) - for mental health, substance use or gambling challenges

Washington State EAP is accessible, free, and confidential.
Contact us today at **877.313.4455** or **eap.wa.gov**