

## **Youth Resource List**

Call **988** for suicide prevention and any other mental health support

Crisis chat 24/7: [www.imhurting.org](http://www.imhurting.org)

Crisis text: Text HOME to 741741

Basic needs like food and shelter: call 211

### **The Trevor Project (LGBTQ+)**

TrevorLifeline: Available 24/7 at 1-866-488-7386

Trans Lifeline 1-877-565-8860

TrevorText: Text TREVOR to 1-202-304-1200

TrevorChat: <https://www.thetrevorproject.org/>

Local LGBTQ+ Resource

GLOBE <https://www.globeyouth.com>

### **Washington Indian Behavioral Health HUB**

Serving American Indian and Alaskan Native communities with resources

1-866-491-1683

Native text line. Text NATIVE to 97779.

<https://www.wernative.org/articles/native-crisis-text-line>

**Washington Recovery Help Line:** 24-hour help for substance abuse, problem gambling and mental health

1-866-789-1511 or [www.warecoveryhelpline.org](http://www.warecoveryhelpline.org)

**Text 4 help:** TXT 4 HELP can be used for when a young person may be experiencing abuse, bullying, family problems, depression, suicidal thoughts, and other crisis. TXT 4 HELP counselors are available 24/7 and can provide support via text and can offer additional suggestions for immediate help regardless of where you are.

Here's how it works:

- Text the word "safe" and your current location (address, city, state) to **4HELP (44357)**.
- Within seconds, you will receive a message with the closest Safe Place site and phone number for the local youth agency.
- For immediate help, reply with "2chat" to text interactively with a trained counselor.

### **Cocoon House**

Emergency housing for youth age 12-17

425-877-5171

<https://www.cocoonhouse.org/>

## **Adult Resource List**

Call **988** for suicide prevention and any other mental health support

Crisis chat 24/7: [www.imhurting.org](http://www.imhurting.org)

Crisis text: Text HOME to 741741

North Sound Regional Crisis Line for mobile crisis outreach: 800-584-3578

Basic needs like food and shelter: call 211

### **The Trevor Project (LGBTQ+)**

Trevor Lifeline: Available 24/7 at 1-866-488-7386

Trans Lifeline 1-877-565-8860

Trevor Text: Text TREVOR to 1-202-304-1200

Trevor Chat: <https://www.thetrevorproject.org/>

Local LGBTQ+ Resource

GLOBE <https://www.globeyouth.com>

### **Washington Indian Behavioral Health HUB**

Serving American Indian and Alaskan Native communities with resources and support

1-866-491-1683

Native text line. Text NATIVE to 97779.

<https://www.wernative.org/articles/native-crisis-text-line>

**Washington Recovery Help Line:** 24-hour help for substance abuse, problem gambling and mental health

1-866-789-1511 or [www.warecoveryhelpline.org](http://www.warecoveryhelpline.org)

**Text 4 help:** TXT 4 HELP can be used for when a young person may be experiencing abuse, bullying, family problems, depression, suicidal thoughts, and other crisis. TXT 4 HELP counselors are available 24/7 and can provide support via text and can offer additional suggestions for immediate help regardless of where you are.

Here's how it works:

- Text the word "safe" and your current location (address, city, state) to **4HELP (44357)**.
- Within seconds, you will receive a message with the closest Safe Place site and phone number for the local youth agency.
- For immediate help, reply with "2chat" to text interactively with a trained counselor.

### **Cocoon House**

Emergency housing for youth age 12-17

425-877-5171

<https://www.cocoonhouse.org/>

### **Domestic Violence Services of Snohomish County**

425-25-ABUSE

<https://dvs-snoco.org/>

### **National Alliance on Mental Illness (NAMI Snohomish County)**

<https://namisnohomishcounty.org/>

### **Providence Intervention Center for Assault and Abuse and Dawson Place Child Advocacy Center**

Provides safety, justice, and healing to child/youth victims of sexual and physical abuse, assault, and neglect.

425-297-5771 or 425-252-4800 (24-Hour Hotline)

**WA State Dept of Children, Youth & Families (AKA Child Protective Services)**

Report Child Abuse/Neglect

[Report Child Abuse and Neglect](#)

1-866-ENDHARM (1-866-363-4276)

To report abuse, neglect, unlicensed childcare and childcare concerns.

If you are experiencing an emergency call 911.