

## **NATIONAL SUICIDE PREVENTION HOTLINE**

Feeling really bad? Get free, confidential support.

Call 1-800-273-8255 or visit [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

Español

## **NATIONAL RUNAWAY SAFELINE**

Get confidential, caring support from someone who won't report you.

Call 1-800-RUNAWAY (1-800-786-2929) or text 66008 or visit

[1800runaway.org](https://1800runaway.org)

Español

## **WA ABUSE HOTLINE**

To report child abuse or neglect call 1-866-363-4276.

## **WA FOSTER CARE OMBUDSMAN**

Have a problem with your foster care placement, a question, or need help?

Call 800-571-7321 or visit <https://ofco.wa.gov>

*You're not alone  
reach out  
24/7*

*you've  
got*

**SUPPORT**





**LOVE IS RESPECT:  
NATIONAL TEEN DATING  
ABUSE HELPLINE**

Think something might be wrong with your relationship? Get support.

Call 1-866-331-2974 or text/chat loveis to 22522 or visit [loveisrespect.org](http://loveisrespect.org)

TTY: 1-866-331-8453

**NATIONAL DOMESTIC  
VIOLENCE HOTLINE**

Are you or someone you know in an abusive relationship? Get help.

Call 1-800-799-SAFE (7233) or visit [thehotline.org](http://thehotline.org)

TTY: 1-800-787-3224

Español



**NATIONAL HUMAN  
TRAFFICKING HOTLINE**

If someone is making you have sex or work against your will, get help.

Call 1-888-373-7888 or text 233733 or chat at [humantraffickinghotline.org](http://humantraffickinghotline.org)  
Español

**RAINN (RAPE, ABUSE AND  
INCEST NATIONAL  
NETWORK) HOTLINE**

Counselors offer anonymous, confidential support for survivors.

Call 1-800-656-HOPE (4673) or visit [rainn.org](http://rainn.org) for online chat support.

Español

**TREVOR PROJECT LIFELINE**

A hotline for LGBTQ+ youth who are in crisis or just need a safe place to talk.

Call 866-488-7386 or text/chat [thetrevorproject.org/help](http://thetrevorproject.org/help)

**NATIONAL IMMIGRANT  
DETENTION HOTLINE**

Need to locate a parent in an immigrant detention facility? Reach out.

Call 209-757-FREE (3733)

Español and 60 languages

