

Khadadka macluumaadka Dhallinyarada

Wac ama farriin qoraal u dir si aad gargaar u hesho haddii lagu xoog sheegto, aad niyad jabsan tahay, walwalsan tahay ama rabto in aad is disho.

Farriin qoraal

[Khadka Farriinta qoraal ee Shiddada \(Crisis Text Line\)](#)

crisistextline.org (ku diyaar ah af Isbaanish)

Farriin qoraal ku dir "Start" (Bilow) oo u dir lambarka 741-741 si aad u hesho taageero bilaash ah waqti kaste, 24/7 (24 saacadood maalintii, 7 maalmood toddobaadkii). Farriin qoraal u dir lataliye shiddo oo tababbaran oo kala hadal wax kastoo aad ka fikirayso.

Khadka Is dilista iyo Shiddada (Suicide and Crisis Lifeline)

988

988lifeline.org (diyaar ku ah af Isbaanish)

24/7 oo ah 24 saacadood 7 maalmood la heli karo lataliyeyaal shiddo oo tababbaran oo caawin kara dadka ku dhex jira silic ama saxariir la xiriira caafimaadka maskaxda. Waad wici kartaa, farriin qoraal ayaad u diri kartaa ama waxaad kula sheekaysan kartaa internetka marka aad tagto barta internetka. Adeeggani waxuu leeyahay afcelin ama turjumaad lagu bixiyo in ka badan 250 luqadood.

Dadka dhego la', dhego culus ee isticmaala qalabka Teletype (TTY): Isticmaal adeegga gudbinta ee aad doorbiddo ama garaac lambarka 711 ka dibna lambarka 1-800-273-8255.

Wac

[Kiliniigyada Shiddada Degmada](#)

Taageero shiddo, bilaash, qarsoodi. Afceliyeyaal ayaa lagu heli karaa luqado badan.

King County

Kiliniigga Shiddada (Crisis Clinic): 206-461-3222 ama 1-866-4CRISIS

TDD: 206-461-3219

Teenlink (Isuxiraha dhowr iyo toban jir): 1-866-TEENLINK ama 1-866-833-6546

(6 fiidnimo ilaa 10 habeenimo, 7 maalmood/toddobaad)

Degmooyinka Kitsap, Clallam iyo Jefferson

1-800-843-4793

Pierce County

1-800-576-7764

Snohomish and Whatcom County - North Sound

1-800-584-3578

Yakima County

Khadka shiddada 24/7 ee degmada Yakima County: 509-575-4200

Adeegyada Caafimaadka Xaafadda (Neighborhood Health Services): 509-454-4143

[Khadka Caawinta Sheekaysiga Burburinta Xoogsheegashada \(Stomp Out Bullying HelpChat Line\)](#)

stompoutbullying.org (af Ingiriisi oo keliya)

Taageero bilaash ah, qarsoodi ah, oo internetka lagu siiyo dadka 13 jir ilaa 24 jir ah ee dhibaatooyin ka qaba xoogsheegashada iyo xoogsheegashada internetka. Saacadaha ka eeg barta internetka.

Si Aad War Dheeraad ah u Hesho

- Caafimaadka Maskaxda Waaxda Degdegga
206-987-9240
- Weydii bixiyaha daryeelka caafimaadka ilmahaaga
- seattlechildrens.org

Adeegyo Afceliye Bilaash ah

- Isbitaalka gudhiisa, weydii kalkaaliyahaaga.
- Isbitaalka dibaddiisa, soo wac Khadka Afcelinta Qoyska (Family Interpreting Line) ee bilaashka ah, 1-866-583-1527. Afceliyaha u sheeg magaca ama khadka gaarka ah ee aad u baahan tahay.

Taageerada Dhallinyarada Dhaladka ah

Khadadka macluumaadka We R Native

wernative.org/resources (Af Ingiriisi oo keliya. Ilaha ama khayraadka ayaad diyaar ku noqon kara oo lagu heli karaa luqado kale)

Barta internetka waxaa ku jira ilo farabadan iyo lambarro telefoon oo loogu talagalay dhallinyarada laga yaabo in ay gargaar uga baahan yihiin wax ka qabashada xadgudubka, xoogsheegashada, xiriirrada, mukhaadaraadka iyo khamriga. Weliba, loogu talagalay qof kastoo taageero ka raadinaya caafimaadka maskaxda, caafimaadka galmada iyo arrimaha LGBTQ+.

You Are Not Alone (Keli Ma Tihid)

youarenotalonenetwork.org (af Ingiriisi oo keliya)

1-877-209-1266

Khad macluumaad oo loogu talagalay dhallinyarada iyo bar internet oo ay ku jiraan fiidiyowyo, sheekooyin iyo ilo ama khayraad kale.

Taageerada LGBTQ+

Khadka hadalka Dhallinyarada ee Qaran ee LGBT (LGBT National Youth Talkline)

lgbthotline.org/talkline.html (af Ingiriisi oo keliya)

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

Laga helo taageerada faca oo bilaash ah oo qarsoodi ah oo lagu bixiyo telefoon iyo iimayl. Diyaar ah Isniinta ilaa Jimcaha 1 galabnimo ilaa 9 habeenimo iyo Sabtida 9 subaxnimo ilaa 2 galabnimo

Gay City: Xarunta LGBTQ ee Seattle

gaycity.org/youth (Barnaamijyada qaarkood ayaa diyaar ku af Isbaanish)

866-427-4747

Laga helo khayraad iyo kooxo loogu talagalay dhallinyarada LGBTQ+ ee magaalada Seattle.

Trans Lifeline (Khadka badbaadinta Jinsi rogan)

translifeline.org (diyaar ku ah luqado kale)

877-565-8860

Khadkan macluumaadka ee taageerada faca waxaa maamula oo loogu talagalay dadka jinsi rogan. Diyaar ah 7 subaxnimo ilaa 1 subaxnimo PST.

The Trevor Project (Mashruuca Trevor) (loogu talagalay dhallinyarada LGBTQ) (af Ingiriisi oo keliya)

Trevor Lifeline (Khadka badbaadinta Trevor)

1-866-488-7386

Lagu bixiyo taageero shiddo bilaash ah, qarsoodi ah, 24/7.

TrevorChat (Sheekaysi Trevor)

thetrevorproject.org

Lagu bixiyo taageero internet oo bilaash ah, qarsoodi ah, 24/7.

TrevorText (Farriin qoraal Trevor)

Farriin qoraal ku dir ereyga "Trevor" oo u dir lambarka 1-202-304-1200 (laga bixiyo sicirrada farriimaha qoraal ee caadiga ah).

TrevorSpace (Bannaan Trevor)

trevorspace.org

Bulsho internet oo loogu talagalay dhallinyarada LGBTQ.

Trans Family SOS (Gurmad Goys Jinsi rogan)

transfamilySOS.org (barta internetka ayaa diyaar ku ah luqado kale)

1-858-304-0085

Taageero aad u fiican waalidiinta lagu siiyo telefoonka ama barnaamijka skype.

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.