where to turn
for teens
2019-2020

1.866.TEENLINK (833.6546)
Teen Link began in 1996, after the tragic death of Audra Letnes, the daughter of a Crisis Connections 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 there were no options that would provide peer-to-peer support.

Because of her experience working at Crisis Connections, Audra’s mother knew the power of making even one meaningful connection. In Audra’s memory and as a way to ensure similar tragedies could be prevented in the future, she worked together with Crisis Connections to develop the Teen Link program, designed to be 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 still operates this helpline, answering calls and online chats from teens needing support, and also delivers youth suicide prevention Trainings at schools throughout King County.

talk it out

EVENINGS 6-10PM
1.866.TEENLINK • www.TEENLINK.ORG
Where to Turn for Teens (WTTFT) is a resource guide that was created specifically for youth who are seeking personal empowerment with the support of others. The agencies listed in 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.

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

- K King County
- P Pierce County
- S Snohomish County

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?

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

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

If all of this feels overwhelming, and you’re not sure where to start, call us at Teen Link, and we can help you navigate the process.
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The goal of Teen Link is to empower youth by supporting them in making healthy decisions.

**Teen Link Help Line 1.866.TEENLINK** (833.6546)
Teen Link is a confidential, non-judgmental telephone help line answered by teens each evening from 6-10pm. Teen volunteers are trained to listen to your concerns and 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 Washington State, as well as how to choose which one to use.

After hours, callers have the option of being transferred to the WA 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.teenlink.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 issues. Teen Link accepts chats from 6-9:30pm 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.

**King County 2-1-1**
Online resources are available for teens who want to search online to find out more about health and human services in King County. To search for resources online, go to **www.crisisconnections.org** and click on “Get Help” ➔ “Resources” ➔ “View All Resources.”

**WA 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, & Substance Use” section for more information.
Suicide Prevention Training for Students
This training is offered in King County and surrounding areas by qualified trainers. It includes information on youth suicide and an overview of local resources. These trainings are designed to help teens identify warnings signs and learn how to help themselves/others who may be dealing with a mental health challenge. Students are encouraged to talk openly about stress, coping mechanisms, depression, and suicidal behavior. To schedule a training or for more information, please call Crisis Connections at \textbf{206.461.3210 \texttimes \text{619}}.

Where to Turn for Teens (WTTFT)
\textit{Where to Turn for Teens} is updated annually and published in September. This resource guide is an effective way to connect young adults with agencies serving youth. If you are interested in ordering WTTFT, please call \textbf{206.461.3210}, M-F, 9am-5pm.

If you work for an agency listed in WTTFT and need to update your information, please call \textbf{206.461.3210} or \texttt{info@crisisconnections.org}.

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 \textbf{1.866.TEENLINK} between 6-10pm or visit our website.

Volunteer Positions
- \textbf{Outreach Worker} (13-20) - Represent Teen Link in your school/community.
- \textbf{Youth Crisis Specialist} (15-20) - Provide emotional support and referrals to other teens who call the help line or log onto Teen Link Chat.
- \textbf{Peer Advisory Committee} (15-20) - Be part of Teen Link's future by keeping Teen Link youth-driven and attentive to the needs of youth.
- \textbf{Youth Crisis Mentor} (18+) - Coach teen volunteers during calls and chats, offer guidance on engaging callers, debrief after calls have ended, and ensure appropriate protocol are followed.

Internship/Externship
Adults (18+) can gain agency and practice experience as either a phone worker or mentor. This experience goes towards clinical or service hours needed to obtain an undergraduate or graduate-level degree in programs related to psychology, mental health, and social work. Email \texttt{teenlink@crisisconnections.org} for details.
Research from the Washington State Department of Health shows that teen alcohol use is at an all-time low and 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.

~ 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.

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

For tips on how to help someone who you think may be using alcohol and/or drugs, please see how to help on page 29.

In association with the WA Recovery Help Line, Teen Link provides help to teens struggling with alcohol, drugs, and gambling. Call 1.866.TEENLINK for help between 6-10pm, or call the WA Recovery Help Line 24 hours a day at 1.866.789.1511.

COUNSELING

Center for Multicultural Health ............ 206.461.6910, cschc.org
Community Counseling Institute ...... 253.759.0852, www.cciwa.org
Drug assessments and counseling
Community Psychiatric Clinic ............ 206.366.3015, www.cpcwa.org
Compass Health ......................... 844.822.7609, www.compasshealth.org
Evergreen .................................. 1.800.547.6133, www.evergreencpg.org
Problem Gambling Help Line
According to the National Campaign to Prevent Teen Pregnancy, 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 people and their communities.

You are the only person who gets decide when you are ready to become sexually active. Being proactive with your partner on 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, 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 18.

KS All-Options........................................... 1.888.493.0092, www.all-options.org
Pregnancy Counseling Talkline
KP Cedar River Clinic..................1.800.572.4223, www.cedarriverclinics.org
KC Center for Multicultural Health ..................206.461.6910, cschc.org
PM Maternal Child Outreach Team (MCOT)................... 253.798.6403,
www.tpchd.org/healthy-people/family-health
KS Open Adoption & Family Services.......................... 1.800.772.1115
Text “open” to 971.266.0924 for text support, chat support available
at www.openadopt.org
KPSP Planned Parenthood.................................. www.plannedparenthood.org
To schedule an appointment or ask for walk-in hours at one of the
following clinics, call 1.800.769.0045:

   KBellevue
   KCentral District (Seattle)
   SEverett
   KFederal Way
   KFirst Hill (Seattle)
   KKent Valley Northgate (Seattle)
   SLynnwood
   SMarysville
   PPuyallup
   PTacom
   KUniversity District (Seattle)
   KWhite Center (Seattle)

KTeen Pregnancy & Parenting Clinic (up to age 21)............. 206.326.2656,
wakaiserpermanente.org/html/public/fpr/teen-clinic
PStep by Step Family Support Center......................... 253.896.0903,
www.stepbystepfamily.org
KPSPSWashington Teen Help ....800.322.2588, www.washingtonteenhelp.org
TEEN CLINICS AT PUBLIC HEALTH

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 17.

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 use 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.

- Child Advocacy Centers of WA...........www.cacwa.org/locations.shtml
- Childhelp USA - National Child Abuse Hotline ..1.800.4ACHILD
- Dawson Place ..............................................425.388.7497, www.dawsonplace.org
- End Harm - Child Protective Services (24hrs)... 1.866.ENDHARM
- Mary Bridge's Child Abuse Intervention Department.............253.403.1478

Support and resources for people reporting child abuse
- Police Department Emergency Number ........................................... 9-1-1

community support for at-risk youth

Children and young adults who may become involved in crime, domestic
abuse, drugs and alcohol, early pregnancy, school-related problems, and suicide are sometimes referred to 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.

Accelerator YMCA ..... 206.382.5013, www.seattleymca.org/accelerator
Atlantic Street Center .................. 206.723.1301, www.atlanticstreet.org
Family Resource Center
Center for Criminal Youth Justice .......... 206.696.7503, ccyj.org
Friends of Youth .......................... 425.298.4846, www.friendsofyouth.org
Wraparound/WISe ................................ www.hca.wa.gov
Please see page 11 for program details.
Anger Management, Drug, and Alcohol Support
NW Justice Project .......................... 1.888.201.1014, nwjustice.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 Pierce & Kitsap Counties ....... 253.841.9622, www.ymcapkc.org
YMCA of Snohomish County .......... 425.337.0123, www.ymca-snoco.org
Youth Eastside Services .... 425.747.4937, www.youtheastsideservices.org

Anger Management Groups

Confidential, low-cost counseling and support groups are available throughout the Puget Sound area. 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.
Wraparound with Intensive Services (WISE)
Wraparound is a team-based planning process for youth with complex needs and their families. It is designed to help produce better outcomes for youth so that they can live in their homes and communities and realize their hopes and dreams. This program provides the extra support that some people need to hit reset and start successfully managing complex situations.

You may be a good fit if you are enrolled in at least two of the following services: mental health, substance use, special education, Children’s Administration, Juvenile Justice, or Developmental Disabilities Administration. A team of individuals who are relevant to the well-being of the youth (family members, service providers, school staff, community members, and natural supports) is developed so they can work to support the youth from all sides.

Visit [www.kingcounty.gov/wraparoundwise](http://www.kingcounty.gov/wraparoundwise) to learn about program eligibility,

To request a referral, you can call the King County Behavioral Health and Recovery Division at 206.263.9006 or the agency serving your school district:

Bellevue, Lake Washington, and Northshore
- Center for Human Services .................................................. 206.631.8887
- Sound – Bellevue Office .................................................. 425.653.4914

Seattle, Shoreline, and Mercer Island
- Community Psychiatric Clinic ............................................. 206.250.0851
- Friends of Youth ............................................................. 425.292.0743

Vashon Island, Highline, Tukwila, and Renton
- Sound – Tukwila Office .................................................. 206.451.9544

Kent, Enumclaw, Federal Way, and Auburn
- Valley Cities ................................................................. 206.408.5246
- Pierce Wraparound/WISE ............................................... 253.759.9544
- Snohomish Wraparound/WISE ........................................ 844.822.7609
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 WA 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 Line....... 1.866.4CRISIS, www.crisisconnections.org
National Suicide Prevention Lifeline ....................... 1.800.273.TALK
Teen Link............................. 1.866.TEENLINK, www.teenlink.org
WA Warm Line.......1.877.500.WARM, www.crisisconnections.org

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 inclusive agencies**

Serving youth and families from diverse race and ethnic backgrounds, these agencies offer additional opportunities for cultural engagement. Examples include youth leadership and job readiness programs, services for ELL (English Language Learners), interpreters, behavioral health treatment, and more. You can visit their websites for more information or call Teen Link if you have questions.

Asia Pacific Cultural Center........................................... 253.383.3900, www.asiapacificculturalcenter.org
Asian Counseling & Referral Service........206.695.7600, www.acrs.org
Asian/Pacific Islander Chaya......... 1.877.922.4292, www.apichaya.org
Center for Multicultural Health .................206.461.6910, cschc.org
Centro Latino................................................. 253.572.7747, www.clatino.org
El Centro de la Raza ..................206.957.4634, www.elcentrodelaraza.org
Filipino Community of Seattle........ 206.722.9372, www.filcommsea.org
Helping Link/Mot Dau Noi ..................206.568.5160, www.helpinglink.org
Horn of Africa Services.....................206.760.0550 x 104, www.hoas.org
United Indians of All Tribes........... 206.285.4425, www.unitedindians.org
Asian Counseling Treatment Services.... 425.776.1290, www.actsrehab.org
Therapeutic Health Services ............206.322.7676, www.ths-wa.org
Tulalip Tribes ......................360.716.4000, www.tulaliptribes-nsn.gov
Refugee and Immigrant Services NW..........................425.388.9307
WAPI Community Services..........................206.223.9578

**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, please see how to help on page 29.*

Abused Deaf Women’s Advocacy Services.............206.812.1001
Asian/Pacific Islander Chaya........206.325.0325, www.apichaya.org
Serves South King County
Lifewire (24hrs)....................425.746.1940, www.lifewire.org
Serves East King County
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 29.

Center for Discovery................................................................. 425.434.9417
Support Groups for Teens and Family/Friends

The Emily Program........ 1.888.364.5977, www.emilyprogram.com
Eating disorder treatment facility

Eating Disorders Anonymous...... www.eatingdisordersanonymous.org

Outpatient Services, Counseling, and Treatment National Eating Disorders Association ........................................ 1.800.931.2237
www.nationaleatingdisorders.org

Only 79.3% of all Washington State public school students from the class of 2017 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 2-1-1 or call:**

- Goodwill Marysville Job Training & Education Center ......................... 360.657.4058, TEXT 206.510.5689
- Goodwill of the Olympics and Rainier Region ............ 253.573.6500, www.goodwillwa.org/training/youth
- iGrad ........................................ 253.373.4723, www.kent.k12.wa.us/iG
- Refugee & Immigrant Services NW ................................ 425.388.9307
- Seattle Education Access ............................................. 206.523.6200, www.seattleeducationaccess.org

**GED Services**

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

- King County Library System .................. 1.800.462.9600, www.kcls.org
- Pierce County Library System .......................... 253.548.3323, www.piercecountylibrary.org
employment & job training

Almost 55% of young people ages 16 – 24 had jobs in the summer of 2017.

- If you are 14-15 years old, you can work up to 3 hours on a school day.
- If you are 16-17 years old, you can work up to 4 hours on a school day.
- If you are 18+ years old, you may perform any job with no restrictions.

When applying for a job, it is important to have the following 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/contact information for adults you can list as references

AmeriCorps National Service...1.800.942.2677, www.nationalservice.gov
Bellevue Parks and Community Services - Well-KEPT ..........425.452.4195
FareStart...........................................206.443.1233, www.farestart.org
Offers job training for youth living without shelter
Goodwill Marysville Job Training & Education Center...360.657.4058, TEXT 206.510.5689
King County Career Launch Pad...206.263.8244, reopp.org/career-launchpad
Youth Ages 16-24
Seattle Youth Employment Program.................................206.386.1375
The REACH Center ..........253.573.6590, www.reachtacoma.org
Tilth Alliance Youth Garden Works.................................206.633.0451 x 119, www.seattletilth.org/sygw
Teens in Public Service.....206.985.4647, www.teensinpublicservice.org
WA State Dept. of Labor & Industries - Teen Workers Information........
........................................www.lni.wa.gov/workplacerights/teenworkers
Worksource Youth Center..................................................425.374.8351
Year Up.............................................206.441.4465, www.yearup.org
Youth Ages 18-24
YouthForce ...........................................206.436.1843, www.teenjobs.org
Dealing with the loss of a loved one can be difficult. Often times, the loss can seem too much to bear or can feel overwhelming. Seeking additional support and resources can help you manage some of the feelings that you’re dealing with. These are some agencies and programs that have been developed for individuals that are dealing with a loss.

- **Bridges Center for Grieving Children** .......................... 253.403.1966, www.marybridge.org
- **Crisis Connections** .......................... www.crisisconnections.org/cc-cares
  
  **Supports survivors of suicide loss**
- **Eluna** ........................................ 206.298.1217, www.elunanetwork.org
- **Evergreen Health** .......................... 425.899.1077, www.evergreenhealth.com/grief
- **Providence Grief Support Services** ........................................ 206.749.7702, washington.providence.org/locations-directory/g/providence-grief-support-services-of-king-county
  
  ........................................................................................................ 425.261.4807, washington.providence.org/locations-directory/g/providence-grief-support-services-of-snohomish-county
- **Safe Crossings** ........................................................ 206.749.7691, washington.providence.org/services-directory/services/s/safe-crossings-childrens-grief-program
  
  **Grief support program**
- **The Healing Center** .......................... 206.523.1206, www.healingcenterseattle.org
- **Wild Grief** .................................................. 360.358.3213, wildgrief.org
  
  **Hiking groups for people to process grief with others**

**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.
Homeless Youth Clinic open on Wednesday and Thursday: 6-9pm. Accessible to ages 12-23. No appointment necessary!

Center for Multicultural Health............... 206.461.6910, cschc.org
Community Health Care .................. 253.471.4553, www.commhealth.org
Country Doctor Free Teen Clinic for Homeless Youth.... 206.299.1636, www.uwyoung.org
Tuesday: 6-9 p.m. Accessible to ages 26 and under. No appointment necessary!

Community Health Center of Snohomish County .......... 425.789.3789, www.chcsno.org
Key Free Clinic.......................... 253.358.5436, www.keyfreeclinic.org
Neighborhood Clinic ...253.627.6353, www.neighborhoodclinictacoma.org
Safe Harbor Free Clinic...... 425.870.7384, www.safeharborfreeclinic.org

CONSULTING NURSE LINE
Evergreen Health .................................................. 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 page 6.

School-based health centers are an additional option for students at the following schools:
Aki Kurose MS, Ballard HS, Beacon Hill International, Cleveland HS, Denny MS, Franklin HS, Garfield HS, Ingraham HS, Interagency Academy, Madison MS, Madrona MS, Mercer MS, Rainier Beach HS, Robert Eagle Staff MS, Roosevelt HS, Sealth HS, Seattle World School, Washington MS, & West Seattle HS.
It’s estimated that on a single night in January 2019, roughly 11,199 people were counted as homeless, living in shelters or outdoors in King County.

Runaway youth come from every socioeconomic 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.

KPS 2-1-1 .................................................................................................................. 2-1-1
*Call for Assistance in Finding Shelter, Food, etc.

KKing County 2-1-1 ........................................... 2-1-1 or 1.800.621.4636
SNorth Sound 2-1-1 .................................................. 2-1-1 or 1.800.223.8145
PSouth Sound 2-1-1 ............................................. 2-1-1 or 1.800.572.4357

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.

PComprehensive Life Resources ............... 253.396.5800, www.comprehensiveliferesources.org
POasis Youth Center ...... 253.671.2838, www.oasisyouthcenter.org
KPeace for the Streets by Kids from the Streets (PSKS) ...... 206.726.8500, www.psks.org
KStreet Youth Ministries...... 206.524.7301 x 112, www.streetyouthministries.org
Youth ages 13-16
KUniversity District Youth Center ................................. 206.526.2992, www.youthcare.org/homeless-youth-services
KYMCA Young Adult Services ...... 206.749.7550, www.ymcayas.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
- Peace for the Streets by Kids from the Streets (PSKS) ...... 206.726.8500, www.psks.org
- ROOTS Young Adult Shelter....... 206.632.1635, www.rootsinfo.org
  Youth ages 18-25
  Youth ages 12-17
  Women over 18

TRANSITIONAL HOUSING

Transitional housing offers youth a safe place to live while they work toward acquiring necessary life skills, self-sufficiency, and gainful employment. Please be aware that programs often have wait lists for acceptance, and most programs require a referral from a case manager or shelter program. If you are looking for transitional housing, please call your local 2-1-1.

- 2-1-1 .......................................................... 2-1-1
  Call for Assistance in Finding Shelter, Food, etc.
- King County 2-1-1 ....................... 2-1-1 or 1.800.621.4636
- North Sound 2-1-1 ...................... 2-1-1 or 1.800.223.8145
- South Sound 2-1-1 ...................... 2-1-1 or 1.800.572.4357

Screening locations can be found at:

  Nexus Youth & Families, New Horizons, Friends of Youth, Orion Center, Teen Feed, Therapeutic Health Services, UDYC, PSKS and YMCA Young Adult Services Drop In Center.
OTHER HELPFUL SERVICES

**National Runaway Safeline (24 hrs).............. 1.800.RUNAWAY**
Anonymous, 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:**
- Su,M,F at University Lutheran Church: NE 50th & 16th, 7-8pm
- Tu,W/Th at University Congregational Church: NE 45th & 16th, 7-8pm
- Sa: at ROOTS Young Adult Shelter: Alleyway between 43rd/NE 42nd and 15th & University, 6:30-8pm

**South King County Meal Schedule:**
- W at 915 H St. SE, Auburn, 6:30-8pm

→ For health care options, please see health concerns on page 17.

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 WA State........ www.washingtonclubs.org**

**Camp Fire......................... 206.826.8934, www.campfireseattle.org**

**City of Mercer Island..... 206.275.7755, www.mercergov.org/voice**

**CORE(Creating Open Roads to Equity)...... getconnected.uwsc.org**

**Corporation For National & Community Service ..... 206.607.2603, www.nationalservice.gov/programs**
Seattle Young People’s Project ........................................ www.sypp.org
Teen Link ................................................................. 1.866.TEENLINK, www.teenlink.org
The Vera Project ............................................. 206.956.8372, www.theveraproject.org
United Way Volunteer Center ................................... www.uwkc.org/volunteer
.............................................. 253.272.4263, www.uwpc.org/volunteer-0
Volunteers of America Western Washington ........... 425.259.3191
Wilderness Inner-City Leadership Developments (WILD) ... 206.623.5132, www.interimicda.org/whatwedo/wild
Young Women Empowered ............................................. 206.519.2426, www.youngwomenempowered.org
YMCA of Greater Seattle...206.749.7550 / 7540, www.seattlymca.org
ZooCorps...................................................... 206.548.2699, www.zoo.org/zoocorps

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.

2-1-1..........................................................................................2-1-1
Screens and Refers to a Range of Legal Service Providers
King County 2-1-1 .................................................. 2-1-1 or 1.800.621.4636
North Sound 2-1-1 .................................................. 2-1-1 or 1.800.223.8145
South Sound 2-1-1 .................................................. 2-1-1 or 1.800.572.4357
Center for Criminal Youth Justice ....... 206.696.7503, ccyj.org
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
NW Justice Project ................................................. 1.888.201.1014, nwjustice.org
Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, and Asexuality (LGBTQIA+) 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 LGBTQIA+. Support groups, drop-in centers, activities, volunteer opportunities, and counseling services are available to promote acceptance and provide a safe environment of understanding.

**Center for Multicultural Health** ...............206.461.6910, cschc.org
**Gay City Health Project** ..............................206.323.LGBT, www.gaycity.org
**LGBTQIA+ Resources and Referral Help Line**
**Health Education Youth Outreach (HEYO)** ..........206.957.1639, www.lifelong.org/heyo
**Community Building to Empower LGBTQIA+ Youth & Destigmatize HIV**
**Ingersoll Gender Center** ..............................www.ingersollgendercenter.org
**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
**Queer Trans Youth Music Project (QTYMP)** ... seattleqtymp@gmail.com
**LGBTQIA+ led music, empowerment, and social justice programs**
**Seattle Counseling Service (18+)** 206.323.1768, www.seattlecounseling.org
**Trans Lifeline** ..................................................1.877.565.8860, www.translifeline.org
**Crisis Line for those who are Trans, Struggling with, or Questioning their Gender Identity**
Youth Eastside Services - B-Glad................................................. 425.747.4937, www.youtheastsideservices.org
Support Group
GLOBE................................................................. 425.242.6188, www.globeyouth.com
PFLAG-Snohomish County ........... www.pflag.org/chapter/pflag-everett
Oasis Youth Center ...................... 253.671.2838, www.oasisyouthcenter.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.

Alliance of People with disAbilities .......... www.disabilitypride.org
Seattle ................................................................. 206.545.7055
Redmond ................................................................. 425.998.5839

Brain Injury Alliance of WA ....... 206.467.4800, www.biawa.org
Center for Children with Special Needs ...... 206.987.3736, www.cshcn.org
Center for Independence ............. www.centerforindependence.org
Children & Youth with Special Health Care Needs ... 425.339.8652
www.snohd.org/268/Children-With-Special-Needs

Disability Rights WA .... 800.562.2702, www.disabilityrightswa.org
Hearing, Speech and Deaf Center... 206.323.5770, www.hsdc.org
Pierce County Coalition for Developmental Disabilities ..........
.............................................................................. www.pc2online.org

WA Elks Therapy Program for Children ....... www.waelks.net
WA State Dept. of Services for the Blind ....... 1.800.552.7103, dsb.wa.gov

The Arc of WA .......... www.arcwa.org/aboutus/local_arc_chapters
Vadis ................................................................. www.vadis.org

Employment assistance for people with disabilities

Wraparound/WISe............................................................. www.hca.wa.gov

Please see page 11 for program details.
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, and the potential for sexually transmitted infections (STIs) or pregnancy, it is important for a survivor to go to the emergency department of their local hospital to be examined as soon as possible. At the hospital, a social worker will discuss the survivor’s options, including evidence collection. Because of this, it is helpful if the survivor does not shower, clean up, or change clothes before having an exam, as doing so may remove any remaining evidence. You do not have to do any part of the exam you don’t want to.

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 survivor 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 at the hospital or at the above agencies can talk about available alternatives and help the survivor decide what the best choice is going to be for them.

⇒ For tips on helping someone who you think may have been sexually assaulted, please see how to help on page 29.

K 1in6 1in6.org
K Education and Resources for male survivors of sexual assault
K Abused Deaf Women’s Advocacy Services (ADWAS) 1.855.812.1001, www.adwas.org
K Asian/Pacific Islander Chaya 1.877.922.4292, www.apichaya.org
K Dawson Place Child Advocacy Center 425.789.3000, www.dawsonplace.org
K Harborview Center for Sexual Assault & Traumatic Stress 206.744.1600, www.hcsats.org
K King County Sexual Assault Resource Center 1.888.99.VOICE, www.kcsarc.org

MultiCare Tacoma General Hospital ....................... 253.403.1000, www.multicare.org/sexual-assault-services

Pierce County Sexual Assault Unit.......................................................... www.piercecountywa.org/4109/Special-Assault-Unit

Police Department Emergency Number ............................. 9-1-1

Ask for the Victim Support Team


National 24-Hour Sexual Assault Hotline

Sex Trafficking Response and Awareness Team (STRAPWA)........ 253. 444.5351, www strapwa.org

Sexual Assault Center for Pierce County ............... 1.800.756.7273, www.sexualassaultcenter.com

Shepherd’s Counseling Services................................. 206.323.7131

Youth Ages 18+

WA Coalition of Sexual Assault Programs......... 360.754.7583, www.wcsap.org/help/csap-by-city


recreation & youth involvement

If you are bored, want to make more friends, or are looking for a fun place to hang out after school or on 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 the Puget Sound area.

Arts Corps ................................................................. 206.722.5440, www.artscorps.org

Art Spot .................. 425.640.6408, artspotedmonds.com/youth-classes


Boys & Girls Clubs of WA State........ www.washingtonclubs.org

Camp to Belong ................................................................ www.camptobelongwa.org

Camp Fire Orca.............................. 253.597.6234, www.campfireorca.org

Camp Fire Snohomish County .................. campfiresnoco.org/camp

Coyote Central ...................................................... 206.323.7276, www.coyotecentral.org

Garfield Teen Life Center ...................................................... 206.684.4550
Girl Scouts of Western WA.....1.800.541.9852, www.girlscoutswww.org

Girls With Purpose – GWP........ thetacomaurbanleague.org/programs


Runs Multiple Youth Centers in the Kent Area

Kirkland Teen Union Building (KTUB).....425.822.308, www.ymcaktub.org

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

Drop-in Center - You must be Enrolled in High School to Attend

Powerful Voices ........................................... 206.860.1026, www.powerfulvoices.org

Reader Circles ...................................................... www.readerscircle.org

Sanctuary Art Center......206.522.6256, www.sanctuaryartcenter.org

Art Drop-in Center Focused on Street-Involved Youth, ages 13-25


The Club Teen Center.................................................. 425.429.3203, www.bgcbellevue.org/programs/teens

The First Tree of South Puget Sound....................... 253.267.0026, www.thefirstteesouthpugetsound.org/locations

WA State Parks & Recreation.............................. parks.state.wa.us


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

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

Youth Council .................... www.snohomishwa.gov/691/Youth-Council

Youth Enrichment Services ........... youthsnohomishcountywa.gov

Activities for court-involved

Youth in Focus ...................................................... 206.723.1479, www.youthinfocus.org

Serves those between the ages 13-19

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

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

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

There are three primary ways of contracting HIV:

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

Cedar River Clinics.... 1.800.572.4223, www.cedarriverclinics.org
Center for Multicultural Health .................. 206.461.6910, cschc.org
Community Health Care...... 253.722.2161, www.commhealth.org
Community Health Center of Snohomish County.... www.chcsno.org
Entre Hermanos .................. 206.322.7700, entrehermanos.org
Gay City .......................... www.gaycity.org/wellness
Lifelong AIDS Alliance .............. 206.957.1600, www.lifelong.org
Neighborcare Health ............... 206.548.5710, neighborcare.org
Pierce County Aids Foundation (PCAF) ...... 253.597.4803, www.pcaf-wa.org
Planned Parenthood .................. www.plannedparenthood.org
Public Health STD Clinic at Harborview................... 206.744.3590
Safer STD Testing ..... www.saferstdtesting.com/free-std-testing/everett-wa
SeaMar Community Health Centers.. 253.593.2144, www.seamar.org
Tacoma-Pierce County Health Department........ www.tpchd.org
Teen Clinics at Public Health-Seattle & King County .. www.teenclinic.com

See birth control/pregnancy on page 6 and health concerns on page 17.
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 substance use, 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. 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

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 about hurting/killing yourself?”

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.crisisconnections.org
- **Boys Town National Hotline** .... 800.448.3000, www.yourlifeyourvoice.org
- **Crisis Prevention & Intervention Team – Compass Health** ............. 1.800.584.3578, www компас health.орг
- **Crisis Text Line** .......................................................................................... 741741
  *Text-based support. Text “hello” to 741741*
- **Forefront Suicide Prevention** .... 206.543.1016, www.intheforefront.org
- **National Suicide Prevention Lifeline** ........................................... 1.800.273.TALK
- **Pierce County Crisis Line** ................................................................. 1.800.576.7764
- **Society for the Prevention of Teen Suicide** ........................  www.sptsusa.org
- **Teen Link** ............................................. 1.866.TEENLINK, www.teenlink.org
- **The Trevor Project** ...... 1.866.488.7386, www.thetrevorproject.org
  *24-Hour help line with a focus on LGBTQIA+ youth*
- **Trans Lifeline** ........................................ 1.877.565.8860, www.translifeline.org
- **Volunteers of America Western WA** ........ 1.800.584.3578, imhurting.org
  *24/7 Crisis Phone Line & Chat*
#

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24-Hour Crisis Line: 12, 30
45th Street Clinic: 18

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Abused Deaf Women’s Advocacy Services: 13
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Abuse & Incest National Network (RAINN): 26
Accelerator YMCA: 9
Advocacy and Prevention Overeaters Anonymous: 14
Alateen & Alanon: 6
Alcoholics Anonymous: 6
Alliance of People with disAbilities: 24
All-Options: 7
AmeriCorps National Service: 16
and Treatment National Eating Disorders Association: 14
Arts Corps: 26
Art Spot: 26
Asian Counseling & Referral Service: 12
Asian Counseling Treatment Services: 10, 13
Asian/Pacific Islander Chaya: 12, 13, 25
Asia Pacific Cultural Center: 12
Atlantic Street Center: 9
Auburn Public Health: 8
Bellevue Parent/Teen Mediation Program: 12
Bellevue Parks and Community Services - Well-KEPT: 16
Bikeworks: 26
Boy Scouts of America Pacific Harbors Council: 16
Boys & Girls Clubs of WA State: 21, 26
Boys Town National Hotline: 30
Brain Injury Alliance of WA: 24
Bridges Center for Grieving Children: 17

Camp Fire: 21, 26
Camp to Belong: 26
Cedar River Clinic: 7
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Center for Children with Special Needs: 24
Center for Criminal Youth Justice: 9, 22
Center for Discovery: 14
Center for Human Services: 5, 10, 11
Center for Independence: 24
Center for Multicultural Health: 5, 7, 12, 18, 23, 28
Centro Latino: 12
Child Advocacy Centers of WA: 8
Childhelp USA - National Child Abuse Hotline: 8
Children’s Crisis Response Outreach Service (CCORS): 30
Children & Youth with Special Health Care Needs: 24
Chinese Information & Service Center: 12
City of Mercer Island: 21
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Community Health Center of Snohomish County: 18, 28
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Corporation For National & Community Service: 21
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Country Doctor Free Teen Clinic for Homeless Youth: 18
Coyote Central: 26
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Crisis Text Line: 30

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Families & Friends of Lesbians & Gays (PFLAG): 23
Families Unlimited Network: 22
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Harborview Center for Sexual Assault & Traumatic Stress: 25
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Healing Hearts Counseling: 10
Health Education Youth Outreach (HEYO): 23
Hearing: 24
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iGrad: 15
Ingersoll Gender Center: 23

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Jewish Family Service: 13
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King County Superior Court - Juvenile Court: 22
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Lambert House: 23
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Lesbian & Gay Survivors of Abuse: 14
Lifelong AIDS Alliance: 28
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National Domestic Violence Hotline: 14
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Pierce County Coalition for Developmental Disabilities: 24
Pierce County Crisis Line: 30
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Queer Trans Youth Music Project (QTYMP): 23
Rainbow Center: 24
Rape, Abuse & Incest National Network (RAINN): 26
Reader Circles: 27
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Refugee & Immigrant Services NW: 15
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Sanctuary Art Center: 27
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Seattle Counseling Service: 23
Seattle Education Access: 15
Seattle Parks & Recreation: 27
Seattle Public Library System: 15
Seattle, YMCA of Greater: 22
Seattle Young People’s Project: 22
Seattle Youth Employment Program: 16
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The Club Teen Center: 27
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special thanks to

Aven Foundation
Cities & Municipalities of:
Auburn, Bellevue, Bothell, Burien, Covington, Des Moines, Federal Way, Issaquah, Kenmore, Kirkland, Redmond, Renton, Sammamish, SeaTac, Seattle, Shoreline, & Tukwila.

Dupar Foundation
D. V. and Ida J. McEachern Charitable Trust
Glaser Foundation
Jeffris Wood Foundation
King County Behavioral Health & Recovery Division
Nesholm Family Foundation
Norcliffe Foundation
Nordstrom Cares
Schiff Foundation
United Way of King County
Wyman Youth Trust

Financial support is always necessary. If you would like to make a gift to Teen Link, you may send it to Crisis Connections:

9725 3rd Avenue NE, Suite 300
Seattle, WA 98115.

To order copies, contact us at 206.461.3210 or info@crisisconnections.org

Crisis Connections
Contact Info:
24-Hour Crisis Line
1.866.4CRISIS (427.4747)
206.461.3222

King County 2-1-1
2-1-1, 1.800.621.4636
206.461.3200
206.461.3610 TTY

WA Recovery Help Line
1.866.789.1511
www.warecoveryhelpline.org

WA Warm Line
1.877.500.WARM (9276)
206.933.7001

Community Resources Online
www.211kingcounty.org

Youth Program Directory
www.youthprogramdirectory.org
866.TEENLINK

how to reach us:
1.866.TEENLINK(833.6546)
206.461.4922 • www.teenlink.org
Evenings 6-10PM

crisis connections
support • resources • training
formerly known as crisis clinic