

Hotlines for Youth

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

Text

Crisis Text Line

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).

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.

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.trevorspace.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.