

# You **matter.**

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



In-language care and  
culturally matched  
providers are  
available!

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



**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](https://seattle.gov/youthmentalhealth)**

Need help? [Michelle.Wong@seattle.gov](mailto:Michelle.Wong@seattle.gov) · (425) 677 1361