

# 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](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.