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

✓ 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

✓ Offers a variety of mental health services

✓ 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

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