



Where to Turn For Teens

2020-2021

English & Spanish



teen link

1.866.TEENLINK(833.6546)

TEEN LINK BEGAN IN 1996, IN MEMORY OF AUDRA LETNES. AUDRA WAS ONLY 16 WHEN SHE WAS MURDERED BY HER BOYFRIEND AFTER SUFFERING HIS ABUSE FOR OVER A YEAR.

HER MOTHER, A CRISIS CLINIC (NOW CRISIS CONNECTIONS) EMPLOYEE, BECAME AWARE OF THE ABUSE AND TRIED TO FIND HELP FOR HER DAUGHTER.

UNFORTUNATELY, AUDRA HAD DIFFICULTY CONNECTING WITH ADULT-ORIENTED SERVICES THAT WERE AVAILABLE TO HER AT THE TIME. LIKE SO MANY YOUNG PEOPLE, AUDRA STRUGGLED WITH OPENING UP IN THE ADULT-LED PROGRAMS THAT WERE AVAILABLE, AND THERE WERE NO PEER-TO-PEER SUPPORT SERVICES FOR TEENS BY TEENS THAT SHE COULD ACCESS.

BECAUSE SHE WORKED WITH CRISIS LINES, AUDRA'S MOTHER KNEW THE POWER OF MAKING JUST ONE MEANINGFUL CONNECTION WITH A STRANGER IN NEED. SHE WANTED TO CREATE A PROGRAM TO HELP PREVENT SIMILAR TRAGEDIES FROM HAPPENING TO OTHER CHILDREN IN THE FUTURE. SHE WORKED WITH CRISIS CONNECTIONS TO DEVELOP THE TEEN LINK PROGRAM AND HELP LINE, A SAFE PLACE FOR ANY YOUNG PERSON TO CONNECT WITH A PEER FOR EMOTIONAL SUPPORT AND COMMUNITY RESOURCES TO HELP WITH WHATEVER COMES UP IN THEIR LIVES. TODAY, TEEN LINK CONTINUES TO OPERATE THIS HELP LINE FOR YOUNG PEOPLE THROUGHOUT WASHINGTON, TAKING CALLS, TEXTS, AND CHATS FROM TEENS IN NEED OF SUPPORT.

talk it out: evenings 6-10pm
1.866.TEENLINK • www.TEENLINK.org

Where to Turn for Teens (WTTFT) is a resource guide that was created specifically for youth who are seeking personal empowerment with the support of others. The agencies listed provide a wide variety of services. The goal of WTTFT is to make sure teens are aware of the many youth-friendly resources that exist 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 name of the agency, using the alphabetically-arranged Index can be quicker.

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

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

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?

A Note on COVID-19:

All resources we've listed were up to date as of June 2020. However, public health orders to limit non-essential services have caused many programs to close or be put on hold. It is best to call each resource to clarify which services are currently available.

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

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

Translation Services: If you prefer to receive services in a language other than English, look for the (♥) symbol indicating the agency provides translation. If you are enrolled in Apple Health, you can also visit the Health Care Authority website to arrange services for medical appointments:

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

There is a **Notes** section at the back of the book where you can write the name of the person you spoke with and any information you receive.

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/concerns.

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

(To access the Spanish version of Where To Turn For Teens, close the booklet, and flip it over. The Spanish version is still read from left to right.)

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The goal of Teen Link is to empower youth by supporting them in making healthy decisions. However, if you are having an emergency, please call 911.

Teen Link Help Line 1.866.TEENLINK (1.866.833.6546)

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, as well as 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. 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

In addition to our telephone help line, Teen Link offers Teen Link Chat through our website at **www.teenlink.org** and Teen Link Text by texting **1.866.833.6546**. 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 6-9:30pm every day of the week. Teen Link Chat works best on a computer.

King County 2-1-1

You can call 211 to find resources online for teens who want to find out more about health and human services throughout Washington State. To search for resources online, visit **www.wa211.org**.

Teen Link Substance Use Prevention Line (2-10 pm M-F)

If a teen or an adult concerned about a teen has questions or concerns about drug use, they can now call, chat, or text to connect directly with a Teen Link Substance Use Prevention Clinician. Our staff are able to assist callers with strategies to prevent teen drug use, access to drug education materials, referrals to treatment, organizing outreach, drug education clinics, and more. To reach us, simply call or text

1.866.833.6546 or chat by going to **www.teenlink.org** and clicking on the “Chat” page.

WA Recovery Help Line

As part of the Washington Recovery Line, the Teen Link Substance Use Prevention Line provides support to youth and adults across Washington State who have questions about substance abuse, problem gambling, or mental health. Call them at **1.866.789.1511** or see the “Alcohol, Drugs, & Substance Use” section for more information.

Suicide Prevention Training for Students

Crisis Connections offers this 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 **206.204.9520**. These trainings can also be delivered virtually.

Where to Turn for Teens (WTTFT)

Where to Turn for Teens is updated annually and published in September. This resource guide is an effective way to connect young adults with agencies serving youth.

If you:

- are interested in ordering WTTFT, or
- work for an agency listed in WTTFT and need to update your information

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 **1.866.833.6546** between 6-10pm or visit our website.

Volunteer Positions

Youth Outreach Specialist (13-19) - Represent Teen Link in your school/community.

Youth Crisis Specialist (15-19) - Provide emotional support and referrals to teens who call the help line or use Teen Link Chat or Text.

Peer Advisory Committee (15-19) – Be part of Teen Link's future by keeping the program youth-driven and relevant to youth experiences.

Youth Crisis Mentor (20+) – Coach teen volunteers during calls, chats, and text. Offer guidance on engaging callers, debrief after calls have ended, and ensure appropriate protocols are followed.

Internship/Externship

Adults (18+) can gain agency and practice experience as either a phone worker or mentor. This experience can count towards 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.



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 **www.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 **www.teenlink.org** and clicking on the Chat page between 2-10pm (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

☎️ Center for Human Services ♥206.362.7282

www.chs-nw.org

☎️ Center for Multicultural Health ♥206.461.6910

cschc.org

☎️ Community Counseling Institute.....866.213.1818

www.cciwa.org

☎️ Compass Health ♥844.822.7609

www.compasshealth.org

☎️ P5W Evergreen Council of Problem Gambling.....800.547.6133

www.evergreencpg.org

King County Needle Exchange.....	206.263.2000, opt. 2
www.kingcounty.gov/needle	
North America Syringe Exchange Network.....	253.272.4857
www.nasen.org	
Ryther♥.....	206.525.5050
www.ryther.org	
Sound.....	206.302.2300
www.sound.health	
Therapeutic Health Services♥.....	206.322.7676
www.ths-wa.org	
.....	425.263.3006
Wraparound/WiSe♥.....	www.hca.wa.gov
<i>Please see page 12 for program details.</i>	

Support Groups

Alateen & Alanon.....	206.625.0000
www.seattle-al-anon.org	
Alateen & Alanon.....	1.800.726.8094
www.al-anon-pierce-wa.org	
Alateen & Alanon.....	425.348.7828
www.dist23.org	
Alcoholics Anonymous.....	206.587.2838
www.seattleaa.org 425.252.2525, www.snocoaa.org	
Evergreen Council on Problem Gambling..	1.800.547.6133
www.evergreencpg.org	
Gamblers Anonymous	1.855.222.5542
www.gamblersanonymous.org	
Marijuana Anonymous.....	206.414.9270
www.madistrict4.org	
Narcotics Anonymous	206.790.8888
www.seattlena.org	
Narcotics Anonymous.....	253.531.8792
www.pcana.org 425.609.6170, www.everettwana.org	
Puget Sound Alcoholics Anonymous.....	253.474.8897
www.pugetsoundaa.org	
Wraparound/WiSe♥.....	www.hca.wa.gov
<i>Please see page 12 for program details.</i>	



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.

- KPS** Compass Health♥844.822.7609
www.compasshealth.org
- KS** Center for Human Services♥206.362.7282
www.chs-nw.org
- KP** Consejo Counseling & Referral Service♥206.461.4880
www.consejocounseling.org *Culturally competent behavioral health services for the Latinx community*
- P** Greater Lakes Mental Health Care♥253.581.7020
www.glmhc.org
- P** HopeSparks Family Services♥253.565.4484
www.hopesparks.org
- K** Friends of Youth.....425.392.6367
www.friendsofyouth.org

Youth And Family Counseling Services

- K** Kent Youth & Family Services.....253.859.0300
www.kyfs.org
- K** Mercer Island Youth & Family Services.....206.275.7611
www.miyfs.org
- P** MultiCare- Behavioral Health♥253.445.8120
www.multicare.org/behavioral-health
- K** Navos-Ruth Dykeman Youth & Family Services♥.206.248.8226
www.navos.org/get-help/children-youth-families
- K** Northshore Youth & Family Services.....425.485.6541
www.northshoreyouthandfamilyservices.org
- P** Pearl Counseling Associates.....253.752.1860
www.pearlcounseling.com
- KP** Pioneer Counseling♥253.274.0484
www.pioneerhumanservices.org
- K** Renton Area Youth & Family Services.....425.271.5600
www.rays.org
- KS** Ryther♥206.525.5050
www.ryther.org
- K** YMCA Social Impact Center.....253.939.2202

www.seattlemca.org/social-impact-center

KPSW Sea Mar Community Health Center♥

www.seamar.org

Seattle.....206.658.2175

Tacoma.....253.280.9830

Everett.....425.312.0277

Multiple locations; see website for more

K Sound206.302.2300

www.sound.health

K Southeast Youth & Family Services♥206.721.5542

, www.seyfs.org

K Southwest Youth & Family Services♥206.937.7680

www.swyfs.org

K Therapeutic Health Services♥206.322.7676

www.ths-wa.org

K Valley Cities Behavioral Health Care.....253.833.7444

www.valleycities.org

K Vashon Youth & Family Services♥206.463.5511

www.vyfs.org

K You Grow Girl206.417.9904

www.yougrowgirl.org

K Youth Eastside Services♥425.747.4937

www.youtheastsideservices.org

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♥www.counselingwashington.com

W Psychology Today♥www.psychologytoday.com

KPSW Wrap around 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 are able to successfully managing complex situations. 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.

A team of relevant individuals (family, service providers, school staff, community members, and natural supports) is created to support the youth from all sides Visit **www.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, Northshore, and Shoreline

KS Center for Human Services.....206.362.7282

Seattle, Bellevue, Redmond, Mercer Island, Highline, Renton, Tuwila, Vashon

S Sound.....206.451.9544

Kent, Enumclaw, Federal Way, and Auburn

K Valley Cites Behavioral Health.....206.408.5246

Other King County

K Childhaven♥.....206.957.4841 (*for youth under 6*)

K Ryther♥.....206.517.0234

K Seneca♥.....206.490.0985

K Therapeutic Health Services♥.....425.322.7676

K YMCA♥.....206.327.1271

K You Grow Girl!.....206.643.9622

P Pierce County Wraparound/WISe♥.....253.759.9544

S Snohomish County Wraparound/WISe♥.....425.349.8337

K 24-Hour Crisis Line♥.....1.866.427. Crisis(4747)

www.crisisconnections.org/24-hour-crisis-line/

KPSW National Suicide Prevention Lifeline♥.....

1.800.273.TALK (7255) www.suicidepreventionlifeline.org/

KPSW Teen Link♥.....1.866.TEENLINK (833.6546)

www.teenlink.org

KPSW WA Warm Line♥.....1.877.500.WARM (9276)

www.crisisconnections.org *Peer-to-peer support for people living with emotional and mental health challenges*

K Bellevue Parent/Teen Mediation Program.....425.452.4091

Teen Link and the 24-Hour Crisis Line do not provide ongoing counseling. However, callers can use both lines to gain additional support between counseling appointments.



DID YOU KNOW THAT IN THE UNITED STATES, THIRTY MILLION PEOPLE SUFFER FROM A CLINICALLY SIGNIFICANT EATING DISORDER AT SOME POINT IN THEIR LIVES, INCLUDING ANOREXIA, BULIMIA, BINGE EATING DISORDER, OR OTHER ASSOCIATED DIETARY CONDITIONS.

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



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 difficult process. Often times, 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're dealing with. These are some agencies and programs that have been developed for individuals that are dealing with a loss.

- ☎Bridges Center for Grieving Children♥.....253.403.1966
www.marybridge.org/services/bridges-center-for-grieving-children/
- ☎☎☎☎Crisis Connection Cares.....www.crisisconnections.org/survivors-of-suicide-support-groups/cc-cares/
Support for survivors of suicide loss
- ☎☎☎☎Eluna.....206.298.1217
www.elunanetwork.org *Grief camps and programs*
- ☎Evergreen Health♥.....425.899.1077
www.evergreenhealth.com/grief
- ☎☎Providence Grief Support Services♥.....206.749.7702
washington.providence.org/locationsdirectory/g/providence-grief-support-services-of-king-county ☎425.261.4807,
washington.providence.org/locations-directory/g/providence-grief-support-services-of-snohomish-county
- ☎☎Safe Crossings♥.....206.749.7723
washington.providence.org/services-directory/services/s/safe-crossings-childrens-grief-program *Grief support program*
- ☎☎The Healing Center.....206.523.1206
www.healingcenterseattle.org
- ☎☎Wild Grief360.358.3213
wildgrief.org *Hiking groups for people to process their grief*

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 agencies about their policies regarding confidentiality.

Ⓚ45th Street Clinic.....206.633.7650
www.neighborcare.org

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

ⓀCenter for Multicultural Health♥.....206.461.6910
cschc.org

ⓀCommunity Health Care.....253.722.2161
www.commhealth.org

ⓀUW Youth Clinic.....206.299.1636
www.uwyouthclinic.org

Tuesday: 6-9 pm. Accessible to ages 26 and under. No appointment necessary!

ⓈCommunity Health Center of Snohomish County♥
 425.789.3789, www.chcsno.org

ⓀNeighborhood Clinic♥.....253.627.6353
www.neighborhoodclinetacoma.org

ⓈSafe Harbor Free Clinic.....425.870.7384
www.safeharborfreeclinic.org

Consulting Nurse Line

ⓀEvergreen Health425.899.3000 Opt. 2

Doctor Appointments at Public Health - Seattle & King Co.

ⓀColumbia Public Health♥.....206.296.4650

ⓀDowntown Public Health♥.....206.477.8300

ⓀEastgate Public Health♥.....206.477.8000

ⓀNorth Seattle Public Health♥.....206.296.4990

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.



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 & 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.

- KPSW** All-Options.....1.888.493.0092
www.all-options.org *Pregnancy counseling talkline*
- KP** Cedar River Clinic♥.....1.800.572.4223
www.cedarriverclinics.org *Clinic offering reproductive healthcare, abortions, and birth control*
- K** Center for Multicultural Health♥.....206.461.6910
cshc.org
- P** Maternal Child Outreach Team (MCOT)♥.....253.798.6403
www.tpchd.org/healthy-people/family-health
- KPSW** Open Adoption & Family Services♥.....1.800.772.1115
Text "open" to 971.266.0924 for text support, chat support available at www.openadopt.org
- KPSW** Planned Parenthood♥.....1.800.769.0045
www.plannedparenthood.org
- KPSW** Help Me Grow WA♥.....1.800.322.2588
www.parenthelp123.org
- K** Teen Pregnancy & Parenting Clinic♥.....206.326.2656
(up to age 21)
- P** Step by Step Family Support Center.....253.896.0903
www.stepbystepfamily.org *Teen clinics at public health*

Ⓚ Seattle-King County Teen Clinics ♥
www.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:

- Ⓚ Auburn Public Health206.477.0600
- Ⓚ Eastgate Public Health.....206.477.8000
- Ⓚ Federal Way Public Health.....206.477.6800
- Ⓚ 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 testing 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.

- Ⓚ Ⓟ Cedar River Clinics.....1.800.572.4223
www.cedarriverclinics.org ♥
- Ⓚ Center for Multicultural Health.....206.461.6910
cshc.org
- Ⓟ Community Health Care.....253.722.2161
www.commhealth.org
- Ⓢ Community Health Center of Snohomish County ♥
 425.789.3789, www.chcsno.org
- Ⓚ Entre Hermanos ♥206.322.7700
entrehermanos.org
- Ⓚ Gay City.....206.860.6969
www.gaycity.org/wellness

- Ⓚ Lifelong AIDS Alliance206.957.1600
www.lifelong.org
 Ⓚ Neighborcare Health ♡206.548.5710
neighborcare.org
 Ⓚ Pierce County Aids Foundation (PCAF)253.597.4803
 (Tacoma) & 360.352.237 (Olympia), www.pcaf-wa.org
 Ⓚ Ⓟ Ⓢ Planned Parenthood ♡1.800.769.0045
www.plannedparenthood.org
 Ⓚ Public Health STD Clinic at Harborview ♡206.744.3590
www.kingcounty.gov/depts/health/communicable-diseases/hiv-std/patients/clinic.aspx
 Ⓚ Ⓟ Ⓢ Ⓦ Safer STD Testing.....888.331.0485
www.saferstdtesting.com
 Ⓚ Ⓟ Ⓢ Ⓦ SeaMar Community Health Centers ♡
www.seamar.org
 Ⓢ Snohomish Health District STD/HIV Program.....425.339.5261
www.snohd.org/185/Sexually-Transmitted-Diseases
 Ⓚ Tacoma-Pierce County Health Department ♡253.798.3805
www.tpchd.org/healthy-people/sexually-transmitted-diseases
 Ⓚ Teen Clinics at Public Health-Seattle & King County ♡
www.teenclinic.com
 Ⓚ "Who Does What" for STD/HIV ♡206.263.2000
www.kingcounty.gov/hiv/who

See also physical health concerns on page 16



DID YOU KNOW THAT THERE ARE ALMOST TWO SUICIDE DEATHS EVERY WEEK FOR PEOPLE UNDER THE AGE OF 19 IN WASHINGTON STATE.

-WA DEPARTMENT OF HEALTH

Suicide - 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 The 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

1. 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 suicide & self-harm (nonsuicidal self-injury)

2. Ask the question directly
 - “Are you thinking about suicide/killing yourself?”
3. 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 @ **1.866.833.6546** to talk to a trained phone worker in more detail about how to get help. If you need immediate crisis intervention services or feel like you need to talk to someone right away, these are numbers you can call to discuss your concerns:

- Ⓚ24-Hour Crisis Line♥.....1.866.4CRISIS
www.crisisconnections.org/24-hour-crisis-line/
- ⓀⓅⓈⓌBoys Town National Hotline♥1.800.448.3000
www.yourlifeyourvoice.org
- ⓀChildren’s Crisis Response Outreach Service (CCORS)♥
206.461.3222
www.seattleymca.org/accelerator/familysupport/ccors
- ⓈCrisis Outreach Team (MCOT) - Compass Health♥
1.800.584.3578 www.compasshealth.org/services/mcot
- ⓀⓅⓈⓌCrisis Text Line.....741741*Text-based support. Text “hello”*
- ⓀForefront Suicide Prevention206.543.1016
www.intheforefront.org
- ⓀⓅⓈⓌNational Suicide Prevention Lifeline♥1.800.273.8255
- ⓀⓅⓈⓌNational Suicide Prevention Lifeline Español ♥
1.800.628.9454,
- ⓅPierce County Crisis Line♥1.800.576.7764
- ⓀⓅⓈⓌSociety for the Prevention of Teen Suicide
www.sptsusa.org
- ⓀⓅⓈⓌThe Trevor Project1.866.488.7386
www.thetrevorproject.org
24-Hour help line with a focus on LGBTQIA+ youth
- ⓀⓅⓈⓌTrans Lifeline.....1.877.565.8860
www.translifeline.org
- ⓈVolunteers of America Western WA♥1.800.584.3578
imhurting.org *24/7 Crisis phone line & chat.*

Self-Harm (Nonsuicidal 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 will 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's 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're 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 follow resources can help provide support and referrals.

- 🌐Adolescent Self Injury Foundation.....
www.adolescentselfinjuryfoundation.com
- 🌐National Eating Disorders Association Helpline♥
 1.800.931.2237
- 🌐SAFE (Self Abuse Finally Ends) Alternatives.....1.800.366.8288
www.selfinjury.com
- 🌐Self-Injury Outreach & Support.....www.sioutreach.org
- 🌐To Write Love on Her Arms.....www.twloha.com
Online resource and support page



DID YOU KNOW THAT IN SOME STATES, "MALTREATMENT" REFERS TO NEGLECT AND ABANDONMENT AND TERM "ABUSE" IS USED FOR ACTS THAT CAUSE INJURY.

Approximately 5 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 classified as increased behavior towards a minor that entails substantial risk of causing harm to one's person.

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. Neglect is also one of the most difficult forms to evidence of and respond to. No minor deserves to experience abuse or maltreatment.

KPSW Childhelp USA1.800.422.4453
www.childhelp.org
S Dawson Place Child Advocacy Center♥425.789.3000
www.dawsonplace.org
P Mary Bridge's Child Abuse Intervention Department♥
253.403.1478, www.marybridge.org/services/child-abuse-intervention-department-caid/
W Police Department Emergency Number♥9.1.1
KPSW Washington State DSHS - End Harm Child Protective Services♥1.866.363.4276
www.dshs.wa.gov/report-abuse-and-neglect



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 will intervene 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.

☎Crisis Text Line....text 'HELLO' to 741741 www.crisistextline.org

☎PFLAG WA State Council.....www.pflagwsc.org/youth/ *anti-bullying resources for LGBTQ youth*

☎STOMP Out Bullyingwww.stompoutbullying.org
online resource center and chat help line

☎Washington State ACLU..... www.aclu-wa.org/pages/harassment-and-bullying

Information about bullying and reporting in Washington State



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. Common types include:

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 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 www.adwas.org
- K** Asian/Pacific Islander Chaya♥877.922.4292
www.apichaya.org
- K** DAWN-Domestic Abuse Women's Network.....425.656.7867
<https://dawnrising.org/> Serves South King County
- K** Lifewire.....425.746.1940
www.lifewire.org Serves East King County
- K** New Beginnings.....206.522.9472
 24hrs - serves North King County
- K** Northwest Network of Bisexual, Trans, Lesbian, and Gay
 Survivors of Abuse♥206.568.7777
www.nwnetwork.org
- K P S W** Police Department Emergency Service♥9.1.1
- K P S W** Stronghearts Native Helpline.....1.844.7NATIVE(762.8483)
www.strongheartshelpline.org/
- K** Washington State Domestic Violence Hotline (serves south
 king county).....866.331.9474 or Text Loveis to 22522
www.loveisrespect.org Serves South King County
- P** YWCA Pierce County♥253.272.4184 ext 211 or
 253.383.2593 www.ywcapiercecounty.org
- K P S** YWCA Children's Domestic Violence Program.....
 425.529.3785, **P** 253.272.4184x254 www.ywcaworks.org



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 at **www.washingtonlawhelp.org/issues/youth-law-education/at-risk-children**

Children and young adults who become involved in crime, domestic abuse, drugs and alcohol, early pregnancy, school-related problems, or suicide 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.

- Ⓚ Atlantic Street Center.....
www.atlanticstreetcenter.org *Family resource center, youth development, domestic violence support*
- ⓀⓅⓈ Center for Children & Youth Justice.....206.696.7503
ccyj.org
- ⓀⓈ Friends of Youth.....425.869.6666
www.friendsofyouth.org
- Ⓚ YMCA Social Impact Center.....253.939.2202
www.seattleyymca.org/social-impact-center

Anger Management & Support for Drug/Alcohol Use

- Ⓚ Powerful Voices.....206.860.1026
www.powerfulvoices.org
- Ⓚ Safe Futures Youth Center.....206.938.9606
www.sfyc.net

Gang and Violence Prevention

- Ⓟ Safe Streets Campaign 253.272.6824
www.safest.org

YMCA of Pierce & Kitsap Counties.....	253.841.9622
www.ymcapkc.org	
YMCA of Snohomish County	425.337.0123
www.ymca-snoco.org	
You Grow Girl.....	206.417.9904
www.yougrowgirl.org	
Youth Eastside Services♥	425.747.4937
www.youtheastideservices.org	

Legal Services

Human and civil rights protect people long before they turn 18.

KPSW 2-1-1 ♥	2-1-1
<i>Screens and refers to a range of legal service providers</i>	
Eastside Legal Assistance Program♥	425.747.7274
www.elap.org	
King County Bar Association Neighborhood Legal Clinics♥	
206.267.7070 www.kcba.org	
King County Superior Court - Juvenile Court♥	206.263.8634
www.kingcounty.gov/courts/superior-court/juvenile	
KW Legal Counsel for Youth & Children.....	206.494.0323
lcywa.org	
KPSW NW Justice Project♥	1.888.201.1014
www.nwjustice.org <i>Legal services for low-income Washington residents</i>	
KPW Team Child♥	206.322.2444 press 0
www.teamchild.org	
KPSW Qlaw Legal Clinic♥	
www.qlawfoundation.org/lgbtq-legal-clinic.html <i>Focus on LGBTQIA+ community</i>	
Snohomish County Legal Services♥	1.888.201.1014
www.snocolegal.org	
Tacoma-Pierce County Bar Association	253.383.3432
tpcba.com	
KSW Washington Law Help♥	www.washingtonlawhelp.org
KPSW Wraparound/ WISE♥	www.hca.wa.gov
<i>Please see page 12 for program details.</i>	



DID YOU KNOW THAT EVERY 73 SECONDS, AN AMERICAN IS SEXUALLY ASSAULTED.

~R.A.I.N.N

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 steps 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 with 72 hours. 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 being cleaned. 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 are required. Counselors at the hospital or at the above agencies can talk about available alternatives and help the survivor decide what the best choice is for them.

- KPSW** Emergency Number♥9.1.1
- KP** MultiCare Tacoma General Hospital♥253.403.1000
www.multicare.org/sexual-assault-services
- KPSW** Rape, Abuse & Incest National Network (R.A.I.N.N)
1.800.552.7103 www.rainn.org
- P** Rebuilding Hope! Sexual Assault Center for Pierce
County.....1.800.756.7273 www.sexualassaultcenter.com
- P** Sex Trafficking and Exploitation Program♥253.444.5351
sexualassaultcenter.com

- KPSW** 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 www.adwas.org
- K** Asian/Pacific Islander Chaya.....1.877.922.4292
www.apichaya.org *rape & sexual harassment / assault*
- S** Dawson Place Child Advocacy Center♥.....425.789.3000
www.dawsonplace.org
- K** Harborview Center for Sexual Assault & Traumatic Stress.....
 206.744.1600 www.hcsats.org
- K** King County Sexual Assault Resource Center♥.1.888.99.VOICE
 (6423) www.kcsarc.org
- S** Legacy of Healing- Advocacy center & Safe House.....
 360.716.4100 www.tulaliptribes-nsn.gov/dept/legacyofhealing
- P** Multicare Tacoma General Hospital♥.....253.403.1000
www.multicare.org/sexual-assault-service
- P** Sexual Assault Center for Pierce County.....1.800.756.7273
www.sexualassaultcenter.com
- KPSW** WA Coalition of Sexual Assault Programs..1.855.210.2087
www.wcsap.org/help/csap-by-city



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 live on the streets. 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.

KPSW2-1-1.....2.1.1
Call for Assistance in Finding Shelter, Food, and other needs

Drop-in Centers & 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.

- Camp Fire Orca.....253.597.6234
www.campfireorca.org/outreach-services Outreach and support for youth ages 12-21
- CocoonHouse425.259.5802, www.cocoonhouse.org
- Compass Health♥.....425.349.6800
www.compasshealth.org
- Comprehensive Life Resources253.396.5800
www.comprehensiveliferesources.org
- Friends of Youth♥425.298.4846
www.friendsof youth.org Outreach and Intake
- New Horizons Ministries206.374.0866
www.nhmin.org
- Oasis Youth Center253.671.2838
www.oasisyouthcenter.org
- Pierce County Alliance.....253.572.4750
www.piercecountyalliance.org/
- Pierce County Day Centers.....
www.pchomeless.org/facilities/daycenters

☎ROOTS Young Adult Shelter.....	206.632.1635
www.rootsinfo.org Youth ages 18-25	
☎Street Youth Ministries.....	206.524.7301 x 112
www.streetyouthministries.org Youth ages 13-26	
☎Tacoma Rescue Mission.....	253.383.4493
www.trm.org/	
☎University District Youth Center.....	206.526.2992
www.youthcare.org/homeless-youth-services	
☎YMCA Social Impact Center.....	1.866.427.4747
www.seattleyymca.org/social-impact-center	
☎Youthcare - The Shelter.....	1.800.495.7802
www.youthcare.org Youth ages 12-17	
☎YWCA Emergency Shelter.....	206.461.4882
www.ywcaworks.org Women over 18	

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 your local 2-1-1.

☎☎☎☎2-1-1.....2-1-1

Call for Assistance in Finding Shelter, Food, etc.

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.

King County Regional Access Points:

- Seattle – 206.328.5900
- Federal Way – 253.874.6718
- Renton – 425.523.1377
- North King County – 206.934.6160
- East King County – 206.328.5900

Other Helpful Services

KPSW National Runaway Safeline (24 hrs).....1.800.RUNAWAY-
Confidential phone support for teens considering running away

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

P My Sister's Pantry.....253-627-1186, www.mysisterspantry.org/

KPSW National Safe Place (24 hrs)

www.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.*

KPSW Northwest Harvest.....1.800.722.6924

northwestharvest.org *Food Bank with 375 locations throughout Washington*

K Team Child206.322.2444 press 0

www.teamchild.org

K Teen Feed (7 nights/week)206.522.4366

www.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 50th

Tu,W,Th @ University Congregational Church, 4515 16th Ave NE
 16th NE & NE 45th, enter down the cement steps on Saturday
 @ ROOTS Young Adult Shelter, 1415 Ne 43rd St Seattle – Alley at
 NE 43rd & 15th NE, enter through the blue door

Families and youth deserve to be met where they are. 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.

These agencies offer additional opportunities for cultural engagement.

- ☎Asian Counseling & Referral Service♥.....206.695.7600
www.acrs.org
- ☎Asia Pacific Cultural Center♥.....253-383-3900
www.asiapacificculturalcenter.org
- ☎Asian/Pacific Islander Chaya♥.....877.922.4292
www.apichaya.org
- ☎☎Catholic Community Services Southwest.....206.323.6336
ccsww.org/get-help/pierce-county/
- ☎Center for Multicultural Health♥.....206.461.6910
cschc.org
- ☎Centro Latino.....253.572.7747
www.clatino.org
- ☎Chinese Information & Service Center♥.....206.624.5633
www.cisc-seattle.org
- ☎☎Consejo Counseling & Referral Service♥.....253.414.7416
www.consejocounseling.org/
- ☎El Centro de la Raza♥.....206.957.4634
www.elcentrodelaraza.org
- ☎Filipino Community of Seattle♥.....206.722.9372
www.filcommsea.org
- ☎Helping Link/Mot dau Noi♥.....206.568.5160
www.helpinglink.org
- ☎Horn of Africa Services♥.....206.760.0550 x 104
www.hoas.org
- ☎Jewish Family Service.....206.461.3240
www.jfsseattle.org
- ☎☎La Esperanza♥.....425.248.4534
www.laesperanzahcs.org
- ☎Refugee and Immigrant Services NW♥.....425.388.9307
www.risnw.org
- ☎☎Therapeutic Health Services♥.....206.322.7676
www.ths-wa.org
- ☎Tulalip Tribes.....360.716.4000
www.tulaliptribes-nsn.gov/
- ☎United Indians of All tribes.....206.285.4425
www.unitedindians.org
- ☎WAPI Community Services.....844.987.9274 wapiseattle.org



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 provide graduation and GED support to people up to 21 years old. (OSPI)

You can also call your local 2-1-1 for referrals in addition to contacting any of the following organizations:

- Ⓚ El Centro de la Raza ♥206.957.4634
www.elcentrodelaraza.org
- Ⓢ Goodwill Everett Job Training & Education Center.....
425.267.971, www.everetthelplink.org/everett-south-job-training-education-center
- Ⓚ Goodwill King County Job Training & Education Center.....
206.860.5791
www.seattlegoodwill.org/job-training-and-education
- Ⓟ Goodwill of the Olympics and Rainier Region.....253.573.6500
www.goodwillwa.org/training/youth
- Ⓚ Greater Seattle Bureau of Fearless Ideas206.725.2625
www.fearlessideas.org *After-school tutoring & creative writing workshops*
- Ⓚ iGrad253.373.4723
www.Kent.k12.wa.us/IG
Program for youth who have left school or are considering leaving
- Ⓚ Learning Disabilities Association of WA.....425.882.0820
www.ldawa.org
- Ⓢ Refugee & Immigrant Services NW ♥425.388.9307
www.risnw.org

- K Northwest Education Access.....206.523.6200
www.seattleeducationaccess.org
- K YMCA of Greater Seattle.....206.749.7550
www.seattleyymca.org *GED services*

Additional services may also be available through your local library:

- K King County Library System ♥.....1.800.462.9600
www.kcls.org
- K Seattle Public Library System ♥.....206.386.4636
www.spl.org
- P Pierce County Library System ♥.....253.548.3323
www.piercecountylibrary.org
- S Sno-Isle Libraries ♥ (Snohomish & Island Counties).....
 360.651.7000, www.sno-isle.org/



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.

KPS AmeriCorps National Service.....	1.800.942.2677
www.nationalservice.gov	
K Bellevue Parks and Community Services - Well-KEPT.....	425.452.4195
P Boy Scouts of America Pacific Harbors Council ...	253.502.4640
www.pacificharbors.org	
K El Centro de la Raza 	206.957.4634
www.elcentrodelaraza.org	
K FareStart.....	206.443.1233
www.farestart.org Offers job training for youth living without shelter	
S Goodwill Marysville Job Training & Education Center.....	360.657.4058, TEXT 206.510.5689
K Job Corps.....	206.622.6593
www.jobcorps.gov	
K King County Career Launch Pad.....	206.263.8244
reopp.org/career-launchpad Youth ages 16-24	
K Seattle Youth Employment Program	206.386.1375
P The REACH Center.....	253.573.6590
www.reachtacoma.org	
K Tilt Alliance Youth Garden Works.....	206.633.0451 x 119
www.seattletilt.org/sygw	
K Teens in Public Service.....	206.985.4647
www.teensinpublicservice.org	
K WA State Dept. of Labor & Industries - Teen Workers Information.....	www.lni.wa.gov/workplacerrights/teenworkers
S Worksource Youth Center.....	425.374.8351
KPS Year Up.....	206.441.4465
www.yearup.org Youth ages 18-24	
K You Grow Girl.....	206.417.9904
www.yougrowgirl.org	
K YouthForce	206.436.1843
www.teenjobs.org	




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, and Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, and Asexual (LGBTQIA+) people are frequent targets of discrimination, violence, and bullying/harassment. The resources below are available to provide a safe environment of understanding and information as well as promote gender and sexual acceptance.

- ☎Center for Multicultural Health♥.....206.461.6910
cschc.org
- ☎Gay City.....206.323.LGBT
www.gaycity.org
LGBTQIA+ resources and referral help line
- ☎Health Education Youth Outreach (HEYO).....206.957.1639
www.lifelong.org/heyo *Community building to empower LGBTQIA+ youth & destigmatize HIV*
- ☎Ingersoll Gender Center.....www.ingersollgendercenter.org
Transgender variant support
- ☎Lambert House.....206.322.2515
www.lamberthouse.org
- ☎Northwest Network of Bisexual, Trans, Lesbian & Gay Survivors of Abuse206.568.7777
www.nwnetwork.org
- ☎Parents, Families & Friends of Lesbians & Gays (PFLAG Seattle Chapter).....206.325.7724
www.pflagseattle.org
- ☎Queer Trans Youth Music Project (QTYMP)
www.qtymp.org *LGBTQIA+ led music, empowerment, and social justice programs*
- ☎Seattle Counseling Service (18+)♥.....206.323.1768
www.seattlecounseling.org

- KPSW** Trans Lifeline 1.877.565.8860
www.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
www.youtheastsideservices.org

Support Groups

- S** GLOBE.....425.242.6188
www.globeyouth.com
- S** PFLAG-Snohomish County.....
www.pflag.org/chapter/pflag-everett
- P** Oasis Youth Center.....253.671.2838
www.oasisyouthcenter.org
- P** Rainbow Center..... 253.383.2318
www.rainbowcntr.org

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 www.adwas.org
- K**Alliance of People with disAbilities.....www.disabilitypride.org
 Seattle206.545.7055
 Redmond.....425.998.5839
- K P S W**The Arc of WA888.754.8798
www.arcwa.org
- K P S W**Brain Injury Alliance of WA♥877.982.4292
www.biawa.org
- K**Center for Children with Special Needs..... 206.987.3736
www.cshcn.org
- P**Center for Independence.....253.582.1253
- S**Center for Independence.....360.393.3890
www.centerforindependence.org
- S**Children & Youth with Special Health Care Needs.....
 425.339.8652 www.snohd.org/268/Children-With-Special-Needs
- K P S W**Disability Rights WA1.800.562.2702
www.disabilityrightswa.org
- K P S**Hearing, Speech and Deaf Center♥206.323.5770
www.hsdcc.org
- P**Pierce County Coalition for Developmental Disabilities.....
 253.564.0707, www.pc2online.org
- K P S W**WA Elks Therapy Program for Children.....253.472.6223
www.waelks.net
- K P S W**WA State Dept. of Services for the Blind...1.800.552.7103
dsb.wa.gov
- K P S**Vadis♥253.863.5173
www.vadis.org *Employment support for people with disabilities & facing homelessness*
- K P S W**Wraparound/WiSe♥www.hca.wa.gov
Please see page 12 for program details.



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

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

Volunteer Opportunities

- KPSW** Boys & Girls Clubs of WA State ♡
www.washingtonclubs.org After-school and summer camp/
activities volunteer programs
- K** Camp Fire Central Puget Sound 206.461.8550
www.campfireseattle.org
Leadership camps, activities, and workshops
- P** Camp Fire Orca 253.597.6234
www.campfireorca.org
- S** Camp Fire Snohomish County 425.258.5437
campfiresnoco.org/camp
- K** City of Mercer Island 206.275.7755
www.mercergov.org/voice 8-week summer volunteer program
- S** CORE (Creating Open Roads to Equity) ♡
www.getconnected.uwsc.org
Connect to a variety of community volunteer opportunities
- K** Corporation For National & Community Service ♡
206.607.2603 www.nationalservice.gov/programs
Paid service corps and programs
- P** Families Unlimited Network 253.460.3134
www.familiesunlimitednetwork.org/volunteer
Foodbank and after-school program volunteer opportunities
- P** Harbor WildWatch 253.514.0187
www.harborwildwatch.org/programs/youth-programs
Interactive environmental education volunteer opportunities
- K** Seattle Young People's Project 253.234.7649
[Community organizing volunteer opportunities](#)

Volunteer & Recreation Opportunities

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

If you'd 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 that are located throughout the Puget Sound area.

- ArtSpotStudio**.....206.713.8297
www.artspotstudio.net/tweenteen-workshops
 Art camps/workshops for age 10-18 (all ability levels)
- Bikeworks**.....206.257.5895
www.bikeworks.org
 Bicycle repair classes, riding clubs, camps, and giveaways
- KPSW Boys & Girls Clubs of WA State** ♥
www.washingtonclubs.org After-school and summer programs
- KPSW Camp to Belong**360.731.7268
www.camtobelongwa.org
 Summer camp program to reunite siblings in foster care
- Coyote Central**206.323.7276
www.coyotecentral.org
 Applied learning through skills-based workshops
- Garfield Teen Life Center**.....206.684.4550
 Teen resource center
- KPSW Girl Scouts of Western WA**.....1.800.541.9852
www.girlscoutswa.org
- Tacoma Urban League**.....253.383.2007
thetacomaurbanleague.org/programs
 Mentorship programs for youth of color
- Kent Youth & Family Services**253.859.0300
www.kyfs.org
 Operates multiple youth centers in the Kent area
- Kirkland Teen Union Building (KTUB)**425.822.3088
www.ymcaktub.org Teen resource center
- Old Firehouse Teen Center**425.556.2370
 Drop-in Center - you must be enrolled in high school to attend
- Powerful Voices**206.860.1026
www.powerfulvoices.org
 Cultural enrichment, employment and advocate programs for young WOC
- KPSW Reader's Circle**www.readerscircle.org
 Online book clubs
- Sanctuary Art Center**.....206.522.6256
www.sanctuaryartcenter.org Art drop-in center focused on street-involved youth, ages 13-25

<i>Classes, camps/activities, and centers for community engagement</i>	
ⓀSanctuary Art Center.....	206.522.6256
www.sanctuaryartcenter.org	
<i>Art drop-in center focused on street-involved youth, ages 13-25</i>	
ⓀSeattle Parks & Recreation.....	206.684.4075
www.seattle.gov/parks	
<i>Classes, camps/activities, and centers for community engagement</i>	
ⓅTacoma Youth Theatre	253.677.0531
www.tacomayouththeatre.org	
ⓀThe Club Teen Center	425.429.3203
www.bgcbellevue.org/programs/teens	
ⓅThe First Tee of South Puget Sound	253.267.0026
www.firstteesouthpugetsound.org/programs	
<i>Golf youth programs/activities</i>	
ⓀⓅⓈⓌWA State Parks & Recreation♥.....	hparks.state.wa.us
ⓀYMCA of Greater Seattle♥.....	206.749.7550
www.seattleyymca.org	
ⓅYMCA of Pierce & Kitsap Counties♥.....	253.841.9622
www.ymcapkc.org	
ⓈYMCA of Snohomish County.....	425.337.0123
www.ymca-snoco.org	
ⓈYouth Council	www.snohomishwa.gov/691/Youth-Council
<i>Local government youth council programs</i>	
ⓈYouth Enrichment Services	
snohomishcountywa.gov/3645/youth-enrichment-services	
<i>Resources and programs for court-involved youth</i>	
ⓀYouth in Focus	206.723.1479
www.youthinfofocus.org	
<i>Art and photography education courses and camps</i>	

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

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Crisis Connections Contact Info:

24-Hour Crisis Line

1.866.4CRISIS (427.4747)
206.461.3222

King County 2-1-1

2-1-1, 1.800.621.4636
206.461.3200
206.461.3610 TTY

WA Recovery Help Line

1.866.789.1511
www.warecoveryhelpline.org

WA Warm Line

1.877.500.WARM (9276)
206.933.7001

Community Resources Online

www.211kingcounty.org



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Seattle, WA 98121

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