



WHERE TO TURN FOR TEENS

2023-2024 | English & Spanish

Teenlink help line: **866-833-6546**



What is Teen Link?

Teen Link is a safe place for teens to connect with their peers for emotional support and resources. Peer volunteers answer calls, texts, and chats from teens in Washington State, 7 days a week. Teen Link also provides substance use support and access to crisis specialists in the afternoons. Community and connection are the heart of Teen Link—staff and volunteers can be found at local events and schools presenting info on youth suicide prevention.

Honoring Our History

Audra Letnes, age 16, died in 1993 at the hands of a boyfriend who physically and sexually abused her for over a year. Sadly, like many teens, she didn't have anyone she could talk to about her abuse before that tragic moment.

Audra's mom tried to find help. She found adult domestic violence programs but nothing for teens. But Audra struggled with opening up to adults in support programs. As a result, she became withdrawn and isolated - leaving her vulnerable to the abuse.

As a crisis line worker, Audra's mom knew the power that even one meaningful connection can have for a person in crisis. She wanted to create a program to support youth in crisis and prevent similar tragedies from happening. In 1996, she worked with Crisis Connections to develop the Teen Link help line—a line for teens by teens.

Talk it out: **866-833-6546**

Get more info or get involved: teenlink.org

Crisis Connections Programs



Where to Turn for Teens is made possible by the generosity of our donors and with the help of public funding. Donations and grants ensure teens have somewhere to turn during a crisis.



**24-Hour
Crisis Line**
866-427-4747

Donate Today!

crisisconnections.org/donate



**Search community
resources online**

search.wa211.org



Where to Turn for Teens (WTTFT) is a resource guide published each fall. It was created specifically for youth searching for self-empowerment with the support of others. The agencies listed provide a wide variety of services. WTTFT aims to ensure teens are aware of the many youth-friendly resources to serve their unique needs.

USING YOUR WTTFT GUIDE

There are two ways to look up information in WTTFT: the **Table of Contents** and the **Index**. The Table of Contents is helpful if you know the type of services you are seeking. If you already know the agency name, the alphabetized Index can be quicker.

You will find a symbol next to each agency name. The symbol designates the region the agency serves:

- K** King County **S** Snohomish County
- P** Pierce County **W** All of Washington State

AGENCY AVAILABILITY & CHANGES

All resources were up to date as of June 2023. It is best to call each resource to clarify which services are currently available.

TIPS FOR DEALING WITH AGENCIES/ORGANIZATIONS

Before calling agencies, it is a good idea to have a list of questions that you hope to have answered. Some important questions to ask are:


- What area do you serve?
- When are you open?
- Where are you located?
- Do I need parental consent?
- Is there a cost for your services?
- What is the availability and accessibility of resources?

TRANSPORTATION

If you do not have transportation available to get to appointments and you are enrolled in Apple Health in Washington State, you may qualify for free non-emergency transportation services. Find more information for your area here:

hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/transportation-services-non-emergency

TRANSLATION SERVICES

For services in a language other than English, look for the  symbol, which indicates the agency provides translation. If you are enrolled in Apple Health, visit the Washington State Health Care Authority website to arrange services for medical appointments:

hca.wa.gov/about-hca/interpreter-services

ADDITIONAL TIPS

Use the Notes section at the back of this book to write the name of the person you spoke with and any information you receive.

If this feels overwhelming and you're not sure where to start, call us at **866-833-6546** and we can help you navigate the process. You don't have to do it alone!

If you reach voicemail, speak slowly and clearly when leaving a message. Be sure to include your full name, phone number, and a brief explanation of your questions or concerns.



Dale la vuelta a este libro para ver la versión en español

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Teen Link Help Line **866-833-6546**

If you are experiencing an emergency, call 911

The goal of Teen Link is to empower youth and support healthy decision-making.

Teen Link is a confidential, non-judgmental telephone help line answered by teens each evening from 6–10pm. Teen volunteers are trained to listen to your concerns and talk with you about whatever is on your mind. No issue is too big or too small.

Phone workers also have access to an extensive database of resources and can give you information on agencies serving youth in Washington State and help with how to choose which one to use. After hours, callers have the option of talking to the WA Recovery Help Line, King County Crisis Line, or leaving a message on the Teen Link voicemail. When leaving a message, please include your name, phone number, and information about your concerns. Your call will be returned within 24 hours. To respect confidentiality, Teen Link phone workers will not leave a message when calling back unless you specify that it is okay to do so.

TEEN LINK CHAT & TEXT

Connect with **Teen Link Chat** through our website at teenlink.org or Teen Link Text by texting **866-833-6546**. Much like the phone line, teens can use Teen Link chat and text to seek support from our teen volunteers on a variety of issues, including bullying, drug and alcohol concerns, relationships, stress, and other issues. Teen Link accepts chats and texts from 6–9:30 pm, every day of the week. Teen Link Chat works best on a computer.

KING COUNTY 211

You can call **211** to find out more about health and human services throughout Washington State. To search for

988

After hours, callers have the option of calling 988, the WA Recovery Help Line, King County Crisis Line, or leaving a message on the Teen Link voicemail.

TEEN LINK SUBSTANCE USE PREVENTION LINE

1–10 pm, 7 days a week

If a teen or an adult concerned about a teen has questions or concerns about alcohol and drug use, call, chat, or text to connect directly with a Teen Link Substance Use Prevention Clinician. Our clinicians can assist callers with strategies to prevent teen alcohol and drug use, access to drug education materials, referrals to treatment, organizing outreach, drug education clinics, and more. To reach us, simply call or text **866-833-6546** or **chat** by visiting teenlink.org and clicking on the chat page hyperlink.

SUICIDE PREVENTION TRAINING FOR STUDENTS

Crisis Connections offers Suicide Prevention for Students Training in King County and surrounding areas by qualified trainers. It includes information on youth suicide and an overview of local resources. These trainings help teens identify warning signs, talk directly about suicide, and support themselves and others who may be dealing with a mental health challenge. Students are encouraged to talk openly about stress, coping, depression, and suicidal behavior. To schedule a training or get more information, please call Crisis Connections at **206-333-8750**. These trainings can also be delivered virtually.

If you are interested in ordering copies of WTTFT or need to update agency information listed in this guide, please email info@crisisconnections.org or call **206-461-3210**.

TEEN LINK VOLUNTEER OPPORTUNITIES

Volunteering is a great way to develop leadership skills, learn about community resources, and connect with other youth. For more information about volunteering, call **866-833-6546** between 6 -10pm or visit teenlink.org.

Volunteer Positions**YOUTH OUTREACH WORKERS** (AGES 13-20)

Youth Outreach Specialists engage the community building connections with schools, other organizations, and spreading awareness of Teen Link — as well as the importance of youth mental health.

YOUTH CRISIS SPECIALIST (AGES 15-20)

Provide emotional support and referrals to teens who call the help line or use Teen Link chat or text.

PEER ADVISORY COMMITTEE (AGES 15-20)

Be part of protecting Teen Link's future! Keep youth experiences at the forefront and help amplify the youth voice as an advisory committee member.

YOUTH CRISIS MENTOR (AGE 21+)

Coach teen volunteers during calls, chats, and text. Offer guidance to volunteers on engaging callers, debrief after calls have ended, and ensure appropriate protocols are followed.

INTERNSHIP/EXTERNSHIP ADULTS (18+)

Adults can gain practical experience working in an agency environment as either a phone worker or mentor. This experience counts toward clinical, or service hours needed to obtain an undergraduate or graduate-level degree in programs related to psychology, mental health, and social work. Email teenlink@crisisconnections.org for details.

Alcohol, Drugs and Substance Use



Did you know that the percentage of teens reporting cigarette use is half of what it was a decade ago? On the other hand, vaping rates have increased significantly, and many people are uninformed about the health risks.

—2018 WA STATE HEALTHY YOUTH SURVEY

For more information on drugs and alcohol and how they affect your brain and body, check out the National Institute on Drug Abuse for Teens at teens.drugabuse.gov. For information related to marijuana use and prevention, visit youcanwa.org.

Signs that someone's substance use may be a problem:

- Using more than planned
- Spending more time drinking or using
- Blacking out or having trouble remembering things

In association with the WA Recovery Help Line, Teen Link provides help to teens struggling with alcohol, drugs, and gambling. Call **1.866.833.6546** or chat by going to teenlink.org and clicking on the Chat page hyperlink between 2–10 p.m. (M-F) to speak with our Substance Use Prevention Clinician or call the WA Recovery Help Line 24 hours a day at 1.866.789.1511.

COUNSELING/TREATMENT

K P S W Center for Human Services	206.362.7282
chs-nw.org	
K Center for Multicultural Health	206.461.6910
centerformulticulturalhealth.org	
S Compass Health	844.822.7609
compasshealth.org	
K P S W Evergreen Council of Problem Gambling	800.547.6133
evergreencpg.org	
K King County Needle Exchange	206.263.2000, opt. 2
kingcounty.gov/needle	

K P W North America Syringe Exchange Network	253.272.4857
nasen.org	
K S Ryther	206.525.5050
http://ryther.org	
K Sound	206.302.2300
sound.health	
K Therapeutic Health Services	206.322.7676
ths-wa.org	425.263.3006
K P S W Wraparound (WISE)	
hca.wa.gov Please see page 14 for program details	

SUPPORT GROUPS

K Alateen & Alanon	206.625.0000
seattle-al-anon.org	
P Alateen & Alanon	1.800.726.8094
al-anon-pierce-wa.org	
K P S Alateen & Alanon	425.348.7828
dist23.org	
K Alcoholics Anonymous	206.587.2838
seattleaa.org	425.252.2525
S snocoaa.org	
P Puget Sound Alcoholics Anonymous	253.474.8897
pugetsoundaa.org	
K P S W Evergreen Council on Problem Gambling	1.800.547.6133
evergreencpg.org	
W Gamblers Anonymous	1.855.222.5542
gamblersanonymous.org	
K P S W Marijuana Anonymous	206.414.9270
madistrict4.org	
K Narcotics Anonymous	206.790.8888
seattlena.org	
P Narcotics Anonymous	253.531.8792
pcana.org	425.609.6170
S everettwana.org	
K P S W Wraparound (WISE)	
hca.wa.gov Please see page 14 for program details	

Counseling and Mental Health



Did you know that in Washington State, youth may access confidential counseling at age 13 without parent/guardian consent?

The following agencies provide mental and behavioral health services for youth.

K P S Compass Health	844.822.7609
compasshealth.org	
K S Center for Human Services	206.362.7282
chs-nw.org/services/mental-health-counseling/	
K P Consejo Counseling & Referral Service	206.461.4880
conjecounseling.org Culturally competent behavioral health services for the Latinx community	
P Greater Lakes Mental Health Care	253.581.7020
http://glmhc.org/	
P Hope Sparks Family Services	253.565.4484
hopesparks.org	
K Friends of Youth	425.392.6367
friendsofyouth.org	

YOUTH AND FAMILY COUNSELING SERVICES

K Kent Youth and Family Services	253.859.0300
kyfs.org/counseling/mental-health/	
K Mercer Island Youth & Family Services	206.275.7611
miyfs.org	
P MultiCare Behavioral Health	253.445.8120
multicare.org/behavioral-health	
K Navos/Ruth Dykeman Youth & Family Services	206.248.8226
navos.org/get-help/children-youth-families	
K Northshore Youth & Family Services	425.485.6541
northshoreyouthandfamilyservices.org	
P Pearl Counseling Associates	253.752.1860
pearlcounseling.com	
K P Pioneer Counseling	206.768.1990
pioneerhumanservices.org/youth-programs	

K Childhaven	425.271.5600
rays.org	
K S Ryther	206.525.5050
ryther.org	
K YMCA Social Impact Center	206.382.5340
seattlemca.org/social-impact-center	
K P S W Sea Mar Community Health Center	206.658.2175
seamar.org	
Seattle	206.658.2175
Tacoma	253.396.1634
Everett	425.312.0277
<i>Multiple locations—see website for more</i>	
K Sound	206.302.2300
sound.health	
K Southeast Youth & Family Services	206.721.5542
seyfs.org	
K Southwest Youth & Family Services	206.937.7680
swyfs.org	
K S Therapeutic Health Services	206.322.7676
ths-wa.org	
K Valley Cities Behavioral Health Care	253.833.7444
valleycities.org/mental-health-care	
K Vashon Youth & Family Services	206.463.5511
vyfs.org	
K You Grow Girl	206.417.9904
youtgrowgirl.org	
K Youth Eastside Services	425.747.4937
youtheastideservices.org	
K Bellevue Parent/Teen Mediation Program	425.452.4091

The following directories can be used to search for a licensed counselor anywhere in Washington State. You can filter your search by zip code, insurance, primary concerns, gender, ethnicity, and more:

- W** Counseling Washington counselingwashington.com
- W** Psychology Today psychologytoday.com

K P S W Wraparound with Intensive Services (WISe)

Wraparound is a team planning process for youth with complex needs and their families. It is designed to help youth stay in their homes and communities. In receiving this extra support, many can successfully manage complex situations. A team of relevant individuals (family, service providers, school staff, community members, and natural supports) is created to support the youth from all sides. You may be a good fit if you are under 21 years old and are enrolled in two or more of the following services: mental health, substance use, special education, Children's Administration, Juvenile Justice, or Developmental Disabilities Administration. Visit <http://kingcounty.gov/wraparoundwise> to learn more about program eligibility. To request a referral, you can call the King County Behavioral Health and Recovery Division at **206.263.9000** or the agency serving your school district:

LAKE WASHINGTON, NORTHSORE, AND SHORELINE

K S Center for Human Services.....206.362.7282

SEATTLE, BELLEVUE, REDMOND, MERCER ISLAND, HIGHLINE, RENTON, TUKWILA, VASHON

K Sound206.451.9544

KENT, ENUMCLAW, FEDERAL WAY, AND AUBURN

K Valley Cites Behavioral Health.....206.408.5246


OTHER KING COUNTY

K Childhaven  (for youth under 6)206.957.4841

K Ryther 206.517.0234

K Seneca  (for youth under 6)206.490.0985

K Therapeutic Health Services425.322.7676

K YMCA 206.327.1271

K You Grow Girl!206.643.9622

P Pierce County Wraparound/WISe253.759.9544

S Snohomish County Wraparound/WISe425.349.8337

K 24-Hour Crisis Line..... 1.866.427.Crisis (4747)
crisisconnections.org/24-hour-crisis-line/

K P S W National Suicide Prevention Lifeline
suicidepreventionlifeline.org 988

K P S W Teen Link 1.866.TEENLINK (833.6546)
teenlink.org

K P S W WA Warm Line 1.866.TEENLINK (833.6546)
crisisconnections.org *Peer-to-peer support for people living with emotional and mental health challenges*

Teen Link, the 24-Hour Crisis Line, and the WA Warm Line do not provide ongoing counseling. However, callers can use these lines for additional support between counseling appointments.

Eating Disorders



Did you know that in the United States 30 million people suffer from a clinically significant eating disorder at some point in their lives?

—NATIONAL EATING DISORDERS ASSOCIATION

Eating disorders are serious but treatable conditions that involve extreme emotions and behaviors surrounding food and weight or shape. They can arise from psychological, emotional, social, and familial situations, but they have no single reason or cause. Eating disorders can become life threatening, so getting professional help is important. The following agencies provide support for people who are dealing with an eating disorder.

- K P S** Center for Discovery 877.554.0563
centerfordiscovery.com
Support groups for teens and family/friends
- K** The Emily Program 1.888.364.5977
emilyprogram.com
Inpatient and outpatient eating disorder treatment facility
- K P S W** Eating Disorders Anonymous
eatingdisordersanonymous.org
- K P S W** National Eating Disorders Association ♥ .. 1.800.931.2237
nationaleatingdisorders.org
Education, advocacy, treatment and prevention, text 'NEDA' to 741741
- K** Opal Food & Body Wisdom 206.926.9087
opalfoodandbody.com
Inpatient treatment is 18+
- K P S W** Overeaters Anonymous 206.264.5045
seattleoa.org
- S** The Center - A Place of Hope 1.888.771.5166
aplacementofhope.com
Inpatient eating disorder treatment facility

Grief and Loss



Did you know that 1 in 5 children will experience the death of someone close to them by age 18?

—JOURNAL OF DEATH AND DYING

Dealing with the loss of a loved one is a challenging process. Often the loss can feel overwhelming and seem too much to bear. It may result in emotions such as sadness, shock, or anger, and in physical sensations such as breathlessness and lack of energy. While these are all common reactions to grief and loss, seeking additional support and resources can help you manage some of the feelings that you are dealing with. These agencies and programs that have been developed for individuals that are dealing with a loss:

- P** Bridges Center for Grieving Children 253.403.1966
marybridge.org/services/bridges-center-for-grieving-children/
- K P S W** Support After Suicide crisisconnections.org
Support for survivors of suicide loss
- K P S** Eluna 267.687.7724
elunanetwork.org
Grief camps and programs
- K** Providence Grief Support Services 206.749.7702
washington.providence.org/locationsdirectory/g/providence-grief-support-services-of-king-county
- S** Providence Grief Support Services 425.261.4807
washington.providence.org/locations-directory/g/providence-grief-support-services-of-snohomish-county
- K S** Safe Crossings 206.749.7723
washington.providence.org/services-directory/services/s/safe-crossings-childrens-grief-program
Grief support program
- K P S W** The Healing Center 206.523.1206
healingcenterseattle.org
- K** Wild Grief 360.358.3213
wildgrief.org *Hiking groups for people to process their grief*

Sexual Health



Did you know that over 20% of teens in the U.S. get pregnant at least once by the age of 20? Many of these pregnancies are unplanned, bearing health and socioeconomic risks for teens and their communities.

—THE NATIONAL CAMPAIGN TO PREVENT TEEN PREGNANCY

BIRTH CONTROL AND PREGNANCY

You are the only person who gets to decide when you are ready to become sexually active. Being proactive with your partner in discussing birth control and sexual health is an important part of a safe and healthy relationship. If you think you may be pregnant, it's important to make an appointment to get tested by a health care professional as home pregnancy kits are not always accurate. In Washington State, minors of any age do not need a parent or legal guardian's permission to access birth control or pregnancy or abortion-related services. If you are pregnant, seek emotional support from someone you trust, and talk with a medical professional about your options.

K P S W All-Options 1.888.493.0092
all-options.org

Pregnancy counseling talk-line

K P Cedar River Clinic 1.800.572.4223
cedarriverclinics.org

Clinic offering reproductive healthcare, abortions, and birth control

K Center for Multicultural Health 206.461.6910
centerformulticulturalhealth.org

P Maternal Child Outreach Team (MCOT) 253.649.1629
tpchd.org/healthy-people/family-health

K P S W Open Adoption & Family Services 1.800.772.1115
Text "open" to 971.266.0924 for text support, chat support available at openadopt.org

K P S W Planned Parenthood 1.800.769.0045
plannedparenthood.org

Physical Health Concerns

Affordable health care options are available to youth. If you are 14 years-old or older and do not want a parent or guardian to know you are seeking services, make sure to ask the agency about their policies regarding confidentiality.

K 45th Street Clinic 206.633.7650

neighborcare.org

Homeless youth clinic. Call or visit to make an appointment.

K Center for Multicultural Health 206.461.6910

centerformulticulturalhealth.org

P Community Health Care 253.722.2161

commhealth.org

S Community Health Center of Snohomish County ... 425.789.3789

chcsno.org

P Neighborhood Clinic 253.627.6353

neighborhoodclinctacoma.org

S Safe Harbor Free Clinic 425.870.7384

safeharborfreeclinic.org

CONSULTING NURSE LINE

K Evergreen Health 425.899.3000 Opt. 2

DOCTOR APPOINTMENTS AT PUBLIC HEALTH - SEATTLE AND KING COUNTY

K Columbia Public Health 206.296.4650

K Downtown Public Health 206.477.8300

K Eastgate Public Health 206.477.8000

School-based health centers are an additional option for students. Visit your school's health center or talk with your school nurse for more information.

K P S W Help Me Grow.....	1.800.322.2588
parenthelp123.org	
K Teen Pregnancy & Parenting Clinic.....	206.326.2656
<i>(up to age 21)</i>	
P Step by Step Family Support Center.....	253.896.0903
stepbystepfamily.org	
<i>Teen clinics at public health</i>	

K Seattle-King County Teen Clinics.....
teenclinic.com
Free and confidential birth control methods, pregnancy testing, STI testing and treatment, and free condoms for youth

To schedule an appointment or ask for walk-in hours, call:

K Auburn Public Health	206.477.0600
K Eastgate Public Health.....	206.477.8000
K Federal Way Public Health	206.477.6800
K Kent Public Health.....	206.477.6950

STI (SEXUALLY TRANSMITTED INFECTION) TESTING, TREATMENT AND INFORMATION

Many teens may be unaware of the dangers associated with sexually transmitted infections (STIs) and how to prevent or identify them. Talking with your partner about STIs and getting tested regularly are important parts of being sexually active. Myths exist regarding all STIs, so it is important to learn the facts before potentially putting yourself and others at risk.

In Washington State, teens 14 years and older do not need a parent or legal guardian's permission to receive STI testing or treatment.

K P Cedar River Clinics	1.800.572.4223
cedarriverclinics.org	
K Center for Multicultural Health	206.461.6910
centerformulticulturalhealth.org	
P Community Health Care.....	253.722.2161
commhealth.org	

S Community Health Center of Snohomish County ...	425.789.3789
chcsno.org	
K Entre Hermanos	206.322.7700
entrehermanos.org	
K Gay City	206.860.6969
gaycity.org/wellness	
K Lifelong AIDS Alliance	206.957.1600
lifelong.org	
K Neighborcare Health	206.548.5710
neighborcare.org	
P Pierce County Aids Foundation (PCAF).....	253.597.4803
<i>(Tacoma) & 360.352.237 (Olympia)</i>	
pcaf-wa.org	
K P S Planned Parenthood.....	1.800.769.0045
plannedparenthood.org	
K Public Health STD Clinic at Harborview.....	206.744.3590
uwmedicine.org/locations/sexual-health-clinic-harborview	
K P S W Safer STD Testing	800.666.1250
saferstdtesting.com	
K P S W SeaMar Community Health Centers ♥	
seamar.org	
K P S W Snohomish Health District STD/HIV Program ..	425.339.5261
snohd.org/185/Sexually-Trasmitted-Diseases	
P Tacoma-Pierce County Health Department ♥.....	253.798.3805
tpchd.org/healthy-people/sexually-transmitted-diseases	
K Teen Clinics at Public Health-Seattle & King County ♥.....	
teenclinic.com	
K "Who Does What" for STD/HIV ♥.....	206.263.2000
kingcounty.gov/hiv/who	

See also physical health concerns on page 16

Suicide and Self-Harm (Non-Suicidal Injury)



Did you know that there are almost two suicide deaths every week for people under the age of 19 in Washington State?

—WA STATE DEPARTMENT OF HEALTH

WARNING SIGNS FOR SUICIDE INCLUDE

- Changes in eating and sleeping patterns
- Dropping hints, talking about suicide, or making a plan
- Talking about feeling hopeless, trapped, or like a burden
- Withdrawing or isolating from close friends and family
- Giving away prized possessions
- Being very obsessive and perfectionistic
- Acting anxious or agitated
- Engaging in risky behaviors (driving recklessly, increased substance use, etc.)

CONSIDER THE FOLLOWING QUESTIONS TO HELP YOU DETERMINE URGENCY

1. How many warning signs are present?
2. How long have the warning signs been present?
3. How extreme or severe are the warning signs?

If you are concerned that you or someone you know may be suicidal, it is important to address the situation immediately. Mentioning suicide will not give the person the idea or push them over the edge. They may feel relieved that someone is willing to talk about what they're thinking and feeling. Sharing your concerns can prevent a suicide attempt from occurring and can save a life.

HOW TO HELP

Step One is a great way to ask about any issue

STEP ONE: SHOW YOU CARE

- Talk to the person you are concerned about in a caring manner
- Be specific about the warning signs you have noticed
- Listen without judgement

STEP TWO: ASK THE QUESTION DIRECTLY

- Are you thinking about suicide/killing yourself?

STEP THREE: TALK TO AN ADULT YOU TRUST

- It is important that you do not keep this secret for someone
- If someone is talking about being suicidal, they are asking for help

These are some initial steps toward ongoing mental health care. Every situation regarding suicide is different. Call Teen Link at **1.866.833.6546** to talk to a trained phone worker in more detail about how to get help. If Teen Link lines are not open and you need immediate crisis intervention services or want to talk to someone right away, these are numbers you can call:

- K** 24-Hour Crisis Line 1.866.4CRISIS
<http://crisisconnections.org/24-hour-crisis-line/>
- K P S W** Boys Town National Hotline 1.800.448.3000
yourlifeyourvoice.org
- K** Children's Crisis Response Outreach Service (CCORS) .. 206.461.3222
seattleymca.org/accelerator/familysupport/ccors
- S** Crisis Outreach Team (MCOT) - Compass Health .. 1.800.584.3578
compasshealth.org/services/mcot
- K P S W** Crisis Text Line 741741
Text-based support. Text "hello"
- K P S W** Forefront Suicide Prevention 206.543.1016
intheforefront.org
- K P S W** National Suicide Prevention Lifeline 988

- K P S W** National Suicide Prevention Lifeline Español ♡.. 1.800.628.9454
- P** Pierce County Crisis Line ♡..... 1.800.576.7764
- K P S W** Society for the Prevention of Teen Suicide
sptsusa.org
- K P S W** The Trevor Project..... 1.866.488.7386
thetrevorproject.org
24-Hour help line with a focus on LGBTQIA+ youth
- K P S W** Trans Lifeline..... 1.877.565.8860
translifeline.org
- S** Volunteers of America Western WA ♡ 1.800.584.3578
imhurting.org
24/7 Crisis phone line and chat

SELF-HARM (NON-SUICIDAL SELF-INJURY)

Some people experiencing mental challenges such as depression or anxiety turn to self-harm as a way of releasing and managing emotions. In most cases, these actions are not done as suicide attempts but as coping methods for people to help manage the mental pain they are feeling. Some people self-harm to numb their feelings while others may harm themselves to feel something. Cutting, scratching, and burning are common ways people harm themselves, but self-harm includes any intentional act that a person does to hurt their body.

Finding alternatives to self-harm can be challenging, but journaling about the emotions and events that lead to the behaviors can help a person understand why they do it, what other activities could help satisfy those emotional needs, and how to talk to someone about getting support. Creative outlets like drawing and painting can also be helpful ways of expressing and describing feelings.

When talking to someone about self-harm, it is important to stay focused on the harmful behavior itself and not jump to conclusions about suicide. For example, it is more beneficial to ask about what specific actions and events trigger their urges to self-harm than to ask if they harm themselves because they are suicidal. If you have any questions or concerns about self-harm, give us a call or text at **1.866.833.6546**.

In addition to the helplines listed above, the following resources can help provide support and referrals:

- W** Adolescent Self Injury Foundation
adolescentselfinjuryfoundation.com
- W** National Eating Disorders Association Helpline ♡.. 1.800.931.2237
- W** Self-Injury Outreach & Support.....
sioutreach.org
- K P S W** To Write Love on Her Arms.....
twloha.com
Online resource and support page

Abuse and Maltreatment of Minors



Did you know that in some states “maltreatment” refers to neglect and abandonment and the term “abuse” is for acts that cause injury?

Approximately five children die every day due to abuse.

Individuals under 18 are at an increased risk of experiencing abuse and maltreatment when parental/guardian relationships are unhealthy as well as when people with substance use and/or psychological disorders are a part of home life. Abuse and maltreatment of a minor is behavior or neglect that poses substantial risk of harm to a child or to their safety.

There are four primary types of child abuse:

- Physical abuse
- Emotional/Psychological abuse
- Sexual abuse
- Neglect

Neglect is the most common form of child abuse, accounting for more than 75% of all cases of child maltreatment. It may be especially difficult to obtain evidence for neglect and to address it. No minor deserves to experience abuse or maltreatment.

K P S W Childhelp USA 1.800.422.4453
childhelp.org

K P S W Dawson Place Child Advocacy Center..... 425.789.3000
dawsonplace.org

P Mary Bridge’s Child Abuse Intervention Department... 253.403.1478
marybridge.org/services/child-abuse-intervention-department-caid/

W Police Department Emergency Number 911

K P S W Washington State DSHS - End Harm
 Child Protective Services..... 1.866.363.4276
dshs.wa.gov/report-abuse-and-neglect

Bullying and Cyberbullying



When bystanders intervene on behalf of someone being bullied at school, the bullying stops over 50% of the time.

–STOPBULLYING.GOV

Bullying is harmful behavior that not only hurts people in the present but can also have long-lasting, negative effects on everyone involved. About 20% of students report experiencing bullying or feeling unsafe at schools in Washington State. Cyberbullying can worsen these problems as bullies can antagonize their victims outside of school and anonymously. As of January 2020, Washington State law prohibits electronic, written, verbal, or physical acts of harassment, intimidation, and bullying (HIB) in schools that do one or more of the following:

- Physically harm a student or damage the student’s property
- Have the effect of substantially interfering with a student’s education
- Are so severe, persistent, or pervasive that they create an intimidating or threatening educational environment
- Have the effect of substantially disrupting the orderly operation of the school

Schools in Washington State are required to create and follow procedures that require intervention on behalf of students who are experiencing bullying, so you can always start by speaking with a teacher, counselor, or administrator at your school. If you don’t feel comfortable talking about it at school, give us a call at **1.866.833.6546** to connect with another teen or check out the resources below.

W Crisis Text Line, text ‘HELLO’ to 741741 crisistextline.org

W PFLAG WA State Council pflagwsc.org
Youth/ anti-bullying resources for LGBTQ youth

W STOMP Out Bullying stompoutbullying.org
Online resource center and chat help line

W Washington State ACLU adu-wa.org/pages/harassment-and-bullying
Information about bullying and reporting in Washington State

Dating and Domestic Violence



Did you know that 77% of rapes are committed by someone who is known to the survivor?

Dating violence is a pattern of abusive behaviors such as emotional, verbal, psychological, physical, or sexual abuse by a romantic partner that is used to exert power and control. Dating violence tends to become more severe with time as the abuser tries to increase their power and control. There are many forms of dating abuse and unhealthy behaviors.

SIX COMMON TYPES INCLUDE

- Physical abuse
- Emotional/Verbal abuse
- Sexual abuse
- Stalking
- Digital abuse/cyberbullying
- Financial abuse

CHARACTERISTICS OF AN ABUSER CAN INCLUDE

- Blaming you for their own abusive behavior
- Seeing you as property or a sex object, rather than as a person
- Threatening to commit suicide or self-harm if you leave
- Having a bad and unpredictable temper
- Physical threats and actions that hurt you
- Threatening to harm or take away your children
- Constantly checking on you or monitoring you
- Controlling what you do, where you go, or what you wear
- Belittling comments

CHARACTERISTICS OF INDIVIDUALS BEING ABUSED CAN INCLUDE

- Seeming afraid of or anxious to please their partner
- Self-isolation or avoidance of gatherings
- Low self-esteem

Fear, threats, shame, and the belief that an abuser's behavior will change often contribute to the victim feeling unsure about talking to someone about their situation. It is important to remember that there is support available. No one deserves to feel unsafe in a romantic relationship.

- **K P S** Abused Deaf Women's Advocacy Services (ADWAS) .206.812.1001 adwas.org
- **K** Asian/Pacific Islander Chaya ♡..... 877.922.4292 apichaya.org
- **K** DAWN-Domestic Abuse Women's Network.....425.656.7867 dawnrising.org
Serves South King County
- **K** DV Hopeline425.746.1940 dyhopeline.org
- **K** Northwest Network of Bisexual, Trans, Lesbian, and Gay Survivors of Abuse ♡206.568.7777 nwnetwork.org
- **K P S W** Police Department Emergency Service ♡911
- **K P S W** StrongHearts Native Helpline ..1.844.7NATIVE(762.8483) strongheartshelpline.org
- **K** Washington State Domestic Violence Hotline . 866.331.9474 or Text Loveis to 22522 loveisrespect.org
Serves South King County
- **P** YWCA Pierce Countyxxx.xxx.xxxx ywcapiercecounty.org
- **K P S** YWCA Children's Domestic Violence Program... 877.757.8297 ywcaworks.org/programs/gender-based-violence-specialized-services

Legal Services and Community Support for Youth



Did you know: Washington State uses At-Risk Youth (ARY) and Child in Need of Services (CHINS) petitions to help young people and their families work through conflict and receive additional legal support?

FIND OUT MORE ABOUT LEGAL OPTIONS

<https://washingtonlawhelp.org/issues/youth-law-education/at-risk-children>

Children and young adults with issues related to crime, domestic abuse, drugs and alcohol, early pregnancy, or school-related problems may find themselves without resources to help them recover, grow, and thrive. Terms such as at-risk, at-promise, upward, or opportunity youth are often used, but every young person deserves an opportunity at the life they desire. These resources can help connect youth experiencing these problems with the services they need. Resources in this section also support children and young adults contemplating suicide.

K Atlantic Street Center atlanticstreetcenter.org
Family resource center, youth development, domestic violence support

K P S Center for Children & Youth Justice 206.696.7503
<http://ccyj.org/>

K S Friends of Youth 425.869.6490
friendsofyouth.org

K YMCA Social Impact Center
seattleyymca.org/social-impact-center

ANGER MANAGEMENT & SUPPORT FOR DRUG/ALCOHOL USE

K Powerful Voices 206.860.1026
powerfulvoices.org

K Safe Futures Youth Center 206.938.9606
sfyc.net

GANG AND VIOLENCE PREVENTION

P Safe Streets Campaign 253.272.6824
safest.org

P YMCA of Pierce & Kitsap Counties 253.841.9622
ymcapkc.org

S YMCA of Snohomish County 425.337.0123
ymca-snoc.org

K You Grow Girl 206.417.9904
yougrowgirl.org

K Youth Eastside Services 425.747.4937
youtheastideservices.org

LEGAL SERVICES

Human and civil rights protect people long before they turn 18

K P S W 211 211
Screens and refers to a range of legal service providers

K Eastside Legal Assistance Program ♥ 425.747.7274
elap.org

K King County Bar Association Neighborhood Legal Clinics .. 206.267.7070
kcba.org

K King County Superior Court - Juvenile Court ♥ 206.263.8634
kingcounty.gov/courts/superior-court/juvenile

K W Legal Counsel for Youth & Children 206.494.0323
lcywva.org

K P S W NW Justice Project 1.888.201.1014
nwjustice.org

Legal services for low-income Washington residents

K P W Team Child ♥ 206.322.2444 press 0
teamchild.org

K P S W QLaw Legal Clinic ♥ qlawfoundation.org/lgbtq-legal-clinic.html *Focus on LGBTQIA+ community*

S Snohomish County Legal Services 425.258.9283
snocolegal.org

P Tacoma-Pierce County Bar Association 253.383.3432
tpcba.com

K S W Washington Law Help washingtonlawhelp.org

K P S W Wraparound/WISE hca.wa.gov
Please see page 14 for program details

Rape and Sexual Harassment/Assault



Did you know that every 73 seconds, an American is sexually assaulted?

-RAINN

It is important to know that experiencing rape and/or sexual harassment/assault is not the fault of the survivor. There are many emotions and phases of healing that accompany rape or sexual assault. Due to the often-aggressive nature of the experience and the potential for sexually transmitted infections (STIs) or pregnancy, it is important for a survivor to follow up with the emergency department at their local hospital within 72 hours (about 3 days). To help the survivor navigate their options, such as evidence collection and more, a social worker will often be involved at the hospital. To provide the best evidence collection, the survivor should avoid showering or changing clothes prior to evidence collection. You do not have to do any part of the exam you do not want. Additionally, the doctor can discuss medications that are available to reduce the chances of contracting an STI or getting pregnant.

If the survivor is under the age of 18, the law requires the police to be notified. However, going to the hospital and submitting a report do not necessarily mean that charges must be filed against the perpetrator or that participation in a legal case is required. Counselors at the hospital or other agencies can talk about available alternatives and help the survivor decide what the best choice is for them.

- K P S W** Emergency Number ♡ 911
K P MultiCare Tacoma General Hospital ♡ 253.403.1000
multicare.org/sexual-assault-services

- K P S W** Rape, Abuse & Incest National Network (RAINN) 1.800.656.HOPE (4673)
rainn.org
- P** Rebuilding Hope! Sexual Assault Center for Pierce County 1.800.756.7273
sexualassaultcenter.com
- P** Sex Trafficking and Exploitation Program 253.444.5351
<http://sexualassaultcenter.com/step>
- K P S W** 1 in 6 1.877.628.1in6 (1466)
1in6.org
Education and resources for male survivors of sexual assault
- K** Abused Deaf Women's Advocacy Services (ADWAS) ... 206.812.1001
adwas.org
- K** Asian/Pacific Islander Chaya 1.877.922.4292
apichaya.org
Resources for rape & sexual harassment / assault
- S** Dawson Place Child Advocacy Center 425.789.3000
dawsonplace.org
- K** Harborview Center for Sexual Assault & Traumatic Stress 206.744.1600
hcsats.org
- K** King County Sexual Assault Resource Center 425.226.5062
 1.888.99.VOICE(86423) (recorded information)
kcsarc.org
- S** Legacy of Healing - Advocacy Center & Safe House 360.716.4100
tulaliptribes-nsn.gov/dept/legacyofhealing
- K P S W** WA Coalition of Sexual Assault Programs 1.855.210.2087
wcsap.org/help/csap-by-city

Shelter, Food and Hygiene



Did you know that young people leaving the foster care system are more likely than their peers to experience homelessness?

Homeless and runaway youth come from every socioeconomic, gender identity, educational level, and racial group in the United States. Minors experiencing homelessness do not typically choose to be homeless. Many minors face a range of home dysfunction that challenges their emotional well-being, development, safety, and health, forcing them to live on the streets.

K P S W 211211
Call for Assistance in Finding Shelter, Food, and other needs

DROP-IN CENTERS AND SHELTERS

Drop-in centers, homeless shelters, hot meal programs, case management, and other services are available to help youth take of themselves and get off the streets.

P Camp Fire Orca.....	253.597.6234
campfireorca.org/outreach-services	
<i>Outreach and support for youth ages 12-21</i>	
S Cocoon House.....	425.259.5802
cocoonhouse.org	
S Compass Health.....	425.349.6800
compasshealth.org	
P Comprehensive Life Resources.....	253.396.5800
comprehensiveliferesources.org	
K Friends of Youth.....	425.869.6490
friendsofyouth.org	
<i>Outreach and Intake</i>	
K P S W New Horizons Ministries	206.374.0866
nhmin.org	

P Oasis Youth Center	253.671.2838
oasisyouthcenter.org	
P Pierce County Alliance.....	253.572.4750
piercecountyalliance.org/youth-services	
P Pierce County Day Centers	
pchomeless.org/facilities/daycenters	
K ROOTS Young Adult Shelter.....	206.632.1635
rootsinfo.org	
<i>Youth ages 18-25</i>	
K Street Youth Ministries.....	206.524.7301
symseattle.org	
<i>Youth ages 13-26</i>	
P Tacoma Rescue Mission	253.383.4493
trm.org/youth	
K University District Youth Center.....	206.526.2992
youthcare.org/homeless-youth-services	
K YMCA Social Impact Center.....	206.382.5340
seattleymca.org/social-impact-center	
K YouthCare –The Shelter	1.800.495.7802
youthcare.org	
<i>Youth ages 12-17</i>	
K YWCA Emergency Shelter.....	206.461.4882
ywcaworks.org	
<i>Women over 18</i>	

TRANSITIONAL HOUSING

Transitional housing offers youth a safe place to live while they work toward acquiring necessary life skills, self-sufficiency, and gainful employment. Please be aware that programs often have wait lists for acceptance, and most programs require a referral from a case manager or shelter program. If you are looking for transitional housing, please call 211.

K P S W 211.....211
Call for Assistance in Finding Shelter, Food, and other needs

Regional Access Points are an entry point to Coordinated Entry for All in King County. They are typically resource centers where households experiencing homelessness can get help finding housing and other resources. Individuals and families experiencing homelessness may call ahead to schedule an appointment.

K King County Regional Access Points

Seattle.....	206.328.5900
Federal Way.....	253.874.6718
Renton.....	425.523.1377
North King County.....	206.694.6833
East King County.....	206.328.5900

OTHER HELPFUL SERVICES

K P S W National Runaway Safeline (24-hour)1.800.RUNAWAY
Confidential phone support for teens considering running away

K King County Safe Place (24-hour)..... 1.800.422.TEEN(8336)

P My Sister's Pantry.....253.627.1186
mysisterspantry.org

K P S W National Safe Place (24-hour).....nationalsafeplace.org

Immediate access to help and safety, with a focus on emergency shelter, for ages 12-17. Youth may text Safe Place directly or walk onto any King County bus or into a location with the Safe Place sign displayed and ask for help. Text "Safe" and your current location (street address, city, state) to 69866 for help via text.

K P S W Northwest Harvest.....1.800.722.6924
northwestharvest.org

Food Bank with 375 locations in Washington

K Teen Feed (7 nights/week).....206.522.4366
teenfeed.org

University District (Seattle) Meal Schedule:

Su,M,F @ University Lutheran Church, 1604 NE 50th St, Seattle NE 50th & 16th NE, youth use the red doors on NE 50th St; Tu,W,Th @ University Congregational Church, 4515 16th Ave NE 16th NE & NE 45th, enter down the cement steps; Saturday @ ROOTS Young Adult Shelter, 1415 Ne 43rd St Seattle – Alley at NE 43rd & 15th NE, enter through the blue door.

Culturally Inclusive Agencies

Families and youth from diverse racial and ethnic backgrounds face social issues that are impacted by cultural experiences and contribute to their ability and readiness to navigate life circumstances. Families and youth deserve to be met where they are. These agencies offer opportunities for cultural engagement.

K Asian Counseling & Referral Service .....206.695.7600
acrs.org

P Asia Pacific Cultural Center.....253.383.3900
asiapacificculturalcenter.org

K Asian/Pacific Islander Chaya.....253.383.3900
asiapacificculturalcenter.org

K P Catholic Community Services Southwest.....206.323.6336
ccsww.org/get-help

K Center for Multicultural Health.....206.461.6910
centerformulticulturalhealth.org

P Mi Centro.....micentrowa.org 253.572.7717

K Chinese Information & Service Center.....206.624.5633
cisc-seattle.org

K P Consejo Counseling & Referral Service.....253.414.7416
consejocounseling.org

K El Centro de la Raza.....elcentrodelaraza.org 206.717.0084

K Filipino Community of Seattle.....206.722.9372
filcommsea.org

K Helping Link/Mot dau Noi.....206.568.5160
helpinglink.org

K Horn of Africa Services.....hoas.org 206.760.0550 x 104

K Jewish Family Service.....jfsseattle.org 206.461.3240

K S La Esperanza.....laesperanzahcs.org 425.248.4534

S Refugee and Immigrant Services NW.....risnw.org 425.388.9307

K S Therapeutic Health Services.....ths-wa.org 206.322.7676

S Tulalip Tribes.....tulaliptribes-nsn.gov 360.716.4000

K United Indians of All Tribes.....206.285.4425
unitedindians.org

K WAPI Community Services.....wapiseattle.org 844.987.9274

Education



Did you know that with support from parents/guardians, students can opt-out of standardized testing in Washington State?

-OPT OUT WASHINGTON

Many teens have difficulties at school that are outside of their control and need more support for their education than what they can get at school. These agencies can provide a wide range of services to help support young people with their education goals, including tutoring, testing for learning disabilities, support for English Language Learners (ELL), and alternatives to traditional graduation, such as the General Education Development (GED) test. Open Doors Programs (OSPI) provide graduation and GED support to people up to 21 years old.

You can call your local 211 for referrals in addition to contacting any of the following organizations:

- K** El Centro de la Raza206.717.0084
elcentrodelaraza.org
- S** Goodwill Everett Job Training & Education Center 425.267.9718
evergethplink.org/everett-south-job-training-education-center
- K** Goodwill King County Job Training & Education Center ...206.860.5791
seattlegoodwill.org/job-training-and-education
- P** Goodwill of the Olympics and Rainier Region253.573.6500
goodwillwa.org/training/youth
- K** Greater Seattle Bureau of Fearless Ideas206.725.2625
fearlessideas.org
After-school tutoring & creative writing workshops
- K** iGrad253.373.4723
Kent.k12.wa.us/IG
Program for youth who have left school or are considering leaving
- K** Learning Disabilities Association of WA425.882.0820
ldawa.org
- S** Refugee & Immigrant Services NW425.388.9307
risnw.org

- K** Northwest Education Access206.523.6200
seattleeducationaccess.org
- K** YMCA of Greater Seattle206.749.7550
seattleyymca.org
GED services

Additional services may also be available through your local library

- K** King County Library System.....1.800.462.9600
kcls.org
- K** Seattle Public Library System206.386.4636
spl.org
- P** Pierce County Library System.....253.548.3323
piercecountylibrary.org
- S** Sno-Isle Libraries (Snohomish & Island Counties)....360.651.7000
sno-isle.org

Employment and Job Training



Did you know that people under the age of 18 can work under the following conditions while at school: 14-15 years old up to 3 hours on a school day. 16-17 years old up to 4 hours on a school day?

- K P S** AmeriCorps National Service..... 1.800.942.2677
americorps.gov
- K** Bellevue Parks and Community Services - Well-KEPT...425.452.4195
- P** Boys and Girls Clubs of South Puget Sound253.502.4640
bgcps.org
- K** El Centro de la Raza 206.717.0084
elcentrodelaraza.org
- K** FareStart.....206.443.1233
farestart.org
Offers job training for youth without shelter
- S** Goodwill Marysville Job Training & Education Center...360.657.4058
TEXT 206.510.5689
- K** Job Corps.....800.733.5627
jobcorps.gov
- K** Reconnect to Opportunity206.263.8244
reopp.org/career-launchpad
Youth ages 16-24
- K** Seattle Youth Employment Program206.386.1375
seattle.gov/humanservices/services-and-programs/preparing-youth-for-success/syep
- P** The REACH Center253.573.6590
reachtacoma.org
- K** Tilth Alliance Youth Garden Works206.633.0451 x 900
tilthalliance.org
- K** Teens in Public Service206.985.4647
teensinpublicservice.org
- K** WA State Dept. of Labor & Industries – Teen Workers Information
lni.wa.gov/workplacerrights/teenworkers

- S** SnoCo Futures.....425.374.8351
worksourceonline.com/jobseeker/youth.html
- K P S** Year Up206.441.4465
yearup.org
Youth ages 18-24
- K** You Grow Girl206.417.9904
yougrowgirl.org
- K** YouthForce206.436.1843
teenjobs.org

LGBTQIA+



LGBTQIA+ youth who have reported having at least one accepting adult in their life were 40% less likely to have reported a recent suicide attempt.

-THE TREVOR PROJECT

Questioning one's gender and sexual identity is a normal part of adolescence and growing up. Finding supportive people and groups can be difficult. Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, and Asexual (LGBTQIA+) people are frequent targets of discrimination, violence, and bullying/harassment. The resources below provide a safe environment, understanding, and information. They also promote gender and sexual acceptance.

K P S W The Trevor Project 1.866.488.7386
thetrevorproject.org
 Text 'Start' to 678-678

K Gay City 206.323.LGBT
gaycity.org
LGBTQIA+ resources and referral help line

K Health Education Youth Outreach (HEYO) 206.957.1639
lifelong.org
Community building to empower LGBTQIA+ youth and destigmatize HIV

K Ingersoll Gender Center
ingersollgendercenter.org
Transgender support

K Lambert House 206.322.2515
lamberthouse.org

K Northwest Network of Bisexual, Trans, Lesbian & Gay Survivors of Abuse 206.568.7777
nwnetwork.org

K Parents, Families & Friends of Lesbians & Gays (PFLAG Seattle Chapter) 206.325.7724
pflagseattle.org

K Queer Trans Youth Music Project (QTYMP)
qtymp.org

LGBTQIA+ led music, empowerment, and social justice programs

K P S W Trans Lifeline 1.877.565.8860
translifeline.org

Crisis Line for those who are trans, struggling with, or questioning their gender identity

K Youth Eastside Services – B-Glad 425.747.4937
youtheastideservices.org/services/community-based/bgld

SUPPORT GROUPS

S GLOBE 425.242.6188
globeyouth.com

K Kent Youth & Family Services (OKAY! Support Group)
kyfs.org/lgbtq

S PFLAG-Snohomish County
pflageverett.org

P Oasis Youth Center 253.671.2838
oasisyouthcenter.org

K P S W Rainbow Center 253.383.2318
rainbowcntr.org

People with Disabilities

The Americans with Disabilities Act of 1990 guarantees equal access in employment, public accommodation, transportation, telecommunications, and state and local government. Call the numbers below for support, referrals, or information about available services.

- K** Abused Deaf Women's Advocacy Services (ADWAS)206.812.1001
<http://adwas.org>
- K** Alliance of People with disabilities Seattle 206.545.7055
disabilitypride.org Redmond 425.998.5839
- K P S W** The Arc of WA888.754.8798
arcwa.org
- K P S W** Brain Injury Alliance of WA ♥877.982.4292
biawa.org
- K** Center for Children with Special Needs206.987.3736
cshcn.org
- P** Center for Independence253.582.1253
- S** Center for Independence360.393.3890
centerforindependence.org
- S** Children & Youth with Special Health Care Needs...425.339.8652
snohd.org/268/Children-With-Special-Needs
- K P S W** Disability Rights1.800.562.2702
disabilityrightswa.org
- K P S** Hearing, Speech and Deaf Center ♥206.323.5770
hcdc.org
- P** Pierce County Coalition for Developmental Disabilities. 253.564.0707
pc2online.org
- K P S W** WA Elks Therapy Program for Children253.472.6223
waelks.net
- K P S W** WA State Dept. of Services for the Blind1.800.552.7103
dsb.wa.gov
- K P S** Vadis ♥253.863.5173
vadis.org
Employment support for people with disabilities & facing homelessness
- K P S W** Wraparound/WiSe ♥ hca.wa.gov
Please see page 14 for program details.

Volunteer and Recreation Opportunities



Did you know that people with high school leadership experience are paid up to 33% more than those without it? This wage premium is similar to one associated with a college degree.

-HARVARD BUSINESS REVIEW

Volunteer work can especially benefit teens wanting to broaden their horizons, meet new friends, experience different cultures, or learn a new language, all while contributing to society's needs.

VOLUNTEER OPPORTUNITIES

- K P S W** Boys & Girls Clubs of WA State ♥
washingtonclubs.org
- After-school and summer camp/ activities volunteer programs*
- K** Camp Fire Central Puget Sound206.461.8550
campfireseattle.org
Leadership camps, activities, and workshops
- P** Camp Fire Orca253.597.6234
campfireorca.org
- S** Camp Fire Snohomish County425.258.5437
campfiresnoco.org/camp
- K** City of Mercer Island206.275.7755
mercerisland.gov/yfs
- S** CORE (Creating Open Roads to Equity)206 694-4500
youthcare.org
Connect to a variety of community volunteer opportunities
- W** AmeriCorps
americorps.gov/serve
- P** Families Unlimited Network253.460.3134
familiesunlimitednetwork.org/volunteer
Foodbank and after-school program volunteer opportunities
- P** Harbor WildWatch253.514.0187
harborwildwatch.org/programs/youth-programs
Interactive environmental education volunteer opportunities

K Teen Link.....	1.866.TEENLINK(833.6545)
teenlink.org	
<i>Community outreach and awareness for teens needing emotional support</i>	
K The Vera Project.....	206.956.8372
theveraproject.org	
<i>Theater, music, and art volunteering opportunities</i>	
K United Way King County.....	206.461.3700
uwkc.org/volunteer	
P United Way Pierce County.....	253.272.4263
uwpc.org/volunteer-0	
S Volunteers of America Western Washington.....	425.259.3191
voaww.org/volunteer	
K Wilderness Inner-City Leadership Developments (WILD).....	206.623.5132
interimicda.org/whatwedo/wild	
<i>Environmental justice, gardening, and activism volunteer opportunities</i>	
K Young Women Empowered.....	206.519.2426
youngwomenempowered.org	
<i>Group leadership camps & activities</i>	
K YMCA of Greater Seattle 	206.749.7550 / 7540
seattleyymca.org	
<i>Community and service corps programs/volunteer activities</i>	
K S YWCA.....	206.461.4888
ywcaworks.org	
<i>Community service & volunteer program</i>	
K Woodland Park Zoo Volunteer Program.....	206.548.2450
zoo.org/volunteer	

If you would like to learn a new skill or participate in a group program, camps and workshops are a great way to get engaged and build meaningful relationships. Listed below are community and recreation centers, drop-in groups, classes, and sports leagues for youth, located throughout the Puget Sound area.

S ArtSpotStudio.....	206.713.8297
artspotstudio.net/tweenteen-workshops	
<i>Art camps/workshops for age 10-18 (all ability levels)</i>	
K Bikeworks.....	206.695.2741
bikeworks.org	
<i>Bicycle repair classes, riding clubs, camps, and giveaways</i>	

K P S W Boys & Girls Clubs of WA State 	360.731.7268
washingtonclubs.org	
<i>After-school and summer programs</i>	
K P S W Sibling Strong.....	360.731.7268
sibling-strong.org	
<i>Summer camp program to reunite siblings in foster care</i>	
K Coyote Central.....	206.323.7276
coyotecentral.org	
<i>Applied learning through skills-based workshops</i>	
K P S W Garfield Teen Life Center.....	206.684.4550
<i>Teen resource center</i>	
K P S W Girl Scouts of Western WA.....	1.800.541.9852
girlscoutswa.org	
P Tacoma Urban League.....	253.383.2007
thetacomaurbanleague.org/programs	
<i>Mentorship programs for youth of color</i>	
K Kent Youth & Family Services.....	253.859.0300
kyfs.org	
<i>Operates multiple youth centers in the Kent area</i>	
K P S W Kirkland Teen Union Building (KTUB).....	425-587-3300
ymcaktub.org	
<i>Teen resource center</i>	
K Old Firehouse Teen Center.....	425.556.2370
<i>Drop-in Center—you must be enrolled in high school to attend</i>	
K Powerful Voices.....	206.860.1026
http://powerfulvoices.org	
<i>Cultural enrichment, employment and advocate programs for young WOC</i>	
K P S W Reader's Circle.....	xxx.xxx.xxxx
readerscircle.org	
<i>Online book clubs</i>	
K Sanctuary Art Center.....	206.522.6256
sanctuaryartcenter.org	
<i>Art drop-in center focused on street-involved youth, ages 13-25</i>	
<i>Classes, camps/activities, and centers for community engagement</i>	
K Seattle Parks & Recreation.....	206.684.4075
seattle.gov/parks	
<i>Classes, camps/activities, and centers for community engagement</i>	
P Tacoma Youth Theatre.....	253.677.0531
tacomayouththeatre.org	

- K** The Club Teen Center 425.429.3203
bgcbellevue.org/programs/teens
- P** First Tee - South Puget Sound
firstteesouthpugetsound.org/programs
Golf youth programs/activities
- K P S W** Washington State Parks & Recreation ♥
parks.wa.gov
- K** YMCA of Greater Seattle ♥ 206.749.7550
seattlemca.org
- P** YMCA of Pierce & Kitsap Counties ♥ 253.841.9622
ymcapkc.org
- S** YMCA of Snohomish County 425.337.0123
ymca-snoco.org
- S** Youth Council
snohomishwa.gov/691/Youth-Council
Local government youth council programs
- S** Youth Enrichment Services
snohomishcountywa.gov/3645/youth-enrichment-services
Resources and programs for court-involved youth
- K** Youth in Focus 206.723.1479
youthinfocus.org
Art and photography education courses and camps

For more information regarding other recreation options, contact your local parks and recreation department.

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