

**Are you feeling depressed, suicidal, anxious, stress, addiction, or have an eating disorder?**

**Do you feel like you aren't yourself? There are resources for you.**

<http://kidsmentalhealthpiercecounty.org/youth-mental-health-resources/> or **Scan Me**



Pierce County Crisis Line  
1-800-576-7764

Crisis Text Line:  
Text CONNECT to 741741  
From anywhere in the USA, anytime,  
about any type of crisis

National Suicide Prevention Lifeline (24/7)  
800-273-8255

LGBTQ Trevor Project Support Center:  
1-866-488-7386  
[www.thetrevorproject.org](http://www.thetrevorproject.org)

**There's help! Talk to a counselor, a teacher, a peer, a SAFE ZONE person, a priest, or a parent. Don't ignore the issue.**

**Outpatient Resources For Therapist**

**HopeSparks 253-565-4484**

**Catholic Community Services 1-800-566-9053**

**Comprehensive Life Resource 253-396-5800**

**Greater Lakes Mental Health 253-581-7020**

**SeaMar Tacoma Behavioral Health Clinic 253-396-1634**

**SeaMar Puyallup Behavioral Health Clinic 253-864-4770**

**SeaMar Gig Harbor Behavioral Health Clinic 253-280-9888**

**MultiCare Behavioral Health 1-888-445-8120**

**Behavior Bridges 253-262-3409**



Private Insurance Therapist Finder  
[www.psychologytoday.com](http://www.psychologytoday.com)

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