Now that it's just us... We want to make sure you're good.



If you're not good, **Washington youth under 25 can get free, 24/7** support from trained counselors. Our program was designed by youth like you to help with stress, anxiety, violent threats, sexual abuse, bullying, and more, in a private, respectful manner.

Text Call

HearMeWA to 738477

888-537-1634



Download the App







*Provide no identifying information about yourself if you wish to remain anonymous.

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