

Mental Health Resources

Below, please find a list of mental health resources. This is not an exhaustive list. There are many mental and behavioral health resources available. This list offers some options to help find support for yourself or a loved one during this time.

Helplines for All Ages

Care Crisis Line: 800-584-3578

Care Crisis Chat: www.imhurting.org

North Sound 2-1-1: 800-223-8145 or 211

National Suicide Prevention Lifeline: 800-273-TALK (8255)

The Disaster Distress Helpline: 800-985-5990

Washington Listens: 833-681-0211

Crisis Text Line: Text "HOME" to 741741 to start a text chat with the Crisis Text Line

Veteran's Crisis Line: 1-800-273-8255, TTY: 1-800-799-4889.

Guidance and Toolkits

[Washington State Department of Health Behavioral Health Resources and Recommendations](#)

[Behavioral Health Toolbox for Families](#)

[Guidance for Building Resilience in the Workplace](#)

Teens/Young Adults

[Suicide Prevention Lifeline: Help for Youth](#)

Teens Health: Providing a safe place for teens who need honest and accurate information, this website provides resources on mental health issues.

Center for Young Women's Health and Young Men's Health: These websites provide a series of guides on emotional health, including on test anxiety, depression, bullying, and eating disorders. www.youngwomenshealth.org and www.youngmenshealthsite.org

Go Ask Alice! Geared at young adults, this question and answer website contains a large database of questions about a variety of concerns surrounding emotional health.

Girls Health.Gov: The "Your Feelings" section of this website offers guidance to teenage girls on recognizing a mental health problem, getting help, and talking to parents.

Reach Out: This website provides information on specific mental health disorders, as well as resources to help teens make safe plans when feeling suicidal, and helpful tips on how to relax.

Teen Mental Health: Geared towards teenagers, this website provides learning tools on a variety of mental illnesses, videos, and resources for friends.

The Trevor Project: 1-866-488-7386. Geared toward providing crisis intervention and suicide prevention for LGBTQ+ youth.

Mindfulness for Teens: This website has resources to help teens use mindfulness to handle stress and includes apps to practice meditation and guided mediation recordings.