

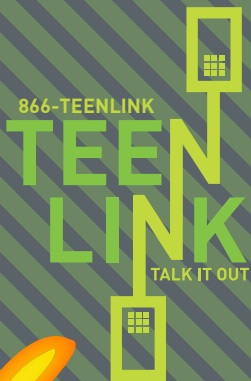
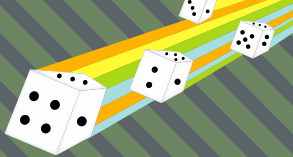


WHERE
TO
TURN
FOR TEENS

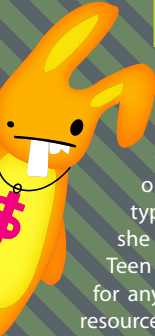
2017-2018



HOW TEEN LINK BEGAN:



Teen Link began in 1996, after the tragic death of Audra Letnes, the daughter of a Crisis Clinic employee. Audra was only 16 when she was murdered by her boyfriend who had been abusing her for over a year. Aware of what was happening, her mother tried to get her help, but Audra had difficulty connecting with the services that were available at the time. Like many youth, Audra wasn't comfortable opening up to the adult-led programs and none of the services provided peer-to-peer support.

A cartoon illustration of a yellow rabbit character with large ears, a white mouth with a tongue sticking out, and a pink dollar sign on its chest. It is positioned on the left side of the page, partially overlapping the text.

Because of her experience working at Crisis Clinic, Audra's mother knew the power of making one meaningful connection. As a way to ensure this type of tragedy could be prevented in the future, she worked together with Crisis Clinic to develop the Teen Link program in Audra's memory, a safe place for any young person to connect with other youth for resources and emotional support for whatever comes up in their lives. Today, Teen Link answers calls and online chats from teens needing support and also makes youth suicide prevention presentations at schools throughout King County.

INTRODUCTION

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 in the WTTFT can link youth to organizations that 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 individual needs.

Using Your WTTFT Guide:

There are two ways to look up information in the 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 a quicker, more efficient way to search.

Tips for Dealing with Agencies/Organizations:

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

- What area do you serve?
- When are you open?
- Where are you located?
- Do I need parental consent?

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

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ABOUT TEEN LINK

The goal of Teen Link is to empower youth by supporting them as they make healthy decisions.

Teen Link Help Line 1(866) TEENLINK (833-6546)

Teen Link is a confidential, anonymous and non-judgmental telephone help line answered by teens each evening from 6-10 pm. Teen volunteers are trained to listen to your concerns and to 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 and can give you information on agencies serving youth in the King County area.

After hours, callers have the option of being transferred to the Washington Recovery Help 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. Because of 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

In addition to our telephone help line, Teen Link offers **Teen Link Chat**, available through our website at www.866TEENLINK.org. Much like the line, teens can use Teen Link Chat to seek support from our teen volunteers on a variety of issues, including: bullying, drug and alcohol concerns, relationships, stress, and other teen issues. Teen Link accepts chats from 6-9:30 pm every day of the week. Teen Link Chat does not work well on cell phones, so we ask that you log on with a computer to chat with us.

Online resources are available to teens who want to use the Internet to find out more about health and human services in King County. To search for resources online, go to www.crisisclinic.org and click on "2-1-1 Community Resources Online."

Washington Recovery Help Line

As part of the Washington Recovery Line, Teen Link provides support to youth across Washington State who have questions about substance abuse, problem gambling, or mental health. See the "Alcohol & Drugs" section for more information.

Youth Suicide Prevention Presentations (YSPPs)

Teen Link also offers Youth Suicide Prevention Presentations to schools and agencies serving youth in King County. The curriculum is presented by trained Teen Link staff and may also be co-facilitated by a professionally trained youth volunteer. YSPPs include an overview of the Teen Link program and statistics on youth suicide in a discussion-based model. Students are encouraged to talk openly about stress, coping mechanisms, warning signs, and methods of intervention with someone who may be considering suicide.

To schedule a YSPP, please call the Crisis Clinic business office at (206) 461-3210.

Where to Turn for Teens (WTTFTs)

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 WTTFTs, please call 1(866) TEENLINK between the hours of 6-10 pm or (206) 461-3210, M-F, 9 am-5 pm.

If you work for an agency listed in WTTFT and need to update your information, please call the Resource Center at (206) 461-3210 or email them at: resourcecenter@crisisclinic.org.

Teen Link Volunteer Opportunities

Volunteering with Teen Link is a great way to develop leadership skills, learn about community resources and get connected with other youth. For more in-depth information about volunteer requirements, call 1(866) TEENLINK between 6-10 pm or check out our website.

Volunteer Positions

Outreach Worker:

Represent Teen Link in your school and community. May include opportunities to assist with Youth Suicide Prevention Presentations.

Phone Worker/Chat Specialist

Provide emotional support and referrals to other teens who call the Teen Link help line or log onto Teen Link Chat.

Peer Advisory Board Member

Be part of planning Teen Link's future by helping to ensure that the Teen Link program remains youth-driven and attentive to the needs of young people.

ALCOHOL, DRUGS & ADDICTION

According to research by the National Institute on Alcohol Abuse and Alcoholism, adolescents who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.

Warning signs of alcohol and drug dependency/abuse include:

- Getting drunk/high frequently
- Lying about alcohol/drug use
- Blacking out and experiencing lapses in memory
- Believing that alcohol/drugs are necessary to have fun

➔ *For tips on how to help someone who you think may be abusing alcohol and/or drugs, please see How to Help on page 25.*

In association with the Washington Recovery Help Line, Teen Link provides help to teens struggling with alcohol, drugs, and gambling. Call 1(866) TEENLINK for help between 6-10 pm, or call the Washington Recovery Help Line 24 hours a day at 1(866) 789-1511.

COUNSELING

Evergreen 1(800) 547-6133, www.evergreencpg.org

Problem Gambling Help Line

Sound Mental Health.....(206) 302-2300, www.smh.org

Therapeutic Health Services.....(206) 322-7676, www.ths-wa.org

King County Needle Exchange Schedule (206) 296-4649
[www.kingcounty.gov/healthservices/health/communicable/hiv/
resources/needle.aspx](http://www.kingcounty.gov/healthservices/health/communicable/hiv/resources/needle.aspx)

SUPPORT GROUPS

- Alateen & Alanon..... (206) 625-0000, www.seattle-al-anon.org
Alcoholics Anonymous.....(206) 587-2838, www.seattleaa.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

AT-RISK YOUTH

Children and young adults who are prone to becoming involved in crime, domestic abuse, drugs and alcohol, early pregnancy, school-related problems, and suicide are defined as at-risk youth. In response to growing youth crime and violence rates, many programs have been developed for at-risk youth. Here are some agencies and programs where teens can participate in recreation, education, and community-based activities without fear of violence.

- Atlantic Street Center..... (206) 723-1301, www.atlanticstreet.org
Family Resource Center
- Friends of Youth.....(425) 298-4846, www.friendsofyouth.org
- Nexus Youth & Families (253) 939-2202, www.nexus4kids.org
Anger Management, Drug, and Alcohol Support
- Powerful Voices.....(206) 860-1026, www.powerfulvoices.org
- Safe Futures Youth Center..... (206) 938-9606 press 0, www.sfyc.net
Gang and Violence Prevention
- Team Child (206) 322-2444 press 0, www.teamchild.org
- YMCA of Greater Seattle (206) 749-7550, www.seattleyymca.org
- YMCA Alive & Free..... (206) 382-5013
- Youth Eastside Services... (425) 747-4937, www.youtheastideservices.org
Anger Management Groups

BIRTH CONTROL/PREGNANCY

According to the National Campaign to Prevent Teen Pregnancy, three out of 10 teens in the U.S. get pregnant at least once by the age of 20. Many of these pregnancies are unplanned, bearing health and socio-economic risks for people and their communities.

Because a person can get pregnant at any time of the month, abstinence (not having sex) is the only 100% effective method of birth control. 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, teens 13 years and older do not need a parent's/legal guardian's permission to be tested for pregnancy or STDs, or to access birth control methods. If you are pregnant, seek emotional support from someone you trust, and talk with a medical professional about your options. Birth control and sexual health services may also be available at the school-based health centers listed on page 15.

All-Options.....1(888) 493-0092, www.all-options.org
Pregnancy Counseling Talkline

Cedar River Clinic.....1(800) 572-4223, www.cedarriverclinics.org

Open Adoption & Family Services (24 hrs).....1(800) 772-1115
Text "open" to (971) 266-0924 for text support, chat support available
at www.openadopt.org

Planned Parenthoodwww.plannedparenthood.org

To schedule an appointment or ask for walk-in hours at one of the following clinics, call 1(800) 769-0045:

Bellevue

Capitol Hill (Seattle)

Federal Way

Kent Valley

Northgate (Seattle)

University District (Seattle)

Teen Pregnancy and Parenting Clinic (up to age 21) (206) 326-2656
www.ghc.org/html/public/fpr/teen-clinic

TEEN CLINICS AT PUBLIC HEALTH-SEATTLE & KING COUNTY

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

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

- Auburn Public Health (206) 477-0600
- Eastgate Public Health (206) 477-8000
- Federal Way Public Health (206) 477-6800
- Kent Public Health (206) 477-6950

➔ *For the consulting nurse line, please see Health Concerns on page 15.*

CHILD ABUSE

Children who experience child abuse and neglect are more likely to experience teen pregnancy or become involved in criminal activity. According to Childhelp, abuse and neglect are often linked to substance abuse and psychological disorders.

There are four primary types of child abuse:

- Physical abuse
- Emotional abuse
- Sexual abuse
- Neglect

While the first two categories get the most attention, neglect is the most common form of child abuse, accounting for more than 75% of all cases of child maltreatment. No child or youth deserves to be abused.

Childhelp USA - National Child Abuse Hotline 1(800) 4ACHILD
End Harm - Child Protective Services (24 hrs) 1(866) ENDHARM
Police Department Emergency Number..... 911

COUNSELING

Confidential, low-cost counseling and support groups are available throughout King County. Talking about your problems with a professional or seeking support from others can help you deal with your feelings in a healthy way. In Washington State, youth may access confidential counseling at age 13 without parent/guardian consent.

Consejo Counseling & Referral Service..... (206) 461-4880
www.consejocounseling.org

Friends of Youth.....(425) 392-6367, www.friendsofyouth.org

Kent Youth & Family Services(253) 859-0300, www.kyfs.org

Mercer Island Youth & Family Services(206) 275-7611, www.miyfs.org

Navos-Ruth Dykeman Youth & Family Services..... (206) 248-8226
www.navos.org/get-help/children-youth-families

Nexus Youth & Families (253) 939-2202, www.nexus4kids.org

Northshore Youth & Family Services (425) 485-6541

Renton Area Youth & Family Services.....(425) 271-5600

Sound Mental Health(206) 302-2300, www.smh.org

& Family Services.....(206) 721-5542, www.seyfs.org

Southwest Youth & Family Services(206) 937-7680, www.swyfs.org

Therapeutic Health Services.....(206) 322-7676, www.ths-wa.org

Valley Cities Counseling & Consultation..... (253) 833-7444
www.valleycities.org

Vashon Youth & Family Services.....(206) 463-5511, www.vyfs.org

Youth Eastside Services... (425) 747-4937, www.youtheastideservices.org

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. Phone workers are professionally trained to talk to a caller about whatever is on their mind. Although some callers discuss topics as serious as suicide, callers also use the line to talk about topics such as relationships, mental health, abuse, and other emotional concerns.

The Washington Warm Line is peer-to-peer support for people living with emotional and mental health challenges that is answered by adult volunteers.

24-Hour Crisis Line1(866) 4CRISIS

Teen Link.....1(866) TEENLINK, www.866TEENLINK.org

Washington Warm Line1(877) 500-WARM

If you are having trouble communicating with people you care about, mediation is available to provide a safe space to talk.

Bellevue Parent/Teen Mediation Program (425) 452-4091

CULTURALLY SPECIFIC AGENCIES

Many agencies are designed to serve and empower specific ethnic/cultural groups. These agencies offer youth leadership and job readiness programs, services for ELL (English Language Learners), interpreters, and more. It is best to call each agency and ask about the services they provide.

Asian Counseling & Referral Service.....(206) 695-7600, www.acrs.org

Asian/Pacific Islander Chaya..... 1(877) 922-4292, www.apichaya.org

Chinese Information & Service Center(206) 624-5633, www.cisc-seattle.org

El Centro de la Raza (206) 957-4634, www.elcentrodelaraza.org

Filipino Community of Seattle.....(206) 722-9372, www.fcseattle.org

Helping Link/Mot Dau Noi (206) 568-5160, www.helpinglink.org

Horn of Africa Services(206) 760-0550 ext. 1001, www.hoas.org

Jewish Family Service(206) 461-3240, www.jfsseattle.org

United Indians of All Tribes(206) 285-4425, www.unitedindians.org

DATING & DOMESTIC VIOLENCE

Dating violence is any form of emotional, verbal, psychological, physical, or sexual abuse by a romantic partner. Victims often experience abuse that gets more severe over time as the abuser tries to control or dominate them.

Characteristics of an abusive relationship can include:

- Jealousy and possessiveness
- Name-calling and put-downs
- Pressure to engage in activities (sexual or other)
- Physical threats to hurt you or themselves
- Choking, hitting or other injurious behavior

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.

➔ *For tips on how to help someone who you think may be in an abusive relationship, see How to Help on page 25.*

Asian/Pacific Islander Chaya..... 1(877) 922-4292, www.apichaya.org

Domestic Abuse Women's Network (DAWN)

Advocacy & Crisis Hotline (24 hrs)..... (425) 656-7867, www.dawnrising.org
Serves South King County

Domestic Violence Recorded Information Line..... (206) 205-5555

Lifewire (24 hrs)..... 1(800) 827-8840, www.lifewire.org
Serves East King County

New Beginnings (24 hrs)..... (206) 522-9472, www.newbegin.org
Serves City of Seattle

Northwest Network of Bisexual, Trans, Lesbian & Gay

Survivors of Abuse.....(206) 568-7777, www.nwnetwork.org

Police Department Emergency Number.....911

Washington State Domestic Violence Hotline.....1(800) 562-6025

Youth Eastside Services - Dating Violence Program (425) 747-4937
www.youtheastideservices.org

YWCA Children's Domestic Violence Program

Seattle..... (206) 568-7845

South King County..... (425) 226-1266

EATING DISORDERS

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 involve extreme emotions and behaviors surrounding food and weight issues. They can arise from psychological, emotional, social, and familial situations, but they have no one reason or cause. By controlling food intake, people with eating disorders attempt to gain control over factors such as: low self-esteem, feelings of inadequacy, and anxiety. Eating disorders can become life threatening, so getting professional help is important.

➔ *For tips on how to help someone who you think may have an eating disorder, please see How to Help on page 25.*

Center for Discovery.....1(866) 482-3876
Support Groups for Teens and Family/Friends

Eating Disorders Anonymous www.eatingdisordersanonymous.org

Kaiser Permanente Adolescent Center..... (425) 562-1350
Outpatient Services, Counseling, and Treatment

National Eating Disorders Association.....1(800) 931-2237
www.nationaleatingdisorders.org
Education, Advocacy and Prevention

Overeaters Anonymous (206) 264-5045, www.seattleoa.org

The Emily Program.....1(888) 364-5977, www.emilyprogram.com

EDUCATION

Only 79.1% of all Washington State public school students from the class of 2016 graduated from high school in four years.

~ WA STATE OFFICE OF SUPERINTENDENT OF PUBLIC INSTRUCTION

Many teens have difficulties at school and need more support for their education. There are many agencies that offer tutoring programs, testing for learning disabilities, referrals for ELL (English Language Learners), and information about the GED (General Education Development) Certificate.

For tutoring, ESL, and GED referrals, call King County 2-1-1 or call:

Greater Seattle Bureau of Fearless Ideas..... (206) 725-2625

www.fearlessideas.org

Learning Disabilities Association of Washington..... (425) 882-0820

www.ldawa.org

Seattle Education Access..... (206) 523-6200

www.seattleeducationaccess.org

YMCA of Greater Seattle(206) 749-7550, www.seattleyymca.org

GED Services

YouthSource..... (206) 477-7010

GED and Employment Services

For computer resources, call Quick Info at the library nearest you:

King County Library System 1(800) 462-9600, www.kcls.org

Seattle Public Library System.....(206) 386-4636, www.spl.org

EMPLOYMENT & JOB TRAINING

According to the Bureau of Labor Statistics, over 53% of US teens had jobs during the summer of 2016.

- If you are 14 or 15 years old, you can work up to three hours on a school day.
- If you are 16 or 17 years old, you can work up to four hours on a school day.
- If you are 18 years or older, you may perform any job with no restrictions.

When applying for a job, it is important to have the following information available:

- Form of identification including: a driver's license, state-issued ID, birth certificate, or passport
- Social Security number
- Current address and phone number
- Name and contact information for adults/professionals who you can use as references

AmeriCorps National Service ... 1(800) 942-2677, www.nationalservice.gov

Bellevue Parks and Community Services - Well-Kept..... (425) 452-4195

Job Corps..... (206) 622-6593, www.jobcorps.gov

King County Career Launch Pad (206) 263-8244

<http://reopp.org/career-launchpad>

Youth Ages 16-24

Seattle Youth Employment Program..... (206) 386-1375

Tilth Alliance Youth Garden Works..... (206) 633-0451 ext. 119

www.seattletilth.org/sygw

Teens in Public Service (206) 985-4647

www.teensinpublicservice.org

Washington State Dept. of Labor and Industries - Teen Workers Information

www.lni.wa.gov/workplacerrights/teenworkers

Year Up.....(206) 441-4465, www.yearup.org

Youth Ages 18-24

YouthForce..... (206) 436-1843, www.teenjobs.org

HEALTH CONCERNS

Free, low-cost and pay-what-you-can health care options are available to youth. If you do not want a parent or legal guardian to know you are seeking services, make sure to ask the agencies about their policies regarding confidentiality. Some clinics may require a parent's insurance information for primary health care even though they may not require this information for confidential birth control and sexual health services.

45th Street Clinic(206) 633-7650, www.neighborcare.org
Homeless Youth Clinic open on Wednesday and Thursday, 5:45-9 pm.
Accessible to ages 12-23. No appointment necessary!
1629 N 45th St, Seattle

Country Doctor Free Teen Clinic for Homeless Youth (206) 299-1636
www.countrydoctoryouthclinic.org
Tuesday, 6-9 p.m.
Accessible to ages 12-23. No appointment necessary!
500 19th Ave E, Seattle

CONSULTING NURSE LINE

EvergreenHealth(425) 899-3000 opt. 2

DOCTOR APPOINTMENTS AT PUBLIC HEALTH - SEATTLE & KING COUNTY

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

➔ *For a full list of teen birth control/pregnancy/sexual health clinics, please see pages 7-8.*

School-based health centers are an additional option for students at the following schools:

Aki Kurose MS, Ballard HS, Chief Sealth HS, Cleveland HS, Denny MS, Franklin HS, Garfield HS, Ingraham HS, Kent Phoenix Academy, Madison MS, Madrona MS, Mercer MS, Nathan Hale HS, Rainier Beach HS, Roosevelt HS, Seattle World School, Washington MS, West Seattle HS.

HOMELESSNESS & RUNAWAYS

On one single night, in January 2017, a total of 1,498 unaccompanied youth and young adults were known to be experiencing homelessness in King County.

Runaway youth come from every socio-economic and racial group in America. More often than not, youth experiencing homelessness have not chosen to live on the streets. Many youth turn to the streets because of a combination of abuse, family problems, and dysfunction within their homes that cause them to feel unsafe. Drop-in centers, homeless shelters, hot meal programs, case management, and other services are available to help youth take care of themselves and/or get off the streets.

King County 2-1-1211 or 1(800) 621-4636
Call for Assistance in Finding Shelter, Food, etc.

DROP-IN CENTERS

Drop-in centers provide a variety of services to homeless youth. Services often include, but are not limited to: case management, laundry, showers, and hot meals. If you are unsure of specific services, call ahead to find out about individual programs.

New Horizons Ministries (206) 374-0866, www.nhmin.org

Peace for the Streets by Kids from the Streets (PSKS) (206) 726-8500
www.psk.org

Street Youth Ministries..... (206) 524-7301 ext. 112
www.streetyouthministries.org
Youth ages 13-16

University District Youth Center..... (206) 526-2992

YMCA Young Adult Services (206) 749-7550, www.ymcayas.org

Orion Center Youthcare..... (206) 622-5555, www.youthcare.org

SHELTERS

Shelters operate on different days and serve various ages. Space is limited, so call to determine which shelter may be able to assist you.

Friends of Youth (425) 298-4846, www.friendsofyouth.org

Outreach and Intake

Friends of Youth – Emergency Shelter (24 hrs) (206) 236-KIDS

The Landing..... (425) 449-3868

Youth Ages 18-24

Orion Center Youthcare..... (206) 622-5555, www.youthcare.org

Youth Ages 18-24

Peace for the Streets by Kids from the Streets (PSKS) (206) 726-8500

www.psk.org

ROOTS Young Adult Shelter..... (206) 632-1635, www.rootsinfo.org

Youth Ages 18-25

Youthcare - The Shelter (under 18) 1(800) 495-7802

www.youthcare.org

Youth under 18

YWCA Emergency Shelter (women 18+) (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.

Coordinated Entry for All..... Call 2-1-1

www.kingcounty.gov/depts/community-human-services/housing/services/homeless-housing/coordinated-entry/access-points.aspx

All transitional housing programs specifically serving young adults in King County are now accessed through Coordinated Entry for All (CEA). Young adults ages 17½ - 24 can call 2-1-1 to get CEA program details and set an intake assessment appointment. Young adults can also visit the website for CEA drop-in hours and assessment locations in King County and to get information on setting a CEA intake appointment at one of those locations. If you are already enrolled in case management services, you may also work with your case manager for additional options.

Screening locations can be found at:

Auburn Youth Resources, Street Youth Ministries, New Horizons, Friends of Youth, Orion Center, Teen Feed, Therapeutic Health Services, UDYC, PSKS and YMCA Center for Youth Adults

OTHER HELPFUL SERVICES

National Runaway Safeline (24 hrs) 1(800) RUNAWAY
Anonymous and Confidential Support for Runaway Teens and Teens Considering Running Away

King County Safe Place (24 hrs)..... 1(800) 422-TEEN

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.

Team Child (206) 322-2444 press 0, www.teamchild.org

Teen Feed (7 nights/week)(206) 229-0813, www.teenfeed.org

North King County Meal Schedule:

Sun/Mon/Fri at University Lutheran Church: NE 50th & 16th, 7-8 pm

Tues/Wed/Thurs at University Congregational Church: NE 45th & 16th, 7-8 pm

Saturday at ROOTS Young Adult Shelter: Alleyway between 43rd/NE 42nd and 15th & University, 6:30-8 pm

South King County Meal Schedule:

Wed at 915 H St. SE, Auburn, 6:30-8 pm

➔ *For health care options, please see Health Concerns on page 15.*

LEADERSHIP & VOLUNTEER

OPPORTUNITIES

Volunteering helps to create a stable and cohesive society, increases social harmony among diverse individuals who volunteer together and promotes an individual volunteer's good health and emotional well-being.

~ INDEPENDENT SECTOR

- Boys & Girls Clubs of King County....(206) 436-1800, www.positiveplace.org
Camp Fire (206) 826-8934, www.campfireseattle.org
y's Project(206) 234-7649, www.sypp.org
Teen Link.....1(866) TEENLINK, www.866TEENLINK.org
United Way Volunteer Center..... www.uwkc.org/volunteer
The Vera Project(206) 956-8372, www.theveraproject.org
Wilderness Inner-City Leadership Developments (WILD)(206)623-5132
www.interimicda.org/whatwedo/healthy-communities-program/wild
YMCA of Greater Seattle(206) 749-7550 / 7540, www.seattleyymca.org
YWCA - Girls First (206) 568-7855, www.ywcaworks.org

LEGAL SERVICES & YOUTH RIGHTS

Despite what society and other members of the community may tell you, youth under age 18 do have rights. Specific agencies can provide you with more information about juvenile criminal laws, labor laws, educational rights, and emancipation. These agencies advocate for youth and ensure that young adults are treated in a just and fair way.

- King County 2-1-1 2-1-1 or 1(800) 621-4636
Screens and Refers to a Range of Legal Service Providers
King County Bar Assn. Neighborhood Legal Clinics (206) 267-7070
www.kcba.org
King County Superior Court - Juvenile Court..... (206) 205-9500
www.kingcounty.gov/courts/superior-court/juvenile

- Qlaw Legal Clinic www.q-law.org
Focus on LGBTQI+ Community
- Team Child (206) 322-2444 press 0, www.teamchild.org
- Washington LawHelp.....www.washingtonlawhelp.org

LGBTQI+

Lesbian, Gay, Bisexual, Transgender, Questioning and Intersex (LGBTQI+) youth are frequently targets of discrimination, violence, and bullying/harassment both at school and in the community. Societal prejudice and disapproval from loved ones can be isolating and hurtful to teens that identify as LGBTQI+. Support groups, drop-in centers, activities, and counseling services are available to promote acceptance and provide a safe environment of understanding.

- Gay City Health Project..... (206) 323-LGBT, www.gaycity.org
LGBTQI+ Resources and Referral Help Line
- Health Education Youth Outreach (HEYO)..... (206) 957-1665
www.lifelongaidsalliance.org/HEYO
Community Building to Empower LGBTQI+ Youth and Destigmatize HIV
- Ingersoll Gender Center..... www.ingersollcenter.org
Trans/Gender Variant Support
- Lambert House..... (206) 322-2515, www.lamberthouse.org
- Northwest Network of Bisexual, Trans, Lesbian & Gay
 Survivors of Abuse(206) 568-7777, www.nwnetwork.org
- Parents, Families & Friends of Lesbians & Gays (PFLAG)..... (206) 325-7724
www.pflagseattle.org
- Proud, Out and Wonderful (POW!)..... (206) 326-9103, www.navos.org/pow
Call or Text for Support
- Seattle Counseling Service (18+)..... (206) 323-1768, www.seattlecounseling.org
- Trans Lifeline1(877)565-8860, www.translifeline.org
Crisis Line for those who are Trans, Struggling with, or Questioning their Gender Identity
- Youth Eastside Services - B-Glad.....(425) 747-493
www.youtheastsideservices.org
Support Group

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.

Alliance of People with disAbilities..... www.disabilitypride.org
Seattle..... (206) 545-7055
Redmond..... (425) 998-5839
Center for Children with Special Needs (206) 987-3736, www.cshcn.org
Hearing, Speech and Deaf Center (206) 323-5770, www.hsdc.org
Washington State Dept. of Services for the Blind..... 1 (800) 552-7103
www.dsb.wa.gov

RAPE & SEXUAL ASSAULT

By the age of 18, one of every four girls, and one of every six boys has been sexually assaulted. One in two transgender individuals are sexually abused or assaulted at some point in their lives.

~ HARBORVIEW CENTER FOR SEXUAL ASSAULT AND TRAUMATIC STRESS
& SEXUAL VIOLENCE IN THE TRANSGENDER COMMUNITY SURVEY

Due to the violence that often accompanies a rape or sexual assault, it is important for a victim to go to the emergency department of their local hospital to be examined. At the hospital, a social worker will discuss the victim's options, including evidence collection. Because of this, it is helpful if the victim does not shower, clean up, or change clothes before having an exam, as doing so may remove any remaining evidence.

Additionally, the doctor can discuss medications that are available to reduce the chances of contracting a sexually transmitted infection (STI) or getting pregnant. If the victim is under the age of 18, the law requires the police to be notified. However, going to the hospital and submitting a report does not necessarily mean that charges must be filed against the perpetrator or that participation in a legal case must occur. Counselors can talk about available alternatives and help the victim decide what the best choice is going to be for them.

➔ For tips on helping someone who you think may have been sexually assaulted or raped, please see *How to Help* on page 25.

- Asian/Pacific Islander Chaya.....(206) 325-0325, www.apichaya.org
Harborview Center for Sexual Assault & Traumatic Stress.... (206) 744-1600
www.hcsats.org
King County Sexual Assault Resource Center
24-Hour Crisis Line..... 1(888) 99-VOICE, www.kcsarc.org
Police Department Emergency Number..... 911
Victim Support Team
Rape, Abuse & Incest National Network (RAINN)..... 1 (800) 656-HOPE
National 24-Hour Sexual Assault Hotline
Shepherd's Counseling Services (206) 323-7131
Youth Ages 18+

RECREATION & YOUTH INVOLVEMENT

If you are bored and looking for a fun place to hang out after school or on the weekends, there are a number of places for you. Community and recreational centers, drop-in groups, classes, and sports leagues for youth are located throughout King County.

- Arts Corps..... (206) 722-5440, www.artscorps.org
Bikeworks (206) 695-2416, www.bikeworks.org
Boys & Girls Clubs of King County.....(206) 436-1800, www.positiveplace.org
The Club Teen Center.....(425) 429-3203, www.bgcbellevue.org/programs/teens
Coyote Central..... (206) 323-7276, www.coyotecentral.org
Garfield Teen Life Center..... (206) 684-4550
Kent Youth & Family Services(253) 859-0300, www.kyfs.org
Runs Multiple Youth Centers in the Kent Area
Kirkland Teen Union Building (KTUB).....(425) 822-308, www.ymcaktub.org
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

Sanctuary Art Center (13-25)(206) 522-6256, www.sanctuaryartcenter.org
Art Drop-in Center Focused on Street-Involved Youth

Seattle Parks & Recreation.....(206) 684-4075, www.seattle.gov/parks

Youth in Focus (ages 13-19)..... (206) 723-1479, www.youthinfocus.org

Youth Program Directory..... www.youthprogramdirectory.org

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

STDs (including HIV/AIDS)

Compared to older adults, sexually active adolescents and young adults are at a higher risk for acquiring STDs. Recent estimates suggest that 15-24 year olds acquire nearly half of all new STDs.

~ CENTER FOR DISEASE CONTROL

Many teens are unaware of the dangers associated with sexually transmitted diseases (STDs) and how to prevent or identify them. Talking with your partner about STDs and getting tested regularly are important parts of being sexually active. Myths exist regarding all STDs, but especially Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS). You cannot get HIV from hugging, drinking out of a shared glass, or using a public toilet.

There are three primary ways of contracting HIV:

- Unprotected sex with an infected individual
- Sharing needles
- From mother to unborn child

Lifelong AIDS Alliance..... (206) 957-1600, www.lifelong.org

Planned Parenthood..... www.plannedparenthood.org

(See Birth Control/ Pregnancy, pages 7-8)

Public Health STD Clinic at Harborview (206) 744-3590

Teen Clinics at Public Health-Seattle & King County www.teenclinic.com

(See Birth Control/ Pregnancy, pages 7-8 and Health Concerns, page 15)

Washington State HIV/AIDS Hotline..... 1(800) 272-2437

Information about HIV/AIDS

SUICIDE

Suicide is the second leading cause of death in the state of Washington for 10 to 24-year-olds and the third leading cause of death nationally.

~ WASHINGTON STATE DEPARTMENT OF HEALTH

Warning signs for suicide include:

- Changes in eating and sleeping patterns
- Dropping hints or talking about suicide; making a plan
- Giving away prized possessions
- Being very obsessive and perfectionistic
- Engaging in risky behaviors (driving recklessly, increased drug and alcohol use/abuse, etc.)

Consider the following questions to help you determine the urgency:

1. Are there three or more warning signs?
2. Have the warning signs been present two weeks or longer?
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. Talking about your concerns can prevent a suicide attempt from occurring and can save a life.

HOW TO HELP

STEPS 1 & 3 CAN BE USED TO HELP A FRIEND IN ANY SITUATION

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 judgment
2. Ask the question directly
 - “Are you thinking of suicide?”
3. Talk to an adult you trust

These are the initial steps toward ongoing mental health care. Every situation regarding suicide is different. Call 1(866) TEENLINK 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.crisisclinic.org
National Suicide Prevention Lifeline 1(800) 273-TALK
Trans Lifeline 1(877) 565-8860, www.translifeline.org
The Trevor Project (24 hrs)..... 1(866) 4UTREVOR (488-7386)
www.thetrevorproject.org
Focus on LGBTQI+ youth

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Aven Foundation

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SeaTac, Seattle, Shoreline,
and Tukwila.

Dupar Foundation

Glaser Foundation

Jeffris Wood Foundation

King County

**Behavioral Health
& Recovery Division**

Mark Torrance Foundation

Nesholm Family Foundation

Norcliffe Foundation

Nordstrom Cares

Schiff Foundation

The Grainger Foundation

United Way of King County

Wyman Youth Trust

PARTNER CONTACT INFO

24-Hour Crisis Line

1-866-4CRISIS (427-4747)
(206) 461-3222
(206) 461-3219 TTY

King County 2-1-1

2-1-1, 1-800-621-4636
(206) 461-3200
(206) 461-3610 TTY

WA Warm Line

1-877-500WARM (9276)
(206) 933-7001

WA Recovery Help Line

1-866-789-1511
www.warecoveryhelpline.org

Community Resources Online

www.211kingcounty.org

Youth Program Directory

www.youthprogramdirectory.org

Financial support is always necessary. If you would like to make a gift to Teen Link, you may send it to Crisis Clinic 9725 3rd Avenue NE, Suite 300 Seattle, WA 98115.

To order more copies, call 1(866)TEEN-LINK or email us at teenlink@crisisclinic.org.



[866]TEENLINK



HOW TO REACH US:
(866) TEENLINK (833-6546)
(206) 461-4922
(206) 461-3219 TTY
EVERY EVENING 6-10PM
WWW.866TEENLINK.ORG

Crisis  Clinic
Always Lives On the Line



WWW.866TEENLINK.ORG

