

# Youth-friendly Resources – Sexual Violence Prevention

## Suicide Prevention:

If you or someone you know is considering suicide, please **call or text 988** or visit <https://988lifeline.org/help-yourself/youth/>.

## To Find Your Local Sexual Assault or Domestic Violence Program:

Go to <http://www.wcsap.org/help/csap-by-county> or <https://wscadv.org/washington-domestic-violence-programs/>.

## For 24/7 Crisis Support:

- **Crisis Text Line:** Text “HELLO” to 741741
- **National Sexual Assault Hotline:** Call 800-656-HOPE (4673)  
<https://www.rainn.org/get-help>

## To Find Local Services:

Dial 211 or go to <https://search.wa211.org/>. For **more local services:**

- **Care Connect WA:** <https://ccwa.doh.wa.gov/>
- **WA Trafficking Help:** <https://www.watrafickinghelp.org/>
- **WA Sexual and Reproductive Health:**  
<https://www.doh.wa.gov/YouandYourFamily/SexualandReproductiveHealth>

## Health Resources for Teens/Young Adults:

- **WA Teen Health Hub**, a teen-reviewed directory of online health information for youth: <https://doh.wa.gov/teenhealthhub> | <https://doh.wa.gov/es/teenhealthhub> (*en español*)
- **We R Native**, a multimedia health resource for Native youth: <http://www.wernative.org>

## 2SLGBTQIA+:

Find resources at <https://glaad.org/> and <https://www.glsenwashington.org/partnerships>.

- **The Trevor Project (24/7):** Call 1-866-488-7386 | Text START to 678-678  
<https://www.thetrevorproject.org/get-help/>
- **LGBTQI+ Subnetwork:** Call or text 988 | <https://988lifeline.org/help-yourself/lgbtqi/>

## Healthy Relationships:

- **Love is Respect (24/7):** Call 1-866-331-9474 | Text “LOVEIS” to 22522 | <https://www.loveisrespect.org/>



- **ARC of King County Hotline** (*Confidential relationship/ sexuality & I/DD support*): Call 206-829-7034 <https://arcofkingcounty.org/services/healthy-relationships.html>

### Other Services:

- **WA Children and Family Services:** Call 509-846-2010 | *After 5:00pm* Call 1-800-869-4018
- **National Center for Missing & Exploited Children:** Call 1-800-THE-LOST (843-5678) | <https://report.cybertip.org/> <https://www.missingkids.org/home>
- **National Human Trafficking Hotline:** Call 1-888-373-7888 | <https://humantraffickinghotline.org/en>
- **Behavioral Health Resources** (*Intakes via phone*): Call 360-704-7170 | <http://www.bhr.org/>
- **CIELO** (*Familia, educación, recursos financieros y de salud*): Call 360-709-0931 <https://cieloprograms.org/>

### Washington Relay:

**Dial 711** or call **1-800-833- 6388** to connect with a TRS Communications Assistant.

[www.WashingtonRelay.com](http://www.WashingtonRelay.com)

\*This resource list can be accessed on OSPI's website at <https://ospi.k12.wa.us/student-success/health-safety/sexual-violence-prevention>.

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