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: 1.800.799.4889
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

Need help finding other local resources?

211
A confidential community resource database.
Open Monday to Friday from 8 am to 6 pm.
Dial 211 free
Text your ZIP code to 898211
Visit 211info.org

We can email this poster to you or send you more. Contact Clark County TeenTalk at ccteentalk1@hotmail.com.