

Crisis Resources

- **National Suicide Prevention Lifeline:** Available 24/7 at 1-800-273-TALK (8255).
- **Crisis Services**
 - **Pierce County** 800-576-7764
 - **King County** 206-464-3222; 800-244-5767
- **Crisis Text Line:** Free, 24/7 support for anyone in crisis. Text START to 741741.
- **Crisis Clinic** www.crisisclinic.org information and resources. Free materials: <https://crisisclinic.org/education/online-printed-materials/>
- **Trans Lifeline:** Dedicated to the well being of transgender people. USA: 1-877-565-8860. Canada: 1-877-330-6366.
- **The Trevor Project** ([@thetrevorproject](https://www.thetrevorproject.org)): Confidential suicide hotline for LGBTQ young people. Available 24/7 at 1-866-488-7386.
- **The GLBT National Help Center:** Provides LGBTQ people with free and confidential peer support at 1-888-843-4564. Youth Talkline: 1-800-246-7743.
- **It Gets Better Project** ([@itgetsbetterproject](https://www.itgetsbetterproject.org)): Communicating to LGBTQ youth around the world that it gets better.
- **Forefront** <http://www.intheforefront.org/help/bereaved> Forefront Care packages for the bereaved. Resources and statistics by county.

Crisis Resources

Screening for Mental Health: SOS Planning Materials, screening materials, programs for middle and high schools, colleges, workplaces, and community organizations, special initiatives.

<https://mentalhealthscreening.org/>

Suicide Prevention Resource Center: Tool kit, online trainings, programs.

<http://www.sprc.org/>

American Foundation for Suicide Prevention: State facts sheet

<https://afsp.org/>

The Trevor Project: model school policy, resources for LGBTQ youth, trainings, information.

<http://www.thetrevorproject.org/>