

Youth-friendly Resources – Sexual Violence Prevention and Services

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 <https://wscadv.org/washington-domestic-violence-programs/>.

For 24/7 Crisis Support:

- **Crisis Text Line:** Text “HELLO” to 741741
- **National Sexual Assault Hotline:** Call 1-800-656-HOPE (4673) <https://www.rainn.org/get-help>
- **HearMeWA** (24/7 helpline for youth): Text HEARMEWA to 738477 | Call 1-888-537-1634 | <https://hearmewa.org/>
- **StrongHearts Native Helpline** (DV/SA support for Native Americans and Alaska Natives): Call 1-844-7NATIVE (762-8483) | <https://strongheartshelpline.org/>

To Find Local Services:

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

- **WA Trafficking Help:** <https://www.watraffickinghelp.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 local resources at <https://lgbtq.wa.gov/resources>.

- **The Trevor Project** (24/7): Call 1-866-488-7386 | Text START to 678-678 | <https://www.thetrevorproject.org/get-help/>
- **LGBT National Youth Talkline:** Call 1-800-246-7743 | <https://lgbthotline.org/youth-talkline/>
- **Trans Lifeline:** Call 1-877-565-8860 | <https://translifeline.org/>



Healthy Relationships:

- **Love is Respect** (24/7 Teen Dating Violence Hotline): Call 1-866-331-9474 | Text "LOVEIS" to 22522 | <https://www.loveisrespect.org/>
- **One Love:** Educational resources at <https://www.joinonelove.org/>
- **What's OK?** (for young people age 14–21): Text WHATSOK to 1-888-532-0550 | Call 844-WHATSOK (844-942-8765) | <https://www.whatsok.org/>

More 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>
- **National Domestic Violence Hotline:** Call 1-800-799-SAFE (7233) | <https://www.thehotline.org/>
- **Behavioral Health Resources** (Intakes via phone): Call 360-704-7170 | <http://www.bhr.org/>
- **Among Friends** (social-sexual support services for children and adults with disabilities or complex needs): Call 509-906-3296 | <https://www.among-friends.org/>
- **ARC of King County** (resources for people with IDD and disabilities): <https://arcofkingcounty.org/>
- **API Chaya** (culturally specific support services for survivors of sexual violence): Call 1-877-922-4292 | <https://www.apichaya.org/>

Washington Relay:

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