



Need to talk?

Are you worried about yourself or someone else having thoughts of suicide?

Southwest Washington Crisis Line

A confidential crisis helpline, open 24/7.

1.800.626.8137

National Suicide Prevention Lifeline

A confidential suicide or crisis helpline, open 24/7.

1.800.273.8255

Español: 1.888.628.9454

Deaf and Hard of Hearing: Dial 711 then 1.800.273.8255

Chat line: suicidepreventionlifeline.org/chat/

Just need someone to talk to?

TeenTalk

A confidential and nonjudgmental support line for teens, by teens.
Open Monday to Thursday from 4-9 pm and Friday from 4-7 pm.

call 360.397.2428 or text 360.984.0936

Facebook, Instagram, Snapchat and Twitter: @PeppyPenerson

Visit ccteentalk.clark.wa.gov

TrevorLifeline

A 24/7 hotline for LGBTQ+ youth in crisis, thinking of suicide, or in need of support.

1.866.488.7386

TrevorText: Text START to 678-678

TrevorChat: thetrevorproject.org/get-help-now/

Need help finding other local resources?

211

A confidential community resource database.

Open Monday to Friday from 8 am to 6 pm.

dial 211 or 1.866.698.6155

Deaf and Hard of Hearing: Dial 711 then 1.800.273.8255

Text your ZIP code to 898211

Visit 211info.org