

# Hear MeWA

If you or a friend are experiencing stress, anxiety, violent threats, sexual abuse—or anything that makes life hard—HearMeWA can help. Get secure, free support any time from professionals who are ready to listen.



- Serves youth up to 25 years old
- Available 24/7, 365 days a year
- Connect via call, text, chat and app
- This program is informed by a youth-centered, trauma-informed, and antiracist lens

Online: [www.HearMeWa.org](http://www.HearMeWa.org)

Call: [888-537-1634](tel:888-537-1634)

Text: [HearMeWa](#) to [738477](#)