

Hotlines for Youth

Call or text for help if you are bullied, depressed, anxious or suicidal.

Text

Crisis Text Line

crisistextline.org (available in Spanish)

Text “Start” to 741-741 to receive free support any time, 24/7 (24 hours a day, 7 days a week). Text a trained crisis counselor about anything that is on your mind.

Suicide and Crisis Lifeline

988

988lifeline.org (available in Spanish)

24/7 access to trained crisis counselors that can help people going through mental health-related distress. You can call, text or chat online on the website. This service has interpretation for over 250 languages.

For those who are deaf, hard of hearing and use Teletype (TTY): Use your preferred relay service or dial 711 then 1-800-273-8255.

Call

County Crisis Clinics

Free, confidential, crisis support. Interpreters are available for multiple languages.

King County

Crisis Clinic: 206-461-3222 or 1-866-4CRISIS

TDD: 206-461-3219

Teenlink: 1-866-TEENLINK or 1-866-833-6546

(6 to 10 p.m., 7 days/week)

Kitsap, Clallam and Jefferson Counties

1-800-843-4793

Pierce County

1-800-576-7764

Snohomish and Whatcom County - North Sound

1-800-584-3578

Yakima County

Yakima County 24/7 crisis hotline: 509-575-4200

Neighborhood Health Services: 509-454-4143

Stomp Out Bullying HelpChat Line

stompoutbullying.org (English only)

Free, confidential, online support for ages 13 to 24 with issues around bullying and cyberbullying. See the website for hours.

To Learn More

- Emergency Department Mental Health 206-987-9240
- Ask your child’s healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Native Youth Support

We R Native Hotlines

wernative.org/resources (English only. Resources may be available in other languages)
The website has plenty of resources and phone numbers for youth that may need help dealing with abuse, bullying, relationships, drugs and alcohol. Also, for anyone seeking mental health, sexual health and LGBTQ+ support.

You Are Not Alone

youarenotalonenetwork.org (English only)

1-877-209-1266

Hotline for youth and website with videos, stories and other resources.

LGBTQ+ Support

LGBT National Youth Talkline

lgbthotline.org/talkline.html (English only)

1-800-246-PRIDE (7743) or help@lgbthotline.org

Provides free and confidential telephone and email peer-support. Available Monday to Friday 1 to 9 p.m. and Saturday 9 a.m. to 2 p.m.

Gay City: Seattle's LGBTQ Center

gaycity.org/youth (Some programs are available in Spanish)

866-427-4747

Provides resources and groups for LGBTQ+ youth in the city of Seattle.

Trans Lifeline

translifeline.org (available in other languages)

877-565-8860

This peer support hotline is run by and for trans people. Available 7 a.m. to 1 a.m. PST.

The Trevor Project (for LGBTQ youth) (English only)

Trevor Lifeline

1-866-488-7386

Offers free, confidential, 24/7 crisis support.

TrevorChat

thetrevorproject.org

Offers free, confidential, 24/7 online support.

TrevorText

Text the word "Trevor" to 1-202-304-1200 (standard text messaging rates apply).

TrevorSpace

trevorspace.org

An online community for LGBTQ youth.

Trans Family SOS

transfamilySOS.org (website available in other languages)

1-858-304-0085

Gives great support for parents through phone or skype.
