



# where to turn

for teens  
2019-2020



**teen link**

1.866.TEENLINK(833.6546)

# how teen link began:

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](http://WWW.TEENLINK.ORG)

## 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 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:

- Ⓚ King County
- Ⓟ Pierce County
- Ⓢ 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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## about teen link

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](http://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](http://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 **206.461.3210 x 619**.

## Where to Turn for Teens (WTTFT)

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

If you work for an agency listed in WTTFT and need to update your information, please call **206.461.3210** or email: [info@crisisconnections.org](mailto: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 **1.866.TEENLINK** between 6-10pm or visit our website.

## Volunteer Positions

**Outreach Worker** (13-20) - Represent Teen Link in your school/community.

**Youth Crisis Specialist** (15-20) - Provide emotional support and referrals to other teens who call the help line or log onto Teen Link Chat.

**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.

**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 [teenlink@crisisconnections.org](mailto:teenlink@crisisconnections.org) for details.

## alcohol, drugs, & substance use

*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](https://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 Human Services..... 206.362.7282, [www.chs-nw.org](http://www.chs-nw.org)
- ☎ Center for Multicultural Health .....206.461.6910, [cschc.org](http://cschc.org)
- ☎ Community Counseling Institute .....253.759.0852, [www.cciwa.org](http://www.cciwa.org)  
*Drug assessments and counseling*
- ☎ Community Psychiatric Clinic..... 206.366.3015, [www.cpcwa.org](http://www.cpcwa.org)
- ☎ Compass Health..... 844.822.7609, [www.compasshealth.org](http://www.compasshealth.org)
- ☎ Evergreen..... 1.800.547.6133, [www.evergreencpg.org](http://www.evergreencpg.org)  
*Problem Gambling Help Line*
- ☎ King County Needle Exchange Schedule .....206.263.2000, option 2,  
[www.kingcounty.gov/healthservices/health/communicable/hiv/  
resources/needle.aspx](http://www.kingcounty.gov/healthservices/health/communicable/hiv/resources/needle.aspx)

- K** **S** Ryther.....206.525.5050, [www.ryther.org](http://www.ryther.org)  
**S** Snohomish County Treatment Options Line..... 425.388.7473  
**K** **P** **S** Wraparound/WISe ..... [www.hca.wa.gov](http://www.hca.wa.gov)  
 Please see page 11 for program details.  
**K** Sound.....206.302.2300, [www.smh.org](http://www.smh.org)  
**K** Therapeutic Health Services.....206.322.7676, [www.ths-wa.org](http://www.ths-wa.org)  
**S** .....425.263.3006, [www.ths-wa.org](http://www.ths-wa.org)

## SUPPORT GROUPS

- K** Alateen & Alanon ..... 206.625.0000, [www.seattle-al-anon.org](http://www.seattle-al-anon.org)  
**P** ..... 800.726.8094, [www.al-anon-pierce-wa.org](http://www.al-anon-pierce-wa.org)  
**S** .....425.348.7828, [www.dist23.org](http://www.dist23.org)  
**K** Alcoholics Anonymous .....206.587.2838, [www.seattleaa.org](http://www.seattleaa.org)  
**S** .....425.252.2525, [www.snocoaa.org](http://www.snocoaa.org)  
**P** Evergreen Council on Problem Gambling.....800.547.6133,  
[www.evergreencpg.org](http://www.evergreencpg.org)  
**K** Gamblers Anonymous ... 1.855.222.5542, [www.gamblersanonymous.org](http://www.gamblersanonymous.org)  
**K** **P** Marijuana Anonymous ..... 206.414.9270, [www.madistrict4.org](http://www.madistrict4.org)  
**K** Narcotics Anonymous ..... 206.790.8888, [www.seattlena.org](http://www.seattlena.org)  
**P** ..... 253.531.8792, [www.pcana.org](http://www.pcana.org)  
**S** .....425.609.6170, [www.everettwana.org](http://www.everettwana.org)  
**K** **P** **S** Wraparound/WISe ..... [www.hca.wa.gov](http://www.hca.wa.gov)  
 Please see page 11 for program details.  
**P** Puget Sound AA..... 253.474.8897, [www.pugetsoundaa.org](http://www.pugetsoundaa.org)

## birth control/pregnancy

*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.

**K S** All-Options..... 1.888.493.0092, [www.all-options.org](http://www.all-options.org)  
*Pregnancy Counseling Talkline*

**K P** Cedar River Clinic.....1.800.572.4223, [www.cedarriverclinics.org](http://www.cedarriverclinics.org)

**K** Center for Multicultural Health .....206.461.6910, [cschc.org](http://cschc.org)

**P** Maternal Child Outreach Team (MCOT)..... 253.798.6403,  
[www.tpchd.org/healthy-people/family-health](http://www.tpchd.org/healthy-people/family-health)

**K S** Open Adoption & Family Services..... 1.800.772.1115  
*Text "open" to 971.266.0924 for text support, chat support available at [www.openadoption.org](http://www.openadoption.org)*

**K P S** Planned Parenthood..... [www.plannedparenthood.org](http://www.plannedparenthood.org)  
*To schedule an appointment or ask for walk-in hours at one of the following clinics, call 1.800.769.0045:*

- K** Bellevue
- K** Central District (Seattle)
- S** Everett
- K** Federal Way
- K** First Hill (Seattle)
- K** Kent Valley Northgate (Seattle)
- S** Lynnwood
- S** Marysville
- P** Puyallup
- P** Tacoma
- K** University District (Seattle)
- K** White Center (Seattle)

**K** Teen Pregnancy & Parenting Clinic (up to age 21)..... 206.326.2656,  
[wa.kaiserpermanente.org/html/public/fpr/teen-clinic](http://wa.kaiserpermanente.org/html/public/fpr/teen-clinic)

**P** Step by Step Family Support Center ..... 253.896.0903,  
[www.stepbystepfamily.org](http://www.stepbystepfamily.org)

**K P S** Washington Teen Help ....800.322.2588, [www.washingteenhelp.org](http://www.washingteenhelp.org)

## TEEN CLINICS AT PUBLIC HEALTH

- Ⓚ Seattle-King County Teen Clinics.....[www.teenclinic.com](http://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](http://www.cacwa.org/locations.shtml)  
ⓀⓅⓈ Childhelp USA - National Child Abuse Hotline ..1.800.4ACHILD  
Ⓢ Dawson Place .....425.388.7497, [www.dawsonplace.org](http://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.seattleyymca.org/accelerator](http://www.seattleyymca.org/accelerator)
- Ⓚ Atlantic Street Center ..... 206.723.1301, [www.atlanticstreet.org](http://www.atlanticstreet.org)  
*Family Resource Center*
- Ⓚ Ⓟ Ⓢ Center for Criminal Youth Justice ..... 206.696.7503, [ccyj.org](http://ccyj.org)
- Ⓚ Friends of Youth ..... 425.298.4846, [www.friendsofyouth.org](http://www.friendsofyouth.org)
- Ⓚ Ⓟ Ⓢ Wraparound/WISe ..... [www.hca.wa.gov](http://www.hca.wa.gov)  
*Please see page 11 for program details.*
- Ⓚ Nexus Youth & Families ..... 253.939.2202, [www.nexus4kids.org](http://www.nexus4kids.org)  
*Anger Management, Drug, and Alcohol Support*
- Ⓚ Ⓟ Ⓢ NW Justice Project ..... 1.888.201.1014, [nwjustice.org](http://nwjustice.org)
- Ⓚ Powerful Voices ..... 206.860.1026, [www.powerfulvoices.org](http://www.powerfulvoices.org)
- Ⓚ Safe Futures Youth Center ..... 206.938.9606 press 0, [www.sfyc.net](http://www.sfyc.net)  
*Gang and Violence Prevention*
- Ⓚ Safe Streets Campaign ..... 253.272.6824, [www.safest.org](http://www.safest.org)
- Ⓚ Ⓢ Team Child ..... 206.322.2444 press 0, [www.teamchild.org](http://www.teamchild.org)
- Ⓚ Vadis ..... 253.863.5173, [www.vadis.org](http://www.vadis.org)
- Ⓚ YMCA of Greater Seattle ..... 206.749.7550, [www.seattleyymca.org](http://www.seattleyymca.org)
- Ⓚ YMCA of Pierce & Kitsap Counties ..... 253.841.9622, [www.ymcapkc.org](http://www.ymcapkc.org)
- Ⓢ YMCA of Snohomish County ..... 425.337.0123, [www.ymca-snoco.org](http://www.ymca-snoco.org)
- Ⓚ You Grow Girl ..... 206.417.9904, [www.yougrowgirl.org](http://www.yougrowgirl.org)
- Ⓚ Youth Eastside Services ..... 425.747.4937, [www.youtheastideservices.org](http://www.youtheastideservices.org)  
*Anger Management Groups*

## counseling / mental health

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.

- Ⓢ Asian Counseling Treatment Services..... 425.776.1290, [www.actsrehab.org](http://www.actsrehab.org)
- Ⓚ Community Psychiatric Clinic..... 206.366.3015, [www.cpcwa.org](http://www.cpcwa.org)
- Ⓢ Compass Health..... 844.822.7609, [www.compasshealth.org](http://www.compasshealth.org)
- ⓀⓈ Center for Human Services..... 206.362.7282, [www.chs-nw.org](http://www.chs-nw.org)
- ⓀⓅ Consejo Counseling & Referral Service ..... 206.461.4880,  
[www.consejocounseling.org](http://www.consejocounseling.org)
- Ⓟ Greater Lakes Mental Health Care.....253.581.7020, [www.glmhc.org](http://www.glmhc.org)
- Ⓟ Healing Hearts Counseling.....253.565.4484, [www.hopesparks.org](http://www.hopesparks.org)
- Ⓚ Friends of Youth.....425.392.6367, [www.friendsofyouth.org](http://www.friendsofyouth.org)
- Ⓚ Kent Youth & Family Services .....253.859.0300, [www.kyfs.org](http://www.kyfs.org)
- Ⓚ Mercer Island Youth & Family Services..206.275.7611, [www.miyfs.org](http://www.miyfs.org)
- Ⓟ MultiCare- Behavioral Health.....253.445.8120,  
[www.multicare.org/behavioral-health](http://www.multicare.org/behavioral-health)
- Ⓚ Navos-Ruth Dykeman Youth & Family Services ..... 206.248.8226,  
[www.navos.org/get-help/children-youth-families](http://www.navos.org/get-help/children-youth-families)
- Ⓚ Nexus Youth & Families ..... 253.939.2202, [www.nexus4kids.org](http://www.nexus4kids.org)
- Ⓚ Northshore Youth & Family Services..... 425.485.6541,  
[www.northshoreyouthandfamilyservices.org](http://www.northshoreyouthandfamilyservices.org)
- Ⓟ Pearl Counseling Associates.....253.752.1860, [www.pearlcounseling.com](http://www.pearlcounseling.com)
- ⓀⓅ Pioneer Counseling Service ..... 253.274.0484,  
[www.pioneerhumanservices.org](http://www.pioneerhumanservices.org)
- Ⓚ Renton Area Youth & Family Services....425.271.5600, [www.rays.org](http://www.rays.org)
- ⓀⓈ Ryther ..... 206.525.5050, [www.ryther.org](http://www.ryther.org)
- ⓀⓅⓈ Sea Mar Community Health Center ..253.280.9830, [www.seamar.org](http://www.seamar.org)
- Ⓚ Sound ..... 206.302.2300, [www.smh.org](http://www.smh.org)
- Ⓚ Southeast Youth & Family Services .206.721.5542, [www.seyfs.org](http://www.seyfs.org)
- Ⓚ Southwest Youth & Family Services .... 206.937.7680, [www.swyfs.org](http://www.swyfs.org)
- Ⓚ Therapeutic Health Services..... 206.322.7676, [www.ths-wa.org](http://www.ths-wa.org)
- Ⓚ Valley Cities Behavioral Health Care ...253.833.7444, [www.valleycities.org](http://www.valleycities.org)
- Ⓚ Vashon Youth & Family Services .....206.463.5511, [www.vyfs.org](http://www.vyfs.org)
- Ⓚ You Grow Girl .....206.417.9904, [www.yougrowgirl.org](http://www.yougrowgirl.org)
- Ⓚ Youth Eastside Services ....425.747.4937, [www.youtheastideservices.org](http://www.youtheastideservices.org)

## 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

Skykomish, Riverview, Snoqualmie, Issaquah, and Tahoma

☎ 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](http://www.crisisconnections.org)
- ☎☎☎ National Suicide Prevention Lifeline ..... 1.800.273.TALK
- ☎☎☎ Teen Link ..... 1.866.TEENLINK, [www.teenlink.org](http://www.teenlink.org)
- ☎☎☎ WA Warm Line ..... 1.877.500.WARM, [www.crisisconnections.org](http://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](http://www.asiapacificculturalcenter.org)
- ☎ Asian Counseling & Referral Service.....206.695.7600, [www.acrs.org](http://www.acrs.org)
- ☎ Asian/Pacific Islander Chaya..... 1.877.922.4292, [www.apichaya.org](http://www.apichaya.org)
- ☎ Center for Multicultural Health ..... 206.461.6910, [cschc.org](http://cschc.org)
- ☎ Centro Latino ..... 253.572.7747, [www.clatino.org](http://www.clatino.org)
- ☎ Chinese Information & Service Center ..... 206.624.5633, [www.cisc-seattle.org](http://www.cisc-seattle.org)
- ☎☎ Consejo Counseling & Referral Service ..... 206.461.4880, [www.consejocounseling.org](http://www.consejocounseling.org)
- ☎ El Centro de la Raza ..... 206.957.4634, [www.elcentrodelaraza.org](http://www.elcentrodelaraza.org)

ⓀFilipino Community of Seattle.....	206.722.9372, <a href="http://www.filcommsea.org">www.filcommsea.org</a>
ⓀHelping Link/Mot Dau Noi .....	206.568.5160, <a href="http://www.helpinglink.org">www.helpinglink.org</a>
ⓀHorn of Africa Services.....	206.760.0550 x 104, <a href="http://www.hoas.org">www.hoas.org</a>
ⓀJewish Family Service.....	206.461.3240, <a href="http://www.jfsseattle.org">www.jfsseattle.org</a>
ⓀUnited Indians of All Tribes.....	206.285.4425, <a href="http://www.unitedindians.org">www.unitedindians.org</a>
ⓀAsian Counseling Treatment Services.....	425.776.1290, <a href="http://www.actsrehab.org">www.actsrehab.org</a>
ⓀLa Esperanza.....	425.248.4534, <a href="http://www.laesperanzahcs.org">www.laesperanzahcs.org</a>
ⓀTherapeutic Health Services .....	206.322.7676, <a href="http://www.ths-wa.org">www.ths-wa.org</a>
ⓀTulalip Tribes .....	360.716.4000, <a href="http://www.tulaliptribes-nsn.gov">www.tulaliptribes-nsn.gov</a>
Ⓚ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, <a href="http://www.apichaya.org">www.apichaya.org</a>
ⓀDomestic Abuse Women's Network (DAWN) Advocacy & Crisis Hotline (24hrs) .....	425.656.7867, <a href="http://www.dawnrising.org">www.dawnrising.org</a> <i>Serves South King County</i>
ⓀLifewire (24hrs).....	425.746.1940, <a href="http://www.lifewire.org">www.lifewire.org</a> <i>Serves East King County</i>

- ☎☎☎ Love Is Respect ..... 1.866.331.9474, [www.loveisrespect.org](http://www.loveisrespect.org)  
*Teen dating violence hotline, Text 'loveis' at 22522*
- ☎☎☎ National Domestic Violence Hotline ..... 1.800.799.7233
- ☎ New Beginnings (24 hrs)..... 206.522.9472, [www.newbegin.org](http://www.newbegin.org)  
*Serves King County*
- ☎ Northwest Network of Bisexual, Trans, Lesbian & Gay Survivors  
 of Abuse ..... 206.568.7777, [www.nwnetwork.org](http://www.nwnetwork.org)
- ☎ StrongHearts Native Helpline ..... 1.844.7NATIVE (762.8483)
- ☎☎☎ Police Department Emergency Number ..... 9-1-1
- ☎ YWCA Children's Domestic Violence Program ..... 425.529.3785
- ☎ ..... 253.272.4181x254

## 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](http://www.emilyprogram.com)  
*Eating disorder treatment facility*
- ☎ Eating Disorders Anonymous ..... [www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org)
- ☎ Outpatient Services, Counseling, and Treatment National Eating  
 Disorders Association ..... 1.800.931.2237  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
- ☎ Education, Advocacy and Prevention Overeaters Anonymous .....  
 ..... 206.264.5045, [www.seattleoa.org](http://www.seattleoa.org)



- ☎ HopeSparks ..... 253.565.4484, [www.hopesparks.org](http://www.hopesparks.org)
- ☎☎☎ National Eating Disorders Association ..... 1.800.931.2237,  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)  
*Education, Advocacy and Prevention, Text 'NEDA' to 741741*
- ☎☎☎ Overeaters Anonymous ..... 206.264.5045, [www.seattleoa.org](http://www.seattleoa.org)
- ☎ The Center\* A Place of Hope .... 1.888.771.5166, [www.aplaceofhope.org](http://www.aplaceofhope.org)

## education

*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](http://www.goodwillwa.org/training/youth)
- ☎ Greater Seattle Bureau of Fearless Ideas ..... 206.725.2625,  
[www.fearlessideas.org](http://www.fearlessideas.org)
- ☎ iGrad ..... 253.373.4723, [www.kent.k12.wa.us/IG](http://www.kent.k12.wa.us/IG)
- ☎ Learning Disabilities Association of WA ..... 425.882.0820, [www.ldawa.org](http://www.ldawa.org)
- ☎ Refugee & Immigrant Services NW ..... 425.388.9307
- ☎ Seattle Education Access ..... 206.523.6200,  
[www.seattleeducationaccess.org](http://www.seattleeducationaccess.org)
- ☎ YMCA of Greater Seattle ..... 206.749.7550, [www.seattlemca.org](http://www.seattlemca.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](http://www.kcls.org)
- ☎ Seattle Public Library System ..... 206.386.4636, [www.spl.org](http://www.spl.org)
- ☎ Pierce County Library System ..... 253.548.3323,  
[www.piercecountylibrary.org](http://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

**KPS** AmeriCorps National Service ... 1.800.942.2677, [www.nationalservice.gov](http://www.nationalservice.gov)

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

**P** Boy Scouts of America Pacific Harbors Council ..... 253.502.4640,  
[www.pacificharbors.org](http://www.pacificharbors.org)

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

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

**K** Job Corps ..... 206.622.6593, [www.jobcorps.gov](http://www.jobcorps.gov)

**K** King County Career Launch Pad ... 206.263.8244, [reopp.org/career-launchpad](http://reopp.org/career-launchpad)  
*Youth Ages 16-24*

**K** Seattle Youth Employment Program ..... 206.386.1375

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

**K** Tilt Alliance Youth Garden Works ..... 206.633.0451 x 119,  
[www.seattletilt.org/sygw](http://www.seattletilt.org/sygw)

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

**K** WA State Dept. of Labor & Industries - Teen Workers Information .....  
[www.lni.wa.gov/workplacerrights/teenworkers](http://www.lni.wa.gov/workplacerrights/teenworkers)

**S** Worksource Youth Center ..... 425.374.8351

**KPS** Year Up ..... 206.441.4465, [www.yearup.org](http://www.yearup.org)  
*Youth Ages 18-24*

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

**K** YouthForce ..... 206.436.1843, [www.teenjobs.org](http://www.teenjobs.org)

## **grief & loss**

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](http://www.marybridge.org)
- Ⓚ Ⓟ Ⓢ Crisis Connections ..... [www.crisisconnections.org/cc-cares](http://www.crisisconnections.org/cc-cares)  
*Supports survivors of suicide loss*
- Ⓚ Ⓟ Ⓢ Eluna ..... 206.298.1217, [www.elunanetwork.org](http://www.elunanetwork.org)
- Ⓚ Evergreen Health ..... 425.899.1077, [www.evergreenhealth.com/grief](http://www.evergreenhealth.com/grief)
- Ⓚ Providence Grief Support Services ..... 206.749.7702,  
[washington.providence.org/locations-directory/g/providence-grief-support-services-of-king-county](http://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](http://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](http://washington.providence.org/services-directory/services/s/safe-crossings-childrens-grief-program)  
*Grief support program*
- Ⓚ The Healing Center ..... 206.523.1206, [www.healingcenterseattle.org](http://www.healingcenterseattle.org)
- Ⓚ Wild Grief ..... 360.358.3213, [wildgrief.org](http://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.

- Ⓚ 45<sup>th</sup> Street Clinic ..... 206.633.7650, [www.neighborcare.org](http://www.neighborcare.org)  
*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](http://cschc.org)
- Ⓚ Community Health Care ..... 253.471.4553, [www.commhealth.org](http://www.commhealth.org)
- Ⓚ Country Doctor Free Teen Clinic for Homeless Youth .... 206.299.1636, [www.uwyouthclinic.org](http://www.uwyouthclinic.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](http://www.chcsno.org)
- Ⓚ Key Free Clinic ..... 253.358.5436, [www.keyfreeclinic.org](http://www.keyfreeclinic.org)
- Ⓚ Neighborhood Clinic ... 253.627.6353, [www.neighborhoodclinetacoma.org](http://www.neighborhoodclinetacoma.org)
- Ⓚ Safe Harbor Free Clinic ..... 425.870.7384, [www.safeharborfreeclinic.org](http://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.*

# homelessness & runaways

*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.

<b>KPS</b> 2-1-1 .....	2-1-1
<i>Call for Assistance in Finding Shelter, Food, etc.</i>	
<b>K</b> King County 2-1-1 .....	2-1-1 or 1.800.621.4636
<b>S</b> North Sound 2-1-1 .....	2-1-1 or 1.800.223.8145
<b>P</b> South 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.

<b>S</b> CocoonHouse .....	425.259.5802, <a href="http://www.cocoonhouse.org">www.cocoonhouse.org</a>
<b>S</b> Compass Health.....	425.349.6800, <a href="http://www.compasshealth.org">www.compasshealth.org</a>
<b>P</b> Comprehensive Life Resources .....	253.396.5800, <a href="http://www.comprehensiveliferesources.org">www.comprehensiveliferesources.org</a>
<b>K</b> New Horizons Ministries .....	206.374.0866, <a href="http://www.nhmin.org">www.nhmin.org</a>
<b>P</b> Oasis Youth Center .....	253.671.2838, <a href="http://www.oasisyouthcenter.org">www.oasisyouthcenter.org</a>
<b>K</b> Peace for the Streets by Kids from the Streets (PSKS) .....	206.726.8500, <a href="http://www.psk.org">www.psk.org</a>
<b>K</b> Street Youth Ministries.....	206.524.7301 x 112, <a href="http://www.streetyouthministries.org">www.streetyouthministries.org</a> <i>Youth ages 13-16</i>
<b>K</b> University District Youth Center .....	206.526.2992, <a href="http://www.youthcare.org/homeless-youth-services">www.youthcare.org/homeless-youth-services</a>
<b>K</b> YMCA Young Adult Services .....	206.749.7550, <a href="http://www.ymcayas.org">www.ymcayas.org</a>

## 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.

- ☎ CocoonHouse ..... 425.259.5802, [www.cocoonhouse.org](http://www.cocoonhouse.org)
- ☎ Compass Health..... 425.349.6800, [www.compasshealth.org](http://www.compasshealth.org)
- ☎ Friends of Youth..... 425.298.4846, [www.friendsofyouth.org](http://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.psk.org](http://www.psk.org)
- ☎ ROOTS Young Adult Shelter.....206.632.1635, [www.rootsinfo.org](http://www.rootsinfo.org)  
Youth ages 18-25
- ☎ Youthcare - The Shelter..... 1.800.495.7802, [www.youthcare.org](http://www.youthcare.org)  
Youth ages 12-17
- ☎ YWCA Emergency Shelter..... 206.461.4882, [www.ywcaworks.org](http://www.ywcaworks.org)  
Women over 18

## TRANSITIONAL HOUSING

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

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

**KPS** National Runaway Safeline (24 hrs)..... 1.800.RUNAWAY  
*Anonymous, Confidential Support for Runaway Teens and Teens  
Considering Running Away*

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

**KPS** National Safe Place (24 hrs)..... [www.nationalsafeplace.org](http://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.*

**K** Team Child ..... 206.322.2444 press 0, [www.teamchild.org](http://www.teamchild.org)

**K** Teen Feed (7 nights/week)..... 206.229.0813, [www.teenfeed.org](http://www.teenfeed.org)

### North King County Meal Schedule:

*Su,M,F at University Lutheran Church: NE 50<sup>th</sup> & 16<sup>th</sup>, 7-8pm*

*Tu,W,Th at University Congregational Church: NE 45<sup>th</sup> & 16<sup>th</sup>, 7-8pm*

*Sa: at ROOTS Young Adult Shelter: Alleyway between 43<sup>rd</sup>/NE 42<sup>nd</sup>  
and 15<sup>th</sup> & 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

**KPS** Boys & Girls Clubs of WA State ..... [www.washingtonclubs.org](http://www.washingtonclubs.org)

**K** Camp Fire ..... 206.826.8934, [www.campfireseattle.org](http://www.campfireseattle.org)

**K** City of Mercer Island ..... 206.275.7755, [www.mercergov.org/voice](http://www.mercergov.org/voice)

**S** CORE(Creating Open Roads to Equity) ..... [getconnected.uwsc.org](http://getconnected.uwsc.org)

**K** Corporation For National & Community Service ..... 206.607.2603,  
[www.nationalservice.gov/programs](http://www.nationalservice.gov/programs)

- PFamilies Unlimited Network ..... 253.460.3134,  
[www.familiesunlimitednetwork.org/volunteer](http://www.familiesunlimitednetwork.org/volunteer)
- PHarbor WildWatch ..... 253.514.0187,  
[www.harborwildwatch.org/programs/youth-programs](http://www.harborwildwatch.org/programs/youth-programs)
- KSeattle Young People's Project .....[www.sypp.org](http://www.sypp.org)
- KTeen Link ..... 1.866.TEENLINK, [www.teenlink.org](http://www.teenlink.org)
- KThe Vera Project..... 206.956.8372, [www.theveraproject.org](http://www.theveraproject.org)
- KUnited Way Volunteer Center..... [www.uwkc.org/volunteer](http://www.uwkc.org/volunteer)  
P ..... 253.272.4263, [www.uwpc.org/volunteer-0](http://www.uwpc.org/volunteer-0)
- SVolunteers of America Western Washington ..... 425.259.3191
- KWilderness Inner-City Leadership Developments (WILD) ... 206.623.5132,  
[www.interimicda.org/whatwedo/wild](http://www.interimicda.org/whatwedo/wild)
- KYoung Women Empowered..... 206.519.2426,  
[www.youngwomenempowered.org](http://www.youngwomenempowered.org)
- KYMCA of Greater Seattle... 206.749.7550 / 7540, [www.seattlemca.org](http://www.seattlemca.org)
- KSYWCA - Girls First..... 206.899.6344, [www.ywcaworks.org](http://www.ywcaworks.org)
- KZooCorps..... 206.548.2699, [www.zoo.org/zoocorps](http://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.

- KPS2-1-1 ..... 2-1-1  
*Screens and Refers to a Range of Legal Service Providers*
- 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
- KPSCenter for Criminal Youth Justice..... 206.696.7503, [ccyj.org](http://ccyj.org)
- KEastside Legal Assistance Program .. 425.747.7274, [www.elap.org](http://www.elap.org)
- KKing County Bar Assn. Neighborhood Legal Clinics.. 206.267.7070  
[www.kcba.org](http://www.kcba.org)
- KKing County Superior Court - Juvenile Court ..... 206.205.9500  
[www.kingcounty.gov/courts/superior-court/juvenile](http://www.kingcounty.gov/courts/superior-court/juvenile)
- KPSNW Justice Project ..... 1.888.201.1014, [nwjustice.org](http://nwjustice.org)



- ⓀⓅⓈ Team Child.....206.322.2444 press 0, [www.teamchild.org](http://www.teamchild.org)
- Ⓚ Qlaw Legal Clinic ..... [www.q-law.org](http://www.q-law.org)  
*Focus on LGBTQIA+ Community*
- Ⓢ Snohomish County Legal Services... 888.201.1014, [www.snocolegal.org](http://www.snocolegal.org)
- Ⓟ Tacoma-Pierce County Bar Association ..... 253.383.3432
- ⓀⓈ Washington LawHelp .....[www.washingtonlawhelp.org](http://www.washingtonlawhelp.org)

## LGBTQIA+

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](http://cschc.org)
- Ⓚ Gay City Health Project.....206.323.LGBT, [www.gaycity.org](http://www.gaycity.org)  
*LGBTQIA+ Resources and Referral Help Line*
- Ⓚ Health Education Youth Outreach (HEYO)..... 206.957.1639,  
[www.lifelong.org/heyo](http://www.lifelong.org/heyo)  
*Community Building to Empower LGBTQIA+ Youth & Destigmatize HIV*
- Ⓚ Ingersoll Gender Center ..... [www.ingersollgendercenter.org](http://www.ingersollgendercenter.org)  
*Trans/Gender Variant Support*
- Ⓚ Lambert House..... 206.322.2515, [www.lamberthouse.org](http://www.lamberthouse.org)
- Ⓚ Northwest Network of Bisexual, Trans, Lesbian & Gay Survivors of Abuse .....206.568.7777, [www.nwnetwork.org](http://www.nwnetwork.org)
- Ⓚ Parents, Families & Friends of Lesbians & Gays (PFLAG).. 206.325.7724,  
[www.pflagseattle.org](http://www.pflagseattle.org)
- Ⓚ Queer Trans Youth Music Project (QTYMP) ... [seattleqtymp@gmail.com](mailto:seattleqtymp@gmail.com)  
*LGBTQIA+ led music, empowerment, and social justice programs*
- Ⓚ Seattle Counseling Service (18+) 206.323.1768, [www.seattlecounseling.org](http://www.seattlecounseling.org)
- ⓀⓅⓈ Trans Lifeline..... 1.877.565.8860, [www.translifeline.org](http://www.translifeline.org)  
*Crisis Line for those who are Trans, Struggling with, or Questioning their Gender Identity*

- K
 Youth Eastside Services - B-Glad..... 425.747.4937,  
[www.youtheastideservices.org](http://www.youtheastideservices.org)  
*Support Group*
- S
 GLOBE.....425.242.6188, [www.globeyouth.com](http://www.globeyouth.com)
- S
 PFLAG-Snohomish County ..... [www.pflag.org/chapter/pflag-everett](http://www.pflag.org/chapter/pflag-everett)
- P
 Oasis Youth Center.....253.671.2838, [www.oasisyouthcenter.org](http://www.oasisyouthcenter.org)
- P
 Rainbow Center..... 253.383.2318, [www.rainbowcntr.org](http://www.rainbowcntr.org)

## people with disabilities

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

- K
 Alliance of People with disAbilities ..... [www.disabilitypride.org](http://www.disabilitypride.org)  
 Seattle ..... 206.545.7055  
 Redmond ..... 425.998.5839
- K P S
 Brain Injury Alliance of WA ..... 206.467.4800, [www.biawa.org](http://www.biawa.org)
- K
 Center for Children with Special Needs..... 206.987.3736, [www.cshcn.org](http://www.cshcn.org)
- S
 Center for Independence.....[www.centerforindependence.org](http://www.centerforindependence.org)
- S
 Children & Youth with Special Health Care Needs ... 425.339.8652  
[www.snohd.org/268/Children-With-Special-Needs](http://www.snohd.org/268/Children-With-Special-Needs)
- K P S
 Disability Rights WA ....800.562.2702, [www.disabilityrightswa.org](http://www.disabilityrightswa.org)
- K P S
 Hearing, Speech and Deaf Center...206.323.5770, [www.hsdc.org](http://www.hsdc.org)
- P
 Pierce County Coalition for Developmental Disabilities .....  
[www.pc2online.org](http://www.pc2online.org)
- K P S
 WA Elks Therapy Program for Children ..... [www.waelks.net](http://www.waelks.net)
- K P S
 WA State Dept. of Services for the Blind..... 1.800.552.7103,  
[dsb.wa.gov](http://dsb.wa.gov)
- K P S
 The Arc of WA ..... [www.arcwa.org/aboutus/local arc chapters](http://www.arcwa.org/aboutus/local_arc_chapters)
- P
 Vadis ..... [www.vadis.org](http://www.vadis.org)  
*Employment assistance for people with disabilities*
- K P S
 Wraparound/WISe.....[www.hca.wa.gov](http://www.hca.wa.gov)  
*Please see page 11 for program details.*

## rape & sexual harassment / 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, 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.*

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

- ⑤ Legacy of Healing – Advocacy Center & Safe House .....360.716.4100,  
[www.tulaliptribes-nsn.gov/Dept/LegacyOfHealing](http://www.tulaliptribes-nsn.gov/Dept/LegacyOfHealing)
- ⑤ MultiCare Tacoma General Hospital ..... 253.403.1000,  
[www.multicare.org/sexual-assault-services](http://www.multicare.org/sexual-assault-services)
- ⑤ Pierce County Sexual Assault Unit .....  
..... [www.piercecountywa.org/4109/Special-Assault-Unit](http://www.piercecountywa.org/4109/Special-Assault-Unit)
- Ⓚ Ⓟ Ⓢ Police Department Emergency Number ..... 9-1-1  
*Ask for the Victim Support Team*
- Ⓚ Ⓟ Ⓢ Rape, Abuse & Incest National Network (RAINN).... 1.800.656.HOPE,  
[www.rainn.org](http://www.rainn.org)  
*National 24-Hour Sexual Assault Hotline*
- ⑤ Sex Trafficking Response and Awareness Team (STRAPWA).....  
..... 253. 444.5351, [www.strapwa.org](http://www.strapwa.org)
- ⑤ Sexual Assault Center for Pierce County ..... 1.800.756.7273,  
[www.sexualassaultcenter.com](http://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](http://www.wcsap.org/help/csap-by-city)
- ⑤ YWCA Works ..... 206.461.4888,  
[www.ywcaworks.org/programs/sexual-violence-legal-services](http://www.ywcaworks.org/programs/sexual-violence-legal-services)

## 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](http://www.artscorps.org)
- ⑤ Art Spot ..... 425.640.6408, [artspotedmonds.com/youth-classes](http://artspotedmonds.com/youth-classes)
- Ⓚ Bikeworks.....206.695.2522, [www.bikeworks.org](http://www.bikeworks.org)
- Ⓚ Ⓟ Ⓢ Boys & Girls Clubs of WA State .....[www.washingtonclubs.org](http://www.washingtonclubs.org)
- Ⓚ Ⓟ Ⓢ Camp to Belong .....[www.campbelongwa.org](http://www.campbelongwa.org)
- ⑤ Camp Fire Orca..... 253.597.6234, [www.campfireorca.org](http://www.campfireorca.org)
- ⑤ Camp Fire Snohomish County.....[campfiresnoco.org/camp](http://campfiresnoco.org/camp)
- Ⓚ Coyote Central .....206.323.7276, [www.coyotecentral.org](http://www.coyotecentral.org)
- Ⓚ Garfield Teen Life Center ..... 206.684.4550

- ⓀⓅⓈ Girl Scouts of Western WA..... 1.800.541.9852, [www.girlscoutswa.org](http://www.girlscoutswa.org)
- Ⓟ Girls With Purpose – GWP ..... [thetacomaurbanleague.org/programs](http://thetacomaurbanleague.org/programs)
- Ⓚ Kent Youth & Family Services ..... 253.859.0300, [www.kyfs.org](http://www.kyfs.org)  
*Runs Multiple Youth Centers in the Kent Area*
- Ⓚ Kirkland Teen Union Building (KTUB).....425.822.308, [www.ymcaktub.org](http://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](http://www.powerfulvoices.org)
- ⓀⓅⓈ Reader Circles ..... [www.readerscircle.org](http://www.readerscircle.org)
- Ⓚ Sanctuary Art Center.....206.522.6256, [www.sanctuaryartcenter.org](http://www.sanctuaryartcenter.org)  
*Art Drop-in Center Focused on Street-Involved Youth, ages 13-25*
- Ⓚ Seattle Parks & Recreation ..... 206.684.4075, [www.seattle.gov/parks](http://www.seattle.gov/parks)
- Ⓟ Tacoma Youth Theatre .... 253.677.0531, [www.tacomayouththeatre.org](http://www.tacomayouththeatre.org)
- Ⓚ The Club Teen Center ..... 425.429.3203,  
[www.bgcbellevue.org/programs/teens](http://www.bgcbellevue.org/programs/teens)
- Ⓟ The First Tree of South Puget Sound ..... 253.267.0026,  
[www.thefirstteesouthpugetsound.org/locations](http://www.thefirstteesouthpugetsound.org/locations)
- ⓀⓅⓈ WA State Parks & Recreation ..... [parks.state.wa.us](http://parks.state.wa.us)
- Ⓚ YMCA of Greater Seattle.....206.749.7550, [www.seattleyymca.org](http://www.seattleyymca.org)
- Ⓟ YMCA of Pierce & Kitsap Counties.....253.841.9622, [www.ymcapkc.org](http://www.ymcapkc.org)
- Ⓢ YMCA of Snohomish County .... 425.337.0123, [www.ymca-snoco.org](http://www.ymca-snoco.org)
- Ⓢ Youth Council ..... [www.snohomishwa.gov/691/Youth-Council](http://www.snohomishwa.gov/691/Youth-Council)
- Ⓢ Youth Enrichment Services ..... [youthsnohomishcountywa.gov](http://youthsnohomishcountywa.gov)  
*Activities for court-involved*
- Ⓚ Youth in Focus .....206.723.1479, [www.youthinfoocus.org](http://www.youthinfoocus.org)  
*Serves those between the ages 13-19*
- Ⓚ Youth Program Directory..... [www.youthprogramdirectory.org](http://www.youthprogramdirectory.org)

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

## STIs (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 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

<b>KP</b>	Cedar River Clinics....	1.800.572.4223, <a href="http://www.cedarriverclinics.org">www.cedarriverclinics.org</a>
<b>K</b>	Center for Multicultural Health .....	206.461.6910, <a href="http://cschc.org">cschc.org</a>
<b>P</b>	Community Health Care.....	253.722.2161, <a href="http://www.commhealth.org">www.commhealth.org</a>
<b>S</b>	Community Health Center of Snohomish County....	<a href="http://www.chcsno.org">www.chcsno.org</a>
<b>K</b>	Entre Hermanos.....	206.322.7700, <a href="http://entrehermanos.org">entrehermanos.org</a>
<b>K</b>	Gay City .....	<a href="http://www.gaycity.org/wellness">www.gaycity.org/wellness</a>
<b>K</b>	Lifelong AIDS Alliance .....	206.957.1600, <a href="http://www.lifelong.org">www.lifelong.org</a>
<b>K</b>	Neighborcare Health .....	206.548.5710, <a href="http://neighborcare.org">neighborcare.org</a>
<b>P</b>	Pierce County Aids Foundation (PCAF) .....	253.597.4803, <a href="http://www.pcaf-wa.org">www.pcaf-wa.org</a>
<b>KPS</b>	Planned Parenthood.....	<a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a>
<b>K</b>	Public Health STD Clinic at Harborview.....	206.744.3590
<b>S</b>	Safer STD Testing .....	<a href="http://www.saferstdtesting.com/free-std-testing/everett-wa">www.saferstdtesting.com/free-std-testing/everett-wa</a>
<b>KS</b>	SeaMar Community Health Centers..	253.593.2144, <a href="http://www.seamar.org">www.seamar.org</a>
<b>S</b>	Snohomish Health District.....	425.339.5200, <a href="http://www.snohd.org">www.snohd.org</a>
<b>P</b>	Tacoma-Pierce County Health Department.....	<a href="http://www.tpchd.org">www.tpchd.org</a>
<b>K</b>	Teen Clinics at Public Health-Seattle & King County ..	<a href="http://www.teenclinic.com">www.teenclinic.com</a>
<b>K</b>	"Who Does What" for STD/HIV.....	<a href="http://www.kingcounty.gov/hiv/who">www.kingcounty.gov/hiv/who</a>

➔ See birth control/pregnancy on page 6 and health concerns on page 17.

# 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 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:

- K** 24-Hour Crisis Line..... 1.866.4CRISIS, [www.crisisconnections.org](http://www.crisisconnections.org)
- K P S** Boys Town National Hotline.... 800.448.3000, [www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)
- K** Children's Crisis Response Outreach Service (CCORS) ..... 206.461.3222, [www.kingcounty.gov](http://www.kingcounty.gov)
- S** Crisis Prevention & Intervention Team – Compass Health.....  
..... 1.800.584.3578, [www.compasshealth.org](http://www.compasshealth.org)
- K P S** Crisis Text Line ..... 741741  
*Text-based support. Text "hello" to 741741*
- K** Forefront Suicide Prevention ..... 206.543.1016, [www.intheforefront.org](http://www.intheforefront.org)
- K P S** National Suicide Prevention Lifeline ..... 1.800.273.TALK
- P** Pierce County Crisis Line..... 1.800.576.7764
- K P S** Society for the Prevention of Teen Suicide... [www.sptsusa.org](http://www.sptsusa.org)
- K P S** Teen Link..... 1.866.TEENLINK, [www.teenlink.org](http://www.teenlink.org)
- K P S** The Trevor Project ..... 1.866.488.7386, [www.thetrevorproject.org](http://www.thetrevorproject.org)  
*24-Hour help line with a focus on LGBTQIA+ youth*
- K P S** Trans Lifeline ..... 1.877.565.8860, [www.translifeline.org](http://www.translifeline.org)
- S** Volunteers of America Western WA..... 1.800.584.3578, [imhurting.org](http://imhurting.org)  
*24/7 Crisis Phone Line & Chat*









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## **Crisis Connections Contact Info:**

### **24-Hour Crisis Line**

1.866.4CRISIS (427.4747)  
206.461.3222

### **King County 2-1-1**

2-1-1, 1.800.621.4636  
206.461.3200  
206.461.3610 TTY

### **WA Recovery Help Line**

1.866.789.1511  
[www.warecoveryhelpline.org](http://www.warecoveryhelpline.org)

### **WA Warm Line**

1.877.500.WARM (9276)  
206.933.7001

### **Community Resources Online**

[www.211kingcounty.org](http://www.211kingcounty.org)

### **Youth Program Directory**

[www.youthprogramdirectory.org](http://www.youthprogramdirectory.org)



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