



Mental Health and Crisis Resources for Youth

If someone is in immediate danger, call 911.

Crisis services are available to youth in Washington state. A young person you care about might need help right away. They may be feeling overwhelmed or at risk of harming themselves or others. This is a mental health crisis and requires immediate attention. Support and resources are available to youth regardless of income or insurance status.



988

988 is a free and confidential phone lifeline for people in distress and will connect you to the National Suicide Prevention Lifeline. They offer prevention and crisis resources for you or a family member. This service is available 24 hours a day, 7 days a week, 365 days a year. To learn more about 988 and for additional resources, visit <https://wa988.org/>

Native and Strong 9-8-8 Line

One of Washington's three 988 crisis centers offers a dedicated line for Washington's American Indian and Alaska Native communities. When someone calls 988, they can ask to be connected to the Native and Strong Lifeline. This call line is answered by Native Crisis Counselors, who are tribal members and descendants closely tied to their communities. These counselors are fully trained in crisis intervention and support, with a strong focus on cultural and traditional practices related to healing.

Teen Link

Teen Link is a program of Crisis Connections that serves youth in Washington State. Teen Link is a peer-to-peer support line. Phone lines are open 7 days a week from 6–10 p.m. Call or text 866-833-6546. Teen Link also offers a Where to Turn for Teens database with thousands of resources for youth in Washington State, including substance abuse resources, mental health services, legal services, and more. To learn more visit <https://www.teenlink.org/>

Seattle Children's Psychiatric Emergency Room

Seattle Children's provides same-day in-person or video visits for urgent mental and behavioral health concerns that do not require emergency department care. This service is available for youth ages 4 through 17. To learn more, visit: <https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/>

HearMeWA

HearMeWay is a youth-centered crisis response program offering free support 24/7. If a youth is experiencing stress, anxiety, a violent threat, sexual abuse - or anything that makes life hard, HearMeWay can help. Call, text, or use the app at <https://hearmewa.org/>. **Text HEARMEWA to 738477** to get a link to their help form.

Washington State County-Specific Crisis Phone Numbers

You may call your local crisis line to request assistance for you or a friend/family member, regardless of insurance. To access all the county lines visit <https://www.hca.wa.gov/assets/program/county-crisis-line-phone-numbers.pdf>