# Hotlines for Youth

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

| Text | Crisis Text Line  
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|      | www.crisistextline.org  
|      | 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. |

| 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 County – North Sound  
|      | 1-800-584-3578 |

|      | National Suicide Prevention Hotline  
|      | www.suicidepreventionlifeline.org  
|      | 1-800-273-8255 (English)  
|      | 1-888-628-9454 (Spanish)  
|      | Free, confidential, 24/7 emotional support for people in suicidal crisis or emotional distress. |

|      | Stomp Out Bullying HelpChat Line  
|      | www.stompoutbullying.org  
|      | Free, confidential, online support for ages 13 to 24 with issues around bullying and cyberbullying. See the website for hours. Please note: the hours are in Eastern Standard Time (EST). Washington State is in Pacific Standard Time (PST) 3 hours earlier than EST (for example, 8 p.m. to 12 a.m. EST is 5 p.m. to 9 p.m. PST). |

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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.
Hotlines for Youth

LGBTQ Support

GLBT National Youth Talkline
www.glbthotline.org/talkline
1-800-246-PRIDE (7743) or help@GLBThotline.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.

It Gets Better Project (for LGBTQ youth)
www.itgetsbetter.org
Seattle-based columnist and author, Dan Savage, created a YouTube video with his partner, Terry, to inspire hope for young people facing harassment. That was the beginning of dozens of people from around the world who have submitted their own video of “it gets better.” Check it out.

Seattle Counseling Service (for LGBTQ youth)
206-323-1768
Community mental health agency in Seattle serving LGBTQ youth. Crisis counselors are available Monday to Thursday 8 a.m. to 8 p.m. and Friday from 8 a.m. to 5 p.m.

Trans Lifeline
www.translifeline.org
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)

Trevor Lifeline
1-866-488-7386
Offers free, confidential, 24/7 crisis support.

TrevorChat
www.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
www.treverspace.org
An online community for LGBTQ youth.

Trevor Support Center
www.thetrevorproject.org
A place where LGBTQ youth and their allies can find answers to frequently asked questions, and explore resources related to sexual orientation, gender identity and more.