

Crisis Resources

Crisis Clinic of Thurston County

The Crisis Clinic of Thurston County strives to empower people, especially those in crisis, through telephone intervention, and information and referral, every hour of the year. Crisis Line: (360) 586-2800/1-800-627-2211

Youth Helpline

Are you a youth needing someone to talk to? The Teen/Youth Help Line is a 24/7; free, completely confidential and totally anonymous phone line that you can call to talk about anything.

(360) 586-2777

Youth Suicide Prevention Hotline

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.

1-800-273-8255; LGBTQ Helpline: 1-866-488-7386

Catholic Community Resources - Crisis Stabilization Services

Crisis stabilization services are designed to assist youth who are experiencing a mental health crisis to help them remain in their homes and avoid hospitalization. (360) 480-5721

Emergency Shelter Network Hotline

If you are homeless or at risk of becoming homeless, please call the 24-hour homeless hotline at:

(844) 628-7343

Olympia Health and Recovery Services

Provide access to an effective, reliable safety net of behavioral health crisis and recovery support services throughout our region.

(360) 754-1338

SafePlace Olympia Helpline

SafePlace works to put an end to sexual and domestic violence through crisis intervention and education.

(360) 754-6300

StrongHearts Native Helpline for domestic/sexual violence

StrongHearts Native Helpline is a safe dating and sexual violence helpline for American Indians and Alaska Natives.

1-844-762-8483

Trans Lifeline for peer support

Trans Lifeline is a grassroots hotline and micro grants non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

1-877-565-8860

Trevor Lifeline for LGBTQ+ Youth

Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at:

1-866-488-7386

Text START to 678678

[Chat online](#)Opening in a new window