

# 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.



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](https://www.hearnewa.org) to learn more or get help now!

## 4 ways to contact HearMeWA

Get help the way you want

