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 As a result, she became withdrawn and isolated - leaving her vulnerable to the abuse.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](http://teenlink.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:

- King County
- Pierce County
- Snohomish County
- All of Washington State

**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

**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?
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
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 6–10 pm 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

North America Syringe Exchange Network
nasen.org

Ryther
http://ryther.org

Sound
sound.health

Therapeutic Health Services
ths-wa.org

425.263.3006

Wraparound (WiSe)
hca.wa.gov

Please see page 14 for program details

SUPPORT GROUPS

Alateen & Alanon
seattle-al-anon.org

1.800.726.8094
al-anon-pierce-wa.org

Alateen & Alanon
dist23.org

Alcoholics Anonymous
seattleaa.org

snocoaa.org

425.252.2525

Puget Sound Alcoholics Anonymous
pugetsoundaa.org

Evergreen Council on Problem Gambling
1.800.547.6133
evergreencpg.org

Gamblers Anonymous
1.855.222.5542
gamblersanonymous.org

Marijuana Anonymous
madistrict4.org

Narcotics Anonymous
seattlena.org

pcana.org

everettwana.org

425.609.6170

Wraparound (WiSe)
hca.wa.gov

Please see page 14 for program details

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COUNSELING/TREATMENT

Center for Human Services 206.362.7282

Center for Multicultural Health 206.461.6910

Compass Health 844.822.7609

Evergreen Council of Problem Gambling 800.547.6133

evergreencpg.org

King County Needle Exchange 206.263.2000, opt. 2

kingcounty.gov/needle

North America Syringe Exchange Network
nasen.org

Ryther 206.525.5050

http://ryther.org

Sound 206.302.2300

sound.health

Therapeutic Health Services 206.322.7676

ths-wa.org

425.263.3006

Wraparound (WiSe)
hca.wa.gov

Please see page 14 for program details

SUPPORT GROUPS

Alateen & Alanon 206.625.0000

seattle-al-anon.org

1.800.726.8094
al-anon-pierce-wa.org

Alateen & Alanon 425.348.7828
dist23.org

Alcoholics Anonymous 206.587.2838

seattleaa.org

snocoaa.org

425.252.2525

Puget Sound Alcoholics Anonymous 253.474.8897

pugetsoundaa.org

Evergreen Council on Problem Gambling 1.800.547.6133
evergreencpg.org

Gamblers Anonymous 1.855.222.5542

gamblersanonymous.org

Marijuana Anonymous 206.414.9270

madistrict4.org

Narcotics Anonymous 206.790.8888

seattlena.org

Narcotics Anonymous 253.531.8792

pcana.org

everettwana.org

425.609.6170

Wraparound (WiSe)
hca.wa.gov

Please see page 14 for program details

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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.

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

**YOUTH AND FAMILY COUNSELING SERVICES**
- **Kent Youth and Family Services** .................. 253.859.0300 kyfs.org/counseling/mental-health/
- **Mercer Island Youth & Family Services** .......... 206.275.7611 miyfs.org
- **MultiCare Behavioral Health** ......................... 253.445.8120 multicare.org/behavioral-health
- **Navos/Ruth Dykeman Youth & Family Services** 206.248.8226 navos.org/get-help/children-youth-families
- **Northshore Youth & Family Services** .............. 425.485.6541 northshoreyouthandfamilyservices.org
- **Pearl Counseling Associates** ......................... 253.752.1860 pearl counseling.com
- **Pioneer Counseling** ..................................... 206.768.1990 pioneerhumanservices.org/youth-programs
- **Childhaven** ...................................................... 425.271.5600 rays.org
- **Ryther** .......................................................... 206.525.5050 ryther.org
- **YMCA Social Impact Center** ......................... 206.382.5340 seattleymca.org/social-impact-center
- **Sea Mar Community Health Center** .............. seamar.org
- **Seattle** .......................................................... 206.658.2175
tacoma .................................................. 253.396.1634
Everett ......................................................... 425.312.0277

*Multiple locations—see website for more*

- **Sound** .......................................................... 206.302.2300 sound.health
- **Southeast Youth & Family Services** ............. 206.721.5542 seyfs.org
- **Southwest Youth & Family Services** ............. 206.937.7680 swyfs.org
- **Therapeutic Health Services** ......................... 206.322.7676 ths-wa.org
- **Valley Cities Behavioral Health Care** ............ 253.833.7444 valleycities.org/mental-health-care
- **Vashon Youth & Family Services** ................. 206.463.5511 vyfs.org
- **You Grow Girl** ............................................. 206.417.9904 yougrowgirl.org
- **Youth Eastside Services** ............................... 425.747.4937 youtheastsideservices.org
- **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:

- **Counseling Washington** counselingwashington.com
- **Psychology Today** psychologytoday.com
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, NORTHSHORE, AND SHORELINE
- Center for Human Services 206.362.7282
- Center for Human Services

SEATTLE, BELLEVUE, REDMOND, MERCER ISLAND, HIGHLINE, RENTON, TUKWILA, VASHON
- Sound 206.451.9544
- Sound

KENT, ENUMCLAW, FEDERAL WAY, AND AUBURN
- Valley Cites Behavioral Health 206.408.5246
- Valley Cites Behavioral Health

OTHER KING COUNTY
- Childhaven (for youth under 6) 206.957.4841
- Childhaven
- Ryther 206.517.0234
- Ryther
- Seneca (for youth under 6) 206.490.0985
- Seneca
- Therapeutic Health Services 425.322.7676
- Therapeutic Health Services
- YMCA 206.327.1271
- YMCA
- You Grow Girl! 206.643.9622
- You Grow Girl!

Pierce County Wraparound/WIsE 253.759.9544
- Pierce County Wraparound/WIsE

Snohomish County Wraparound/WIsE 425.349.8337
- Snohomish County Wraparound/WIsE

24-Hour Crisis Line 1.866.427.Crisis
- Crisisconnections.org/24-hour-crisis-line/
- Crisisconnections.org

National Suicide Prevention Lifeline
- Suicidepreventionlifeline.org
- 988

Teen Link 1.866.TEENLINK (833.6546)
- Teenlink.org
- Youth Link
- WA Warm Line 1.866.TEENLINK (833.6546)
- Crisisconnections.org

Teens 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.

- **Center for Discovery** ........................................... 877.554.0563
centerfordiscovery.com
Support groups for teens and family/friends

- **The Emily Program** ................................................ 1.888.364.5977
emilyprogram.com
Inpatient and outpatient eating disorder treatment facility

- **Eating Disorders Anonymous** ................................................
eatingdisordersanonymous.org

- **National Eating Disorders Association❤️** .. 1.800.931.2237
nationaleatingdisorders.org
Education, advocacy, treatment and prevention, text ‘NEDA’ to 741741

- **Opal Food & Body Wisdom** ............................................. 206.926.9087
opalfoodandbody.com
Inpatient treatment is 18+

- **Overeaters Anonymous** ............................................ 206.264.5045
seattleoa.org

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:

- **Bridges Center for Grieving Children** ................................ 253.403.1966
marybridge.org/services/bridges-center-for-grieving-children/

- **Support After Suicide** ............................................. crisisconnections.org
Support for survivors of suicide loss

- **Eluna** ............................................................. 267.687.7724
elunanetwork.org
Grief camps and programs

- **Providence Grief Support Services** .................................. 206.749.7702
washington.providence.org/locations-directory/g/providence-grief-support-services-of-king-county

- **Providence Grief Support Services** .................................. 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
healingcenterseattle.org

- **Wild Grief** .......................................................... 360.358.3213
wildgrief.org  Hiking groups for people to process their grief
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
neighborhoodclinictacoma.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.

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

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.
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.

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 PSW 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 PSW Crisis Text Line ............................................. 741741
Text-based support. Text “hello”

K PSW Forefront Suicide Prevention 206.543.1016
intheforefront.org

K PSW National Suicide Prevention Lifeline .......................... 988
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:

- Adolescent Self Injury Foundation
  [adolescentselfinjuryfoundation.com](http://adolescentselfinjuryfoundation.com)
- National Eating Disorders Association Helpline
  [1.800.931.2237](tel:1.800.931.2237)
- Self-Injury Outreach & Support
  [sioutreach.org](http://sioutreach.org)
- To Write Love on Her Arms
  [twloha.com](http://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.

Childhelp USA ........................................ 1.800.422.4453
cchildhelp.org
Dawson Place Child Advocacy Center ................. 425.789.3000
dawsonplace.org
Mary Bridge’s Child Abuse Intervention Department... 253.403.1478
marybridge.org/services/child-abuse-intervention-department-caid/
Police Department Emergency Number ....................... 911
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.

Crisis Text Line, text ‘HELLO’ to 741741 .......... crisistextline.org
PFLAG WA State Council ....................................... pflagwsc.org
Youth/ anti-bullying resources for LGBTQ youth
STOMP Out Bullying ........................................ stompoutbullying.org
Online resource center and chat help line
Washington State ACLU aclu-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

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.

KPSW 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 Hopeline .................................................................425.746.1940 dvhopeline.org

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

KPSW Police Department Emergency Service 🌼..........................911

KPSW 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 County ..................................................xxx.xxx.xxx ywcapiercecounty.org

KPSW 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

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.

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

Center for Children & Youth Justice ........... 206.696.7503
http://ccyj.org/

Friends of Youth ........................................ 425.869.6490
friendsofyouth.org

YMCA Social Impact Center ................................
seattleymca.org/social-impact-center

ANGER MANAGEMENT & SUPPORT FOR DRUG/ALCOHOL USE

Powerful Voices ........................................... 206.860.1026
powerfulvoices.org

Safe Futures Youth Center ......................... 206.938.9606
sfyc.net

GANG AND VIOLENCE PREVENTION

Safe Streets Campaign ................................ 253.272.6824
safest.org

YMCA of Pierce & Kitsap Counties ................ 253.841.9622
ymcapkc.org

YMCA of Snohomish County ......................... 425.337.0123
ymca-snoco.org

You Grow Girl ........................................... 206.417.9904
yougrowgirl.org

Youth Eastside Services ............................... 425.747.4937
youteastsideservices.org

LEGAL SERVICES

Human and civil rights protect people long before they turn 18

211 Screens and refers to a range of legal service providers

Eastside Legal Assistance Program ........................ 425.747.7274
elap.org

King County Bar Association Neighborhood Legal Clinics 206.267.7070
kcba.org

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

Legal Counsel for Youth & Children ................. 206.494.0323
lcycwa.org

NW Justice Project ........................................ 1.888.201.1014
nwjustice.org
Legal services for low-income Washington residents

Team Child .............................................. 206.322.2444 press 0
teamchild.org

QLaw Legal Clinic ....................................... qlawfoundation.org/
lgbtq-legal-clinic.html Focus on LGBTQIA+ community

Snohomish County Legal Services ..................... 425.258.9283
snolegal.org

Tacoma-Pierce County Bar Association ............... 253.383.3432
tpcba.com

Washington Law Help .................................... washingtonlawhelp.org

Wraparound/WISE ...................................... hca.wa.gov

Please see page 14 for program details
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.

Emergency Number ° ................................................. 911
MultiCare Tacoma General Hospital ° ............ 253.403.1000
multicare.org/sexual-assault-services
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.

KPSW 211.................................................................211
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
Outreach and support for youth ages 12-21

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
Outreach and Intake

KPSW 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
Youth ages 18-25

K Street Youth Ministries ............................................206.524.7301
symseattle.org
Youth ages 13-26

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
Youth ages 18-25

K YWCA Emergency Shelter ....................................206.461.4882
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 211.

KPSW 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.

**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**

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

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

**My Sister’s Pantry ........................................... 253.627.1186**
mystersisterspantry.org

**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.

**Northwest Harvest ........................................... 1.800.722.6924**
northwestharvest.org
Food Bank with 375 locations in Washington

**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.

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

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

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

**Catholic Community Services Southwest ......................... 206.323.6336**
csww.org/get-help

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

**Mi Centro .................................................. micentrowa.org 253.572.7717**

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

**Consejo Counseling & Referral Service .................................. 253.414.7416**
consejocounseling.org

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

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

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

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

**Jewish Family Service .................................................. 206.461.3240**

**La Esperanza .................................................. laesperanzahcs.org 425.248.4534**

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

**Therapeutic Health Services .................................. ths-wa.org 206.322.7676**

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

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

**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 Raza ........................................... 206.717.0084
elcentrodelaraza.org

S Goodwill Everett Job Training & Education Center ...... 425.267.9718
everetthelplink.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 Region ...... 253.573.6500
goodwillwa.org/training/youth

K Greater Seattle Bureau of Fearless Ideas ............... 206.725.2625
fearlessideas.org

After-school tutoring & creative writing workshops

K iGrad ........................................................................... 253.373.4723
Kent.k12.wa.us/ig

Program for youth who have left school or are considering leaving

K Learning Disabilities Association of WA ............... 425.882.0820
lldawa.org

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

K Northwest Education Access ............................................. 206.523.6200
seattleeducationaccess.org

K YMCA of Greater Seattle ....................................... 206.749.7550
seattleymca.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 System .................................. 206.386.4636
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?

**AmeriCorps National Service** ........................................ 1.800.942.2677
[americorps.gov](http://americorps.gov)

**Bellevue Parks and Community Services - Well-KEPT** ...... 425.452.4195

**Boys and Girls Clubs of South Puget Sound** ............. 253.502.4640
[bgcsp.org](http://bgcsp.org)

**El Centro de la Raza** ......................................................... 206.717.0084
[elcentrodelaraza.org](http://elcentrodelaraza.org)

**FareStart** ........................................................................... 206.443.1233
[farestart.org](http://farestart.org)
*Offers job training for youth without shelter*

**Goodwill Marysville Job Training & Education Center** ... 360.657.4058
TEXT 206.510.5689

**Job Corps** .......................................................... 800.733.5627
[jobcorps.gov](http://jobcorps.gov)

**Reconnect to Opportunity** ............................................ 206.263.8244
[reopp.org/career-launchpad](http://reopp.org/career-launchpad)
*Youth ages 16-24*

**Seattle Youth Employment Program** ......................... 206.386.1375
[seattle.gov/humanservices/services-and-programs/preparing-
youth-for-success/syep](http://seattle.gov/humanservices/services-and-programs/preparing-
youth-for-success/syep)

**The REACH Center** .................................................... 253.573.6590
[reachtacoma.org](http://reachtacoma.org)

**Tilth Alliance Youth Garden Works** ......................... 206.633.0451 x 900
[tilthalliance.org](http://tilthalliance.org)

**Teens in Public Service** ............................................. 206.985.4647
[teensinpublicservice.org](http://teensinpublicservice.org)

**WA State Dept. of Labor & Industries – Teen Workers Information**
[lni.wa.gov/workplacerights/teenworkers](http://lni.wa.gov/workplacerights/teenworkers)

**SnoCo Futures** ......................................................... 425.374.8351
[worksourceonline.com/jobseeker/youth.html](http://worksourceonline.com/jobseeker/youth.html)

**Year Up** ............................................................ 206.441.4465
[yearup.org](http://yearup.org)
*Youth ages 18-24*

**You Grow Girl** .......................................................... 206.417.9904
[yougrowgirl.org](http://yougrowgirl.org)

**YouthForce** ............................................................. 206.436.1843
[teenjobs.org](http://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.

**The Trevor Project** ................................................................. 1.866.488.7386
thetrevorproject.org
Text ‘Start’ to 678-678

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

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

**Ingersoll Gender Center** ................................................................. 206.322.2515
ingersollgendercenter.org
Transgender support

**Lambert House** ................................................................. 206.322.2515
lamberthouse.org

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

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

**Queer Trans Youth Music Project (QTYMP)** ................................................................. qtymp.org
LGBTQIA+ led music, empowerment, and social justice programs

**Trans Lifeline** ................................................................. 1.877.565.8860
translifeline.org
Crisis Line for those who are trans, struggling with, or questioning their gender identity

**Youth Eastside Services – B-Glad** ................................................................. 425.747.4937
youteastsideservices.org/services/community-based/bglad

**SUPPORT GROUPS**

**GLOBE** ................................................................. 425.242.6188
globeyouth.com

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

**PFLAG-Snohomish County** ................................................................. pflageverett.org

**Oasis Youth Center** ................................................................. 253.671.2838
oasisyouthcenter.org

**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
KPSW The Arc of WA ……………………………888.754.8798
arcwa.org
KPSW Brain Injury Alliance of WA ☼ ………… 877.982.4292
biawa.org
K Center for Children with Special Needs ……… 206.987.3736
cshcn.org
P Center for Independence ………………….253.582.1253
centerforindependence.org
S Center for Independence …………………360.393.3890
centerforindependence.org
S Children & Youth with Special Health Care Needs… 425.339.8652
snohd.org/268/Children-With-Special-Needs
KPSW Disability Rights ……………………..1.800.562.2702
disabilityrightswa.org
KPSW Hearing, Speech and Deaf Center ☼ ……….206.323.5770
hsdc.org
P Pierce County Coalition for Developmental Disabilities. 253.564.0707
pc2online.org
KPSW WA Elks Therapy Program for Children …….253.472.6223
waelks.net
KPSW WA State Dept. of Services for the Blind …. 1.800.552.7103
dsb.wa.gov
KPSV VADIS ☼ ………………………………253.863.5173
vadis.org

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

KPSW Boys & Girls Clubs of WA State ☼
Washingtonclubs.org
After-school and summer camp/ activities volunteer programs
K Camp Fire Central Puget Sound ………………….206.461.8550
campfireseattle.org
Leadership camps, activities, and workshops
P Camp Fire Orca …….253.597.6234
campfireorca.org
S Camp Fire Snohomish County …………………425.258.5437
campfiresnoco.org/camp
K City of Mercer Island ………………………..206.275.7755
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 Network …………………253.460.3134
familiesunlimitednetwork.org/volunteer
Foodbank and after-school program volunteer opportunities
P Harbor WildWatch …….253.514.0187
harborwildwatch.org/programs/youth-programs
Interactive environmental education volunteer opportunities

Please see page 14 for program details.
Teen Link .................................................. 1.866.TEENLINK(833.6545) teenlink.org Community outreach and awareness for teens needing emotional support

The Vera Project .................................................. 206.956.8372 theveraproject.org Theater, music, and art volunteering opportunities

United Way King County .................................................. 206.461.3700 uwkc.org/volunteer Community and service corps programs/volunteer activities

United Way Pierce County .................................................. 253.272.4263 uwpc.org/volunteer-0 Group leadership camps & activities

Volunteers of America Western Washington .............. 425.259.3191 yoaww.org/volunteer Community service & volunteer program

Wilderness Inner-City Leadership Developments (WILD). 206.623.5132 interimicda.org/whatwedowild Environmental justice, gardening, and activism volunteer opportunities

Young Women Empowered .................................................. 206.519.2426 youngwomenempowered.org Group leadership camps & activities

YMCA of Greater Seattle .................................................. 206.749.7550 / 7540 seattleymca.org Community and service corps programs/volunteer activities

YWCA .................................................. 206.461.4888 ywca.org/whatsnew Community service & volunteer program

YMCA of Greater Seattle .................................................. 206.548.2450 zoo.org/volunteer Youth resource center

ArtSpotStudio .................................................. 206.713.8297 artspotstudio.net/tweenteen-workshops Art camps/workshops for age 10-18 (all ability levels)

Bikeworks .................................................. 206.695.2741 bikeworks.org Bicycle repair classes, riding clubs, camps, and giveaways

Boys & Girls Clubs of WA State ........................................ 360.731.7268 washingtonclubs.org After-school and summer programs

Sibling Strong .................................................. 360.731.7268 sibling-strong.org Summer camp program to reunite siblings in foster care

Coyote Central .................................................. 206.323.7276 coyotecentral.org Applied learning through skills-based workshops

Garfield Teen Life Center .................................................. 206.684.4550 girl scoutswv.org Teen resource center

Girl Scouts of Western WA ........................................ 1.800.541.9852 girlscoutsww.org Cultural enrichment, employment and advocate programs for young WOC

Old Firehouse Teen Center .................................................. 425.556.2370 Drop-in Center—you must be enrolled in high school to attend

Powerful Voices .................................................. 206.860.1026 powerfulvoices.org Cultural enrichment, employment and advocate programs for young WOC

Reader’s Circle .................................................. xxx.xxx.xxx Reader book clubs

Sanctuary Art Center .................................................. 206.522.6256 sanctuaryartcenter.org Art drop-in center focused on street-involved youth, ages 13-25

Seattle Parks & Recreation ........................................ 206.684.4075 seattle.gov/parks Classes, camps/activities, and centers for community engagement

Tacoma Youth Theatre .................................................. 253.677.0531 tacomayouththeatre.org
The Club Teen Center ................................................................. 425.429.3203
bgcbellevue.org/programs/teens

First Tee - South Puget Sound ....................................................... firstteesouthpugetsound.org/programs
Golf youth programs/activities

Washington State Parks & Recreation ........................................ parks.wa.gov

YMCA of Greater Seattle ............................................................. 206.749.7550
seattleymca.org

YMCA of Pierce & Kitsap Counties .............................................. 253.841.9622
ymcapkc.org

YMCA of Snohomish County ...................................................... 425.337.0123
ymca-snoco.org

Youth Council ..............................................................................
snohomishwa.gov/691/Youth-Council
Local government youth council programs

Youth Enrichment Services ......................................................... snohomishcountywa.gov/3645/youth-enrichment-services
Resources and programs for court-involved youth

Youth in Focus ............................................................................. 206.723.1479
youthinfocus.org
Art and photography education courses and camps

For more information regarding other recreation options, contact
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