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/](https://www.thetrevorproject.org/)
  - Local LGBTQ+ Resource
  - GLOBE [https://www.globeyouth.com](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](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/](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
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

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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 child care concerns.

If you are experiencing an emergency call 911.

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