

We know it's a challenging time for many of us right now. Luckily, there are some great phone numbers and websites you can access for support:

- **Crisis Text Line:** Text HEAL to 741741 to text with a trained crisis counselor
- **Pierce County 24 Hour Crisis Line:** 1-800-576-7764
- **Teenlink Line** (crisis services for teens): 6:00 PM - 10:00 PM - (866) 833-6546 and www.866teenlink.org
- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255) and <https://suicidepreventionlifeline.org/help-yourself/youth/>
- **Trans Lifeline** (transgender suicide hotline): 877-565-8860
- **The Trevor Project for LGBTQ community:** 1-866-488-7386 and <https://www.thetrevorproject.org/>
- **Disaster Distress Helpline:** 1-800-985-5990 or text "TalkWithUs" to 66746
- **Healthy relationship quizzes and info:** <https://www.loveisrespect.org/>
- **Bullying prevention:** <https://www.ditchthelabel.org/> and <https://www.stopbullying.gov/>

When to use the helplines and what to expect:

Use the helplines as soon as you feel you or a friend are in crisis. Trauma, depression, substance abuse, difficulties with family and relationships, and high stress are all valid reasons to reach out. You should never feel your problem is too small or insignificant.

You will never be judged for the problems you are dealing with. The crisis counselor's goal is to help you make healthy decisions and feel safe. You will be asked some questions about your feelings, social situation, safety, and any thoughts of suicide that you or the person you are calling about might be having. Answering truthfully will help the crisis counselor connect you to the resources you need.