

Crisis Connections

You are not alone! There is someone who is willing to listen and help you without judgment.

Teen Link** → (866) 833-6546

24-Hour Care Crisis Line → (425) 258-4357

Seattle Children's Hospital → (206) 987-2195

Trevor Project Helpline (LGBTQ+) → (866) 488-7386

Fairfax Behavioral Health → (425) 284-8300

Smokey Point Behavioral Hospital → (844) 202-5555

Providence Intervention Center for Assault and Abuse → (425) 252-4800

Counselors: Your school counselor can listen to what you need and suggest other resources that might better fit your needs.