

○ Crisis Resources

- Call 425-258-4357 (crisis line 24/7)
- www.carecrisischat.org (online chat option)
- www.suicidepreventionlifeline.org (online chat option)
- **Text “LISTEN” to 741741**(texting option 24/7)
- **Cocoon House** (text,email,call 24/7)
 - Call or text 425-877-5171
 - email safeplace@cocoonhouse.org
- **Safe Teen Shelter** (texting option 24/7)
 - **text “safe and your immediate location” to 69866.**
 - You will receive a text back with the name and contact info for the closest youth shelter. You will have option to keep texting with a mental health professional.
 - nationalsafeplace.org
- **Child Protective Services (CPS) 866-829-2153**
 - Report child abuse
 - Request help
 - Hotline is 24/7