

Youth Mental Health Services



Crisis and Suicide Prevention Hotlines

Crisis Text Line

www.crisistextline.org

Text "start" to 741-741 to receive free support, 24/7.

National Suicide Prevention Hotline

www.suicidepreventionlifeline.org

1-800-273-8255 (English)

1-888-628-9454 (Spanish)

LGBTQIA+ Support

Seattle Counseling Service

<https://seattlecounseling.org>

206-323-1768

Community-based mental health services serving LGBTQ youth. Crisis counselors are available Monday to Friday from 8:00am - 5:00pm.

Location: Seattle, WA

Trans Lifeline

www.translifeline.org

1-866-488-7386

This is a peer support hotline, run by and for trans people.

TrevorSpace

www.trevorspace.org

An online community for LGBTQ youth.

Youth Mental Health Services

Seattle-Area Multicultural Mental Healthcare

Scan me!

Know before you Go - tips from the creators

- The organizations interviewed offer general mental health counseling and support services.
- All counseling service providers and referral organizations will collect contact information, ask you if you need language assistance, ask you if you want to involve your family and ask you if you have health insurance. Health insurance is not always necessary to receive services.
- Help can be free or low-cost. Be sure to ask about this during your intake process.
- If you are feeling nervous, most providers say it's fine to bring a sibling or a friend to your first appointment for support. But the appointment and treatment is for and about **you**.
- You can ask for either a one-on-one session or a group session.
- If you don't feel comfortable with the therapist assigned to you or the agency you're working with, you can always switch providers or leave at any time. No feelings hurt!



The **Seattle Times Education Lab** partnered with members of **King County Public Health's Social Media Ambassadors** and **Soar** youth programs to create these resources.

South King County students **Samira Farah, Cheryn Ferguson, Juli Malit and Yasmin Mustefa** teamed up to interview professionals from five organizations that focus on serving communities of color. King County-area youth workers **Emma McVeigh** and **Devan Rogers** helped make this collaboration possible.

For immediate help during a crisis call 911 or visit a local emergency center.

King County Children's Crisis Outreach Response System
206-461-3222

Crisis Connections
866-427-4747

Teens can also call the confidential *Teen Link* help line at **866-833-6546** between 6 and 10 p.m., or text the same number until 9:30 p.m.