

# Crisis Resource List

## Crisis Lines

If you are in crisis, need advice or need to talk, **call the Crisis Line at 425-258-4357 or 1-800-584-3578**. You can also [click here to chat online](#). You can text "listen" to 741-741 and a trained professional will text you back.

- [Providence Sexual Assault Crisis Line](#): (425) 252-4800
- [Teen Link](#): (866) 833-6546
- [Crisis Connections Warm Line](#): (877) 500-9276
- [To report child abuse/neglect](#): (866) 363-4276
- [Domestic Violence Help](#): (425) 252-2873
- [Cocoon House](#) (text, email, call 24/7) Call or text 425-877-5171
  - Email [safeplace@cocoonhouse.org](mailto: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 the option to keep texting with an advocate.

## Other Resources

- **When you see a social media post that worries you:**
  - If you see a **direct threat** (going to hurt self/other right now)
    - Talk to trusted adult right away, call crisis line 425-258-4357, and/or call 911
  - If you see an **indirect threat** (pictures or words that worry you- frequent posts about suicide or self-harm, pictures of weapons or violent actions)
    - Talk to an adult and/or call the crisis line for advice.
    - Report the post <http://emotiontechnology.com/concerned-for-someone-online>
- **Prevention Apps for a smartphone:**
  - Calm
  - Headspace
  - Breathe+
  - Suicide Safe by SAMHSA
- [Student Assistance Program](#)
  - Refer any Cav or LSHS student (anonymously)
  - Can refer yourself
- [Safe Schools Tip Line](#)
  - **File a tip** or Call or text at (855) 200-5058.
- [More online resources \(links and phone numbers\)](#)