## Crisis - Always call 911 for immediate help.

Crisis Line: 1-866-427-4747

- **Suicide Prevention Lifeline** - 1-800-273-8255. Talk to a trained specialist.
  - Crisis Textline - [http://www.crisistextline.org/textline/](http://www.crisistextline.org/textline/)
  - King County Sexual Assault Resource Center - [http://www.kcsarc.org/](http://www.kcsarc.org/)

## Bullying / Eating Disorders

- Created by MSHS students - [http://mtsi-no-bullying.weebly.com](http://mtsi-no-bullying.weebly.com)
- Cyberbullying, Info, How to Respond - [Stop Bullying.gov](https://www.stopbullying.gov)

## Mental Health

- Your Life, Your Voice. Text/Chat - [http://www.yourlifeyourvoice.org/Pages/home.aspx](http://www.yourlifeyourvoice.org/Pages/home.aspx)
- Info and Youth Forums - [http://us.reachout.com/](http://us.reachout.com/)
- Info - [Mental Health.gov](http://www.mentalhealth.gov)
- Texting Support - [OK2Talk.org](http://www.ok2talk.org)

## Homelessness

- Street Outreach | 206.310.3579 | [http://www.friendsofyouth.org/streetOutreach.aspx](http://www.friendsofyouth.org/streetOutreach.aspx)
- Shelter - Text “SAFE” + current location to 69866 [http://nationalsafeplace.org/](http://nationalsafeplace.org/)
- Call 211 - [http://www.211.org/](http://www.211.org/)

## Relationships

- Love is Respect. Chat, text - [http://www.loveisrespect.org/for-yourself/contact-us/](http://www.loveisrespect.org/for-yourself/contact-us/)

## Sexual Identity


## Substance Abuse

- [Teen Link](https://teens.drugabuse.gov/) - Talk or chat with a trained teen 6-10 pm.