



Seattle Department of
Education & Early Learning

You matter.

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



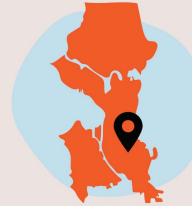
Thanks to our community provider partners
FREE therapy services are available if you



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



  @SeattleDEEL

Select the best care option(s) for your
needs

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

Learn more and connect with someone who understands.

seattle.gov/youthmentalhealth

Questions? youthmentalhealth@seattle.gov