



Resource List

Local Resources



Catholic Community Services: Accessed through Optum Pierce County at 253-292-4200

- ✓ Offers a variety of **counseling services** including **crisis counseling**



Good Samaritan Behavioral Health: 1-888-445-8120. (325 E Pioneer, Puyallup, WA 98372).

- ✓ Call Access Center or Walk-in assessment clinic is available M-F 9-4:30
- ✓ Offers a variety of **counseling services**



Hope Sparks Puyallup: 253-565-4484. (1420 S. Meridian, Puyallup, WA 98371).

- ✓ Healing Hearts Counseling Program **offers a variety of services for youth and families**



Pierce County Health Crisis Line: 1-800-576-7764

- ✓ **24 hour telephone crisis intervention.** Clinicians will determine the best course of action and, if needed, dispatch members of the Mobile Outreach Crisis Team for full assessment and intervention.



Pierce County Sheriff: 253-798-3278



Puyallup Police Department: 253-841-5415



Sea Mar Puyallup Behavioral Health: 253-864-4770. (12812 101st Ave Ct E #202, Puyallup, WA 98373).

- ✓ Offers a variety of **mental health services**



Seattle Children's Hospital: 206-987-2000.

- ✓ **Psychiatry and Behavioral Medicine** Unit offers short-term intensive **in-patient treatment**

National Prevention Hotlines



Crisis Text Line: Text START to 741-741

- ✓ **24/7 free text line service** with a trained counselor



IMALIVE: <https://www.imalive.org/>

- ✓ **Online chat service** with volunteers trained and certified in **crisis intervention**



The National Suicide Prevention Lifeline: 1-800-273-TALK (8255); or www.suicidepreventionlifeline.org

- ✓ 24 hour prevention line or online chat



The Trevor Project: 1-866-4-U-TREVOR

- ✓ 24 hour hotline with a focus on suicide prevention among LGBT youth

Additional Local and National Support/Resources



www.childhelp.org

Child Help USA: 1-800-422-4453

- ✓ Multilingual crisis intervention for child abuse



Child Protective Services: 1-866-363-4276

- ✓ Reporting of Child Abuse



National Center for Missing and Exploited Children: 1-800-843-5678



National Domestic Violence Hotline: 1-800-799-7233 or 1-800-787-3224 TTY



National Runaway Switchboard: 1-800-RUNAWAY



Rape, Abuse, Incest National Network (RAINN): 1-800-656-4673



Safe Place for Newborns: 1-877-440-2229

- ✓ Alternative to abandoning babies



Washington Poison Center: 1-800-222-1222



Washington State Domestic Violence Hotline: 1-800-562-6025

Your school counselor is here to help!



Puyallup School District counselors do not provide long-term therapy for students and families.

However, a school counselor is a great resource when looking for support for your child/children and or family.

When necessary, school counselors are encouraged to refer to local agencies to ensure that students and families are safe and receive the best care from trained medical and mental health professionals.

Thank You