



HELPING WASHINGTON'S INJURED WORKERS



Project HELP provides free reliable information to help navigate Washington's workers' compensation system, which may include medical and wage replacement benefits.

Our Services Are Free of Charge:

- Advising on rights and responsibilities within the claims process
- Confidential support with claims managed by L&I or Self-Insured employers for all interested parties
- Presentations and workshops for interested organizations or groups

We are a cooperative effort between the Washington State Labor Council, AFL-CIO and the Department of Labor & Industries.



1-800-255-9752



projecthelpwa.com



projecthelp@wslc.org



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We are not attorneys and do not represent injured workers on their claims.