

# 青年热线

如果您受到欺凌、出现抑郁、焦虑或有自杀倾向，请致电或发短信寻求帮助。

## 短信

### 危机短信专线 (Crisis Text Line)

[crisistextline.org](http://crisistextline.org) (可用西班牙语提供服务)

将“Start”通过短信发送至 741-741，以随时获得 24/7 (每周 7 天、每天 24 小时) 免费支持。给接受过培训的危机顾问发短信，告知您担心的任何问题。

## 自杀和危机生命线

**988**

[988lifeline.org](http://988lifeline.org) (可用西班牙语提供服务)

每周 7 天、每天 24 小时与接受过培训的危机顾问通话，可帮助人们度过与精神健康相关的痛苦。您可以打电话、发短信或在网站上在线聊天。该项服务可提供超过 250 种语言的口译服务。对于失聪者、听力障碍者和使用电传打字机 (TTY) 的人：请使用您首选的中继服务或拨打 711，然后拨打 1-800-273-8255。

## 电话

### 县危机诊所

免费、保密、危机支持。可提供多种语言的口译员。

#### 国王县 (King County)

危机诊所: 206-461-3222 或 1-866-4CRISIS

TDD: 206-461-3219

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

(每周 7 天晚 6 点到 10 点)

#### 基特萨普县 (Kitsap County)、克拉勒姆县 (Clallam County) 和杰斐逊县 (Jefferson County)

1-800-843-4793

#### 皮尔斯县 (Pierce County)

1-800-576-7764

#### 斯诺霍米什和沃特康姆县 (Snohomish and Whatcom County) — 北部海峡 (North Sound)

1-800-584-3578

#### 亚基玛县 (Yakima County)

亚基玛县每周 7 天、每天 24 小时危机热线: 509-575-4200

邻里健康服务 (Neighborhood Health Services): 509-454-4143

### 消除欺凌求助聊天热线 (Stomp Out Bullying HelpChat Line)

[stompoutbullying.org](http://stompoutbullying.org) (仅限英语)

为 13 至 24 岁的人提供免费、保密在线支持，以解决欺凌和网络欺凌问题。请在网站查看服务时间。

### 了解更多信息

- 急诊部精神健康  
206-987-9240
- 请向您的孩子的医疗保健提供者洽询
- [seattlechildrens.org](http://seattlechildrens.org)

### 免费口译服务

- 请在医院内向您的护士询问。
- 在医院外，请拨打免费家庭口译专线电话 1-866-583-1527。告诉口译员您需要通话的人的姓名或分机号码。

### 本土青年支持

#### 我们是本土热线 (We R Native Hotlines)

[wernative.org/resources](http://wernative.org/resources) (仅限英语。可能用其他语言提供资源)

该网站为可能需要帮助应对虐待、欺凌、人际关系、毒品和酒精问题的青年提供大量资源和电话号码。此外，向任何寻求精神健康、性健康和同性恋者、双性恋者、跨性别者、酷儿等 (LGBTQ+) 支持的人提供帮助。

#### 您并不孤单 (You Are Not Alone)

[youarenotalonenetwork.org](http://youarenotalonenetwork.org) (仅限英语)

1-877-209-1266

青年热线和包含视频、故事和其他资源的网站。

### LGBTQ+ 支持

#### 同性恋者、双性恋者、跨性别者、酷儿全国青年谈话热线 (LGBT National Youth Talkline)

[lgbthotline.org/talkline.html](http://lgbthotline.org/talkline.html) (仅限英语)

1-800-246-PRIDE (7743) 或 [help@lgbthotline.org](mailto:help@lgbthotline.org)

提供免费和保密电话和电子邮件同伴支持。服务时间为周一至周五下午 1 点至晚上 9 点，周六上午 9 点至下午 2 点。

#### 同性恋城市：西雅图 LGBTQ 中心 (Gay City: Seattle's LGBTQ Center)

[gaycity.org/youth](http://gaycity.org/youth) (有些计划用西班牙语提供服务)

866-427-4747

为西雅图市 LGBTQ+ 青年提供资源和团体。

#### 跨性别者生命线 (Trans Lifeline)

[translifeline.org](http://translifeline.org) (可用其他语言提供服务)

877-565-8860

这条同伴支持热线由跨性别者运营，并为跨性别者服务。服务时间为美西标准时间早上 7 点至凌晨 1 点。

#### Trevor 项目 (针对 LGBTQ 青年) (仅限英语)

**Trevor 生命线 (Trevor Lifeline)**

1-866-488-7386

提供免费、保密的每周 7 天、每天 24 小时危机支持。

**TrevorChat**

[thetrevorproject.org](http://thetrevorproject.org)

提供免费、保密的每周 7 天、每天 24 小时在线支持。

**TrevorText**

请将“Trevor”一词发短信至 1-202-304-1200 (适用标准短信费率)。

**TrevorSpace**

[trevorspace.org](http://trevorspace.org)

LGBTQ 青年在线社区。

#### 跨性别者家庭求救 (Trans Family SOS)

[transfamilySOS.org](http://transfamilySOS.org) (网站有其他语言的版本)

1-858-304-0085

通过电话或 Skype 向家长提供大力支持。

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西雅图儿童医院向失聪者、听力障碍者或讲英语以外语言的患者、家庭成员和法律代表提供免费口译服务。西雅图儿童医院将应请求用其他格式提供本信息。请打电话给家庭资源中心，电话号码 206-987-2201。本手册已经由西雅图儿童医院的临床工作人员审阅。但是，您的需求具有独特性。在您根据本信息采取行动或依赖本信息之前，请向您的医疗保健提供者咨询。

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# Hotlines for Youth

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

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## 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.

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## 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.

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## 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.

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## 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](http://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](http://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](http://lgbthotline.org/talkline.html) (English only)

1-800-246-PRIDE (7743) or [help@lgbthotline.org](mailto: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](http://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](http://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](http://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](http://trevorspace.org)

An online community for LGBTQ youth.

#### **Trans Family SOS**

[transfamilySOS.org](http://transfamilySOS.org) (website available in other languages)

1-858-304-0085

Gives great support for parents through phone or skype.