

You **matter.**

The City of Seattle
is proud to offer a variety
of free mental health care,
resources and supports for
Seattle youth.



Thanks to our community provider partners
FREE therapy services are available if you



In-language care and
culturally matched
providers are
available!



**Are
between
13-24
years old**



**Live or
attend
school in
Seattle**



**Know how
to use a
smartphone
or laptop**

**Select the best care option(s) for your
needs**

- Community-Based Cultural Care (Telehealth)
- School-Based Health Centers
- Virtual Therapy (Talkspace and Joon)



  @SeattleDEEL

Learn more and connect with someone who understands.
seattle.gov/youthmentalhealth

Need help? Michelle.Wong@seattle.gov · (425) 677 1361