

Hear MeWA

A free, 24/7 helpline for
Washington youth

For whatever's bothering you

Whether your problem is big or small, or you're not sure it's a problem at all, HearMeWA is here to listen and connect you to support. **Created just for youth and young adults in Washington up to age 25.**

Reach out about ANY concern

Bullying

Anxiety or depression

Suicidal thoughts

Domestic or sexual violence

Housing or food insecurity

Gender identity
or expression

Rumors of
violence or
threats



How HearMeWA can help






HearMeWA connects youth to trained counselors and local resources. It's safe and you can remain anonymous—whatever you're going through, we've got your back.

Important

If you want to remain anonymous, please do not provide identifying or personal information.

4 ways to contact HearMeWA

Get help the way you want

- 
-  Call our toll-free number **888-537-1634**
 -  Text **HearMeWA** to **738477**
 -  Visit **HearMeWA.org** and click "**Get Help**"
 -  Download the **HearMeWA app** from the Apple App Store or Google Play



HearMeWA was created and informed by input from young people to ensure it's youth-centered, trauma-

informed, and antiracist. HearMeWA is made possible through partnership with the Sandy Hook Promise Crisis Center, which receives and responds to every message.

You're not alone. Visit **HearMeWA.org** to learn more or get help now!