

# MENTAL HEALTH RESOURCES

**YOUR MENTAL HEALTH AND WELL-BEING MATTER.**

**\*\*If you or someone you know is in immediate harm or danger please visit your local emergency room or call 911.\*\***

## SNOHOMISH COUNTY RESOURCES

Snohomish County Children and Youth Programs  
Children's Mental Health | Snohomish County, WA - Official Website ([snohomishcountywa.gov](http://snohomishcountywa.gov))

### Snohomish County Mental Health Resources and Support for Kids

At this link you will find a variety of resources for mental/physical health and overall well-being:  
[Resources-for-kids \(snohomishcountywa.gov\)](http://Resources-for-kids.snohomishcountywa.gov)

### Crisis Line Snohomish County

The contact information for the crisis line for residents of Snohomish, Skagit, San Juan, Island, or Whatcom counties is: 1-800-584-3578 by phone or [www.imhurting.org](http://www.imhurting.org) for text or chat.

### Seattle Area: Seattle Children's Youth Resources

Using WA Mental Health Referral Service for Children/Teens ([seattlechildrens.org](http://seattlechildrens.org))

**IF YOU ARE STRUGGLING, TALK TO A TRUSTED ADULT • Parents/Guardians • Family Member • School Counselor • Coach • Teacher • Youth Leader • Club Advisor • Security/SRO/Police**

## HELP IS ALWAYS AVAILABLE

### HOTLINES— CALL OR TEXT



#### Care Crisis Line

1-800-584-3578 / 425-250-4557

Crisis Chat: Text HELLO to 741-741 (on the back of student ID cards)

#### Crisis Connections:

24 Hour Crisis Line:

1-866-427-4747

#### Crisis Text Line:

Text-based support

Text "Hello" to 41741

#### Children's Crisis Response

Outreach Team: 206-461-3222

#### Youthline:

Text "TEEN2TEEN" to 839863

#### IMALIVE (Chat Available 24/7):

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

#### Teen Link:

1-866-833-6546

By Phone 6-10pm

By Chat/Text 6-9:30pm

## INSTAGRAM ACCOUNTS TO FOLLOW



@Trevorproject

@Ineedalighthouse

@Selfcareisforeveryone

## SUICIDE PREVENTION APPS

Jason Foundation— A Friend Asks  
(Android, IOS)

MY3 (Android, IOS)



# **Basic Needs Resources**

## **Volunteers of America Western Washington**

VOAWW offers crisis care support through various departments regarding basic needs (food and shelter) along with mental, emotional, and behavioral health. <https://www.voaww.org/>

## **Snohomish County Basic Needs Links**

The following website will provide links where you can view information for and resources to assist persons with basic life needs such as housing, food, transportation, medical services, utilities, and safety.

<https://snohomishcountywa.gov/1046/Basic-Needs>

# **Category Specific Resources**

## **Anxiety and Depression Association of America: Resource Links**

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

## **Child Services/Domestic Violence Resources**

*Domestic Violence Crisis Hotline: 425-252-2873*

*National Domestic Violence Hotline: 1-800-799-7233*

*Child Protective Services (CPS): 866-829-2153 or 800-562-5624*

## **LGBTQ+ Resources:**

**LGBTQ+ Support:** [www.GayCity.org/youth](http://www.GayCity.org/youth)

**The Trevor Project:** A national 24-hour, toll free confidential suicide hotline for LGBTQ youth. Call [1-866-488-7386](tel:1-866-488-7386) or text *START* to 678678.

**Trans Lifeline:** <https://translifeline.org/>, 877-565-8860

## **Sexual Assault Resource**

*Providence Sexual Assault Hotline: 425-252-4800*

## **Substance Abuse**

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

*National Hotline: 1-800-662-HELP (4357) or text TalkWithUs to 66746*

*\*Individuals with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990*

If you or a family member has a problem with a substance use disorder, please consider calling the [Washington Recovery Help Line](#). This an anonymous and confidential help line that provides crisis intervention and referral services for individuals in Washington State. Professionally trained volunteers and staff are available to provide emotional support 24-hours a day, seven days a week. In addition, they can suggest local treatment resources for substance use, problem gambling, and mental health, as well as to other community services.

*Washington Recovery Help Line: 1-866-789-1511*



# **Not sure where to begin?**



Scheduling an appointment with your primary care doctor is a great place to start when addressing matters related to your physical, mental, or emotional health

# Mental Health Support in the time of COVID-19

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in all who are impacted. Reactions during an infectious disease outbreak can include: fear and worry about your own health status and that of your loved ones who may have been exposed to COVID-19, changes in sleep or eating patterns, difficulty sleeping or concentrating, Increased use of alcohol, tobacco, or other drugs, etc.

Coping with these feelings and getting help when you need it will support you, your family, and your community move forward through this time. Connect with family, friends, and others in your community. Take care of yourself and each other, and recognize when and how to seek help. *Call your healthcare provider if stress reactions interfere with your daily activities for several days in a row.*

## Activity Ideas

- \* Spend time outside your home for fresh air and nature
- \* Create a gratitude log of the things you are grateful for
- \* Take a walk outside
- \* Exercise
- \* Go for a run
- \* Do yoga
- \* Dance/Sing
- \* Write in a journal
- \* Create a music playlist that inspires you
- \* Find a creative outlet such as poetry or a craft
- \* Try a new cooking or baking recipe
- \* Play a board game
- \* Draw/color
- \* Learn something new!



## Things you can do to support yourself

- \* Take care of your body. Take deep breaths, stretch, or meditate.
- \* Make time to unwind and remind yourself that strong feelings will fade. Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do some other activities you enjoy (ideas listed below).
- \* Connect with others. Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships.
- \* Engage in ways to maintain a sense of hope and positive thinking.
- \* If you are already connected with a mental health professional (i.e. therapist or counselor in the community) reach out and see if they are conducting tele-therapy sessions.