



Mental Health Resources

Crisis:

- [988](#): Suicide & Crisis Lifeline 24/7 support
- [National Suicide Prevention Lifeline](#): 1-800-273-TALK (8255) En Español: 1-888-628-9454
- Text TALK to 741741 to text with a trained crisis counselor from the [Crisis Text Line](#) 24/7
- [HearMeWA](#): 1-888-537-1634 or text HearMeWA to 738477. Free 24/7 support
- [24 Hour Crisis Line](#): 1-866-427-4747 (Website in over 100+ languages)
- [Teen Link](#): (talk to a peer, 6-10pm) 1-866-833-6546 (Website in multiple language)
- [The Steve Fund](#) (people of color): Text STEVE to 741741 access a culturally trained counselor
- [Trevor Project](#) (LGBTQ youth): 1-866-488-7386 or text START to 678678
- [Suicide Hotline for Deaf or Hard of Hearing](#): For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255

Websites:

- [Crisis Connections](#): <https://www.crisisconnections.org/> (Over 100+ languages)
- [Parent Help](#): www.parenthelp123.org (English & Spanish)
- [The Trevor Project](#) (LGBTQ+ youth): www.thetrevorproject.org
- [American Foundation for Suicide Prevention](#): <https://afsp.org>
- [National Suicide Prevention Hotline](#): <https://suicidepreventionlifeline.org/>

Social Services and Counseling:

- [Volunteers of America](#) (English & Spanish): 211 or 1-800-223-8145. www.voa.org
- [Washington's Mental Health Referral Service for Children and Teens](#): 1-833-303-5437. Free referral services in multiple languages. In partnership with Seattle Children's.
- [Charlie Health](#): 206-495-6796. Personalized intensive mental health care. www.charliehealth.com
- [Family Help Line](#): 1-800-932-HOPE (4673).
- [Family Health Hotline](#) (All languages): 1-800-322-2588
- [Compass Health](#): Smokey Point Office: 425- 349-8700. www.compasshealth.org
- [Sea Mar Counseling Services](#): (English & Spanish) 425-609-5505. <http://www.seamar.org>
- [Center for Human Services](#): 206-362-7282. <http://www.chs-nw.org>
- [Cocoon House](#) - Prevention Services: 425-317-9898. <http://www.cocoonhouse.org/>
- [WA Counselors of Color Network](#) (All languages): 425-310-2345. <https://www.multiculturalcounselors.org> Serves an array of ethnic clients needing counseling.
- [Inclusive Therapists](#) (All languages): <https://www.inclusivetherapists.com/> Centers on the needs of marginalized populations.

Alcohol/Drug Abuse:

- [National Alcohol and Drug Abuse Hot Line](#): 1-800-252-6465
- [Substance Abuse and Mental Health Services Administration](#) (English & Spanish): 1-800-622-HELP (4357). <https://www.samhsa.gov>