

## 800.584.3578

THE CRISIS LINE IS STAFFED WITH PROFESSIONAL COUNSELORS



### CONSULTATION

VOA counselors explore the best options to resolve your student's crisis



### MOBILE OUTREACH

Outreach workers available for dispatch 24/7 to the school and student's home



### FOLLOWUP

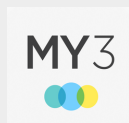
VOA counselors can make scheduled calls for ongoing safety assessments, make safety plans, and offer emotional support while waiting to be connected to services



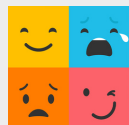
### BED CENSUS

Find out in real-time which hospitals in the area have open youth beds

#### SAFETY PLANNING APPS



MY3



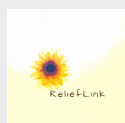
My Life My Voice



Suicide Safe



A Friend Asks



ReliefLink



KnowBullying

#### RESOURCES

CHAT  
[www.imhurting.org](http://www.imhurting.org)

CRISIS TEXT LINE  
text HOME to 741741

NORTH SOUND 2-1-1  
basic needs like food and housing

# ALL SERVICES AVAILABLE 24/7