

To Our Pack,

In the past couple years, the Seattle kink community has seen an alarming number of suicides. We have also seen large amounts of mental distress, suicidal thoughts, and suicidal gestures from our community members. 37.4% percent of kinksters reported some level of suicidal ideation<sup>1</sup>. And, while not all of our community members identify as LGBTQ+, we acknowledge the LGB lifetime suicide attempt rate being 17%<sup>2</sup> and 40% for transgender people<sup>3</sup>.

We also want to be aware of other systems that contribute to suicidality. We acknowledge high rates of illicit drug use (not including marijuana or misuse of prescription drugs) with the total U.S. population reporting 10%<sup>4</sup>, transgender adults reporting 29%<sup>5</sup> plus 34.2% of LGB adults meeting criteria for a substance use disorder<sup>6</sup>. Moreover, we recognize intimate partner violence affecting 4 in 10 lesbian women, 6 in 10 bisexual women, 1 in 3 heterosexual women, 1 in 4 gay men, 4 in 10 bisexual men, and more than 1 in 4 heterosexual men<sup>7</sup>. As a final point, we see homelessness affecting 13,368 King County residents<sup>8</sup> and with the 18% of the chronically homeless and 10% of the non-chronically homeless population in King County identifying as LGBTQIA+<sup>9</sup>.

The resources provided below are aimed to reduce suicide attempts and risk factors related to suicide (substance use, domestic violence, housing instability, and food insecurity). Many resources are aimed towards residents of Seattle, King County, and Washington. However, many others are nationwide for use by all living in the U.S.

For our Canadian Neighbors, please visit <https://talksuicide.ca/community-resources> to search for resources in your province or territory.

### **Mental Health Resources**

For free peer coaching from other LGBTQ+ individuals with mental health challenges, visit [Peer Seattle](#). For free peer support across [Washington](#), visit [Peer Kent](#), [Peer Olympia](#), or [Peer Spokane](#)

[Local and Online Mental Health Resources for Black, Indigenous, and People of Color](#)

[Search for Inclusive Therapists Nationwide](#)

[National Asian Mental Health Resources](#)

[Free Black Therapy](#)

[Latinx Therapy](#)

[Tribal Health – Reaching out InVolves Everyone \(THRIVE\)](#)

[Behavioral Health Treatment Program Locator](#)

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<sup>1</sup> Roush, J. F., Brown, S. L., Mitchell, S. M., & Cukrowicz, K. C. (2017). Shame, guilt, and suicide ideation among bondage and discipline, dominance and submission, and sadomasochism practitioners: Examining the role of the interpersonal theory of suicide. *Suicide and Life-Threatening Behavior*, 47(2), 129-141. <https://doi.org/10.1111/sltb.12267>

<sup>2</sup> Hottes, T. S., Bogaert, L., Rhodes, A. E., Brennan, D. J., & Gesink, D. (2016). Lifetime prevalence of suicide attempts among sexual minority adults by study sampling strategies: A systematic review and meta-analysis. *American journal of public health*, 106(5), e1-e12. <https://doi.org/10.2105/AJPH.2016.303088>

<sup>3</sup> James, S., Herman, J., Rankin, S., Keisling, M., Mottet, L., & Anafi, M. A. (2016). The report of the 2015 US transgender survey. <https://transequality.org/sites/default/files/docs/usts/USTS-Full-Report-Dec17.pdf>

<sup>4</sup> Ibid.

<sup>5</sup> Ibid.

<sup>6</sup> Substance Abuse and Mental Health Services Administration [SAMHSA]. (2022). 2020 National Survey on Drug Use and Health: Lesbian, Gay, & Bisexual (LGB) Adults. <https://www.samhsa.gov/data/sites/default/files/reports/slides-2020-nsduh/2020NSDUHLGBSlides072522.pdf>

<sup>7</sup> Walters, M.L., & M.J. Breiding. (2013). "The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Findings on Victimization by Sexual Orientation." National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. [https://www.cdc.gov/violenceprevention/pdf/nisvs\\_sofindings.pdf](https://www.cdc.gov/violenceprevention/pdf/nisvs_sofindings.pdf)

<sup>8</sup> King County Regional Homeless Authority [KCRHA] (2022). 2022 Point In Time Count. Count Us In. <https://kcrha.org/wp-content/uploads/2022/06/PIT-2022-Infograph-v7.pdf>

<sup>9</sup> KCRHA (2020). Seattle/King County Point-in-Time Count of Individuals Experiencing Homelessness 2020. Count Us In. [https://kcrha.org/wp-content/uploads/2022/05/Count-Us-In-2020-Final\\_7.29.2020-1.pdf](https://kcrha.org/wp-content/uploads/2022/05/Count-Us-In-2020-Final_7.29.2020-1.pdf)

## **Crisis and Warm Lines**

[Washington Warm Line](#) at 877-500-9276 (available between 12:30pm - 9:00pm)

[Washington Crisis Lines \(24/7\)](#) King County: 1-866-427-4747 Pierce County: 1-800-576-7764

Southwest Washington: 1-800-626-8137 North Central Washington: 1-800-852-2923

[Washington Listens](#) for stress with COVID-19 and wildfires, call 1-833-681-0211 (M-F 9am-9pm, Sat-Sun 9am-6pm)

[Washington STD/HIV/AIDS Hotline](#) Call 800-272-2437

[HIV Nightline Crisis Line](#) Call 1-800-628-9240

[Trans Lifeline](#) Call 877-565-8860

[Trevor Project for LGBTQ+ Youth \[13-24\] \(24/7\)](#) Web chat, Call 1-866-488-7386, or text START to 678678

[Crisis Textline \(24/7\)](#) text HOME to 741741

[IMALIVE Online Chat \(24/7\)](#) or call 1-800-442-4673

[National Suicide & Crisis Lifeline \(24/7\)](#) Online chat, call, or text 988

[Self-Harm Hotline \(24/7\)](#) Call (800) 366-8288

[National Eating Disorder Helpline](#) Online chat M-Th 9am-9pm ET (6am-6pm PT) Fri 9am-5pm ET (6am-2pm PT) or call (800) 931-2237 M-Th 11am-9pm ET (8am-6pm PT) Fri 11am-5pm ET (8am-6pm PT)

[Disaster Distress Helpline \(24/7\)](#) Call 1-800-985-5990 or text TalkWithUs to 66746

[Parenting Support Crisis Line \(24/7\)](#) Call 1-800-448-3000 or text VOICE to 20121

[Copleine \(for Law Enforcement\) \(24/7\)](#) Call 1-800-267-5463

[Firestrong \(for Firefighters\) \(24/7\)](#) Call 844-525-3473

[Veterans Crisis Line \(24/7\)](#) Chat online, Text 838255, or call 988 then Press 1

[Mental health Resource Line for People of Color \(24/7\)](#) Call 1-866-720-1044

[Racial Equity Support Line](#) Call 503-575-3764 Mon-Fri 10am-7pm PT

[Blackline for BIPOC](#) Call 1-800-604-5841

[LGBTQ Helpline for South Asians \(DEQH\)](#) Call 908-367-3374

[SAGE for LGBTQ+ Elders](#) Call 877-360-5428

[National LGBT Hotline](#) Call 888-843-4564 Mon-Fri 1pm-9pm PT Sat 9am-2pm PT

[State-specific HIV/AIDS Hotlines](#)

[Suicide Hotline Directory](#)

## **Substance Use Resources**

[Washington Recovery Help Line \(24/7\)](#) call 866-789-1511

[King County Needle Exchanges](#)

[Order free Naloxone/Narcan anywhere in Washington \(More info on Naloxone in link\)](#)

[Detox Helpline \(24/7\)](#) Call 866-640-2212

[Drug Helpline \(24/7\)](#) Call (844) 289-0879

[Drug Abuse Resource Helpline \(24/7\)](#) Call or text (866) 282-3904

[National Rehab Hotline \(24/7\)](#) Call 866-210-1303

[Peer Support when on Psychedelics](#) Call or text 623-473-7433 11am-11pm PT

[SAMHSA's National Helpline/Treatment Referral Routing Service \(24/7\)](#) call 1-800-662-4357

In event of a drug overdose, call 911 or Poison Control at 1-800-222-1222

## **Domestic Violence Resources**

[Northwest Network of Bisexual, Trans, Lesbian, and Gay Survivors of Abuse](#)

[Domestic Violence Hopeline for Washington residents \(24/7\)](#) Call 877-737-0242

[LGBTQ+ Domestic Violence Hotline \(24/7\)](#) Call 800-832-1901

[National Sexual Assault Hotline \(24/7\)](#) Web chat or call 1-800-656-4673

[National Domestic Violence Hotline \(24/7\)](#) Web chat, call or text 1-800-799-7233

[National Coalition of Anti-Violence Project \(24/7\)](#) Call or text 212-714-1141 (English and Spanish)

[National Child Abuse Hotline \(24/7\)](#) Call 1-800-422-4453

[Strong Hearts Native Helpline \(24/7\)](#) Web chat or call 1-844-762-8483

## **Housing and Food Resources**

[Housing Justice Narrative Project](#)

[City of Seattle Affordable Housing Assistance](#)

[King County Eviction Prevention and Rent Assistance](#)

People facing eviction can contact the [Housing Justice Project](#)

[COVID-19 Mortgage Relief and Assistance](#) Call 1-877-746-4334

[Washington Homeownership Hotline](#) Call 1-877-894-4663

[Washington Homeowner Assistance Fund](#) Call 1-877-894-4663

[Food Bank Finder, Seattle and Nationwide](#)

[Seattle Food Banks \(As of July 2022\)](#)

[Seattle Support Emergency Services \(As of July 2022\)](#)

[South King County Emergency Services \(As of July 2022\)](#)

[East and North King County Emergency Services \(As of July 2022\)](#)

[For updated Emergency Service Lists](#)

[Housing Counseling Services](#)

[Low-Income Housing Search](#)

## **Other Resources**

[National GLBT Resource Catalog](#)

[LGBTQ+ Resource Catalog in Washington](#)

[Gay City Seattle's LGBTQ Center](#)

[Ingersoll Gender Center](#) (Seattle)

[People of Color Against AIDS Network Seattle \(POCAAN\)](#)

[BIPOC Trans Empowerment](#)

[Mocha PrEP Clinic](#)

[Somos Seattle](#) Resources for LGBTQ+ Latinx folks

[United Territories of Pacific Islanders Alliance Washington \(UTOPIA\)](#) Resources for LGBTQ+ Pacific Islanders

[For Information on King County Resources](#) Call 211 between 8am-6pm (Email, Text, and Web Chat hours differ, see website for more information)

One Love One Pack,

SEA-PAH 2022 Board of Directors

*This resource list was originally compiled in September 2022 by Edgar Allan "Eddie" Pup, Director at Large for Seattle Pups and Handlers (SEA-PAH), and with input from the SEA-PAH 2022 Board of Directors. If you have additional resources, please contact [board@seapah.org](mailto:board@seapah.org)*