Are you feeling depressed, suicidal, anxious, stress, addiction, or have an eating disorder? Do you feel like you aren’t yourself? There are resources for you.

http://kidsmentalhealthpiercecounty.org/youth-mental-health-resources/ or Scan Me

Pierce County Crisis Line
1-800-576-7764

Crisis Text Line:
Text CONNECT to 741741
From anywhere in the USA, anytime, about any type of crisis

National Suicide Prevention Lifeline (24/7)
800-273-8255

LGBTQ Trevor Project Support Center:
1-866-488-7386
www.thetrevorproject.org

There’s help! Talk to a counselor, a teacher, a peer, a SAFE ZONE person, a priest, or a parent. Don’t ignore the issue.

Outpatient Resources For Therapist
HopeSparks 253-565-4484
Catholic Community Services 1-800-566-9053
Comprehensive Life Resource 253-396-5800
Greater Lakes Mental Health 253-581-7020
SeaMar Tacoma Behavioral Health Clinic 253-396-1634
SeaMar Puyallup Behavioral Health Clinic 253-864-4770
SeaMar Gig Harbor Behavioral Health Clinic 253-280-9888
MultiCare Behavioral Health 1-888-445-8120
Behavior Bridges 253-262-3409

Private Insurance Therapist Finder
www.pyschologytoday.com
Scan Me