



washington
teen link



where to turn for teens

2024-2025

TEEN LINK HELP LINE
866-833-6546

→ call and text

ENGLISH
& SPANISH

SLAY



LIKE



hi!



GOOD
VIBES



What is Teen Link?

Teen Link is a safe place for teens to connect with their peers for emotional support and resources. Peer volunteers answer calls, texts, and chats from teens in Washington State, 7 days a week. Community and connection are the heart of Teen Link—staff and volunteers can be found at local events and schools presenting info on youth suicide prevention.

Honoring Our History

Audra Letnes, age 16, died in 1993 at the hands of a boyfriend who physically and sexually abused her for over a year. Sadly, like many teens, she didn't have anyone she could talk to about her abuse before that tragic moment.

Audra's mom tried to find help. She found adult domestic violence programs but nothing for teens. Audra struggled with opening up to adults in support programs. As a result, she became withdrawn and isolated—leaving her vulnerable to the abuse.

As a crisis line worker, Audra's mom knew the power that even one meaningful connection can have for a person in crisis. She wanted to create a program to support youth in crisis and prevent similar tragedies from happening. In 1996, she worked with Crisis Connections to develop the Teen Link help line—a line for teens by teens.

Talk it out! Call or text: 866-833-6546

Get more info or get involved: teenlink.org

Crisis Connections Programs



Where to Turn for Teens is made possible by the generosity of our donors along with the help of public funding. Donations and grants ensure teens have somewhere to turn during a crisis.



Donate Today!

crisisconnections.org/donate



Search community resources online

search.teenlink.org



Where to Turn for Teens (WTTFT) is a resource guide published each fall. It was created specifically for youth searching for self-empowerment with the support of others. The agencies listed provide a wide variety of services. WTTFT aims to ensure teens are aware of the many youth-friendly resources to serve their unique needs.

USING YOUR WTTFT GUIDE

There are two ways to look up information in WTTFT: the **Table of Contents** and the **Index**. The Table of Contents is helpful if you know the type of services you are seeking. If you already know the agency name, the alphabetized Index can be quicker.

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

K King County

S Snohomish County

P Pierce County

W All of Washington State

AGENCY AVAILABILITY & CHANGES

All resources were up to date as of June 2024. It is best to call each resource to clarify which services are currently available.

TIPS FOR DEALING WITH AGENCIES/ORGANIZATIONS

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

- What area do you serve?
- When are you open?
- Where are you located?
- Do I need parental consent?
- Is there a cost for your services?
- What is the availability and accessibility of resources?

TRANSPORTATION

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



<https://bit.ly/46s4R3W>

TRANSLATION SERVICES

For services in a language other than English, look for the ♥ symbol, which indicates the agency provides translation. If you are enrolled in Apple Health, visit the Washington State Health Care Authority website to arrange services for medical appointments:

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

ADDITIONAL TIPS

Use the Notes section at the back of this book to write the name of the person you spoke with and any information you receive.

If this feels overwhelming and you're not sure where to start, call us at **866-833-6546** and we can help you navigate the process. You don't have to do it alone!

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



**Dale la vuelta a este libro para
ver la versión en español**

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Teen Link Help Line **866-833-6546**

TEEN LINK IS RUN BY TEENS FOR TEENS

Teen Link is totally confidential. You can call, text, or chat to talk with other teens about whatever is on your mind. Volunteers at Teen Link are amazing listeners who have extensive training to help you—no issue is too big or too small. 7 Days a Week 6-10pm.

Call or text: **866-833-6546**

Chat: teenlink.org/chat

Search resources for teens: search.teenlink.org

988—24/7 MENTAL HEALTH SUPPORT FOR YOURSELF AND OTHERS

Call or text 988 for help with anything you might be experiencing, including thoughts of suicide, mental health crisis, depression, or anxiety—there's no wrong reason to reach out for yourself or someone you care about any time—day or night.

Call or text: **988**

Chat: 988lifeline.org/chat

WASHINGTON RECOVERY HELP LINE PROVIDES SAFE, CONFIDENTIAL AND COMPASSIONATE SUBSTANCE USE SUPPORT

If you're worried about anything from alcohol use to drugs or problem gambling, the folks at Recovery Help Line will help you get connected to the right resources. Reach out for nonjudgmental support 24/7/365.

Call or text: **866-789-1511**

Search the MOUD Locator: search.warecoveryhelpline.org

KING COUNTY 211

Need help with essential needs resources like food, shelter or medical care? 211 can help connect you with health and human services throughout Washington State.

Dial **211** Monday – Friday 9am-5pm

Text your zip code to **898211**

Search resources anytime: search.wa211.org

If you are experiencing an emergency, call 911

AFTER HOURS CALLS

After hours, callers have the option of calling 988, the WA Recovery Help Line, King County Crisis Line, or leaving a message on the Teen Link voicemail.

SUICIDE PREVENTION TRAINING FOR STUDENTS

Crisis Connections offers Suicide Prevention for Students Training in King County and surrounding areas by qualified trainers. It includes information on youth suicide and an overview of local resources. These trainings help teens identify warning signs, talk directly about suicide, and support themselves and others who may be dealing with a mental health challenge. Students are encouraged to talk openly about stress, coping, depression, and suicidal behavior.

To schedule a training (online or in-person), get info, or update your agency details, contact us at info@crisisconnections.org or **206-461-3210**.

ORDER WTTFT

<https://bit.ly/3A4oQJQ>

TEEN LINK VOLUNTEER OPPORTUNITIES

Volunteering is a great way to develop leadership skills, learn about community resources, and connect with other youth. For more information about volunteering, call **866-833-6546** between 6 -10pm or visit **teenlink.org**.

Volunteer Positions

YOUTH OUTREACH WORKERS (AGES 13-20)

Youth Outreach Specialists engage the community by building connections with schools, other organizations, and spreading awareness of Teen Link — as well as the importance of youth mental health.

YOUTH CRISIS SPECIALIST (AGES 15-20)

Provide emotional support and referrals to teens who call the help line or use Teen Link chat or text.

PEER ADVISORY COMMITTEE (AGES 15-20)

Be part of protecting Teen Link's future! Keep youth experiences at the forefront and help amplify the youth voice as an advisory committee member.

YOUTH CRISIS MENTOR (AGE 21+)

Coach teen volunteers during calls, chats, and text. Offer guidance to volunteers on engaging callers, debrief after calls have ended, and ensure appropriate protocols are followed.

INTERNSHIP/EXTERNSHIP ADULTS (18+)

Adults can gain practical experience working in an agency environment as either a phone worker or mentor. This experience counts toward clinical, or service hours needed to obtain an undergraduate or graduate-level degree in programs related to psychology, mental health, and social work. Email teenlink@crisisconnections.org for details.

Alcohol, Drugs and Substance Use



For more information on drugs and alcohol and how they affect your brain and body, check out the National Institute on Drug Abuse for Teens at teens.drugabuse.gov. For information related to marijuana use and prevention, visit youcanwa.org.

Signs that someone's substance use may be a problem:

- Using more than planned
- Spending more time drinking or using
- Blacking out or having trouble remembering things

Washington Recovery Help Line offers 24/7 support for teens facing substance use or problem gambling. Call or text **866-789-1511** for confidential, compassionate support anytime.

COUNSELING/TREATMENT

K P S W Center for Human Services	206.362.7282
chs-nw.org	
K Center for Multicultural Health	206.461.6910
centerformulticulturalhealth.org	
S Compass Health	844.822.7609
compasshealth.org	
K P S W Evergreen Council of Problem Gambling ...	800.547.6133
evergreencpg.org	
K King County Needle Exchange	206.263.2000, opt. 2
kingcounty.gov/needle	

K P W North America Syringe Exchange Network....	253.272.4857
nasen.org	
K S Ryther	206.525.5050
http://ryther.org	
K Sound	206.302.2300
sound.health	
K Therapeutic Health Services	206.322.7676
ths-wa.org	425.263.3006
K P S W Wraparound (WISe)	
hca.wa.gov Please see page 14 for program details	

SUPPORT GROUPS

K Alateen & Alanon	206.625.0000
seattle-al-anon.org	
P Alateen & Alanon	1.800.726.8094
al-anon-pierce-wa.org	
K P S Alateen & Alanon	425.348.7828
dist23.org	
K Alcoholics Anonymous	206.587.2838
seattleaa.org	S snocooa.org 425.252.2525
P Puget Sound Alcoholics Anonymous	253.474.8897
pugetsoundaa.org	
K P S W Evergreen Council on Problem Gambling ..	1.800.547.6133
evergreencpg.org	
W Gamblers Anonymous	1.855.222.5542
gamblersanonymous.org	
K P S W Marijuana Anonymous	206.414.9270
madistrict4.org	
K P S W Narcotics Anonymous.....	206.790.8888
wnirna.org/meetings	
K P S W Wraparound (WISe)	
hca.wa.gov Please see page 14 for program details	

Counseling and Mental Health



Did you know that in Washington State, youth may access confidential counseling at age 13 without parent/guardian consent?

The following agencies provide mental and behavioral health services for youth.

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

YOUTH AND FAMILY COUNSELING SERVICES

- K** Kent Youth and Family Services 253.859.0300
kyfs.org/counseling/mental-health/
- K** Mercer Island Youth & Family Services 206.275.7611
miyfs.org
- P** MultiCare Behavioral Health 253.445.8120
multicare.org/behavioral-health
- K** Navos/Ruth Dykeman Youth & Family Services 206.248.8226
navos.org/get-help/children-youth-families
- K** Northshore Youth & Family Services 425.485.6541
northshoreyouthandfamilyservices.org
- P** Pearl Counseling Associates 253.752.1860
pearlcounseling.com
- K P** Pioneer Counseling 206.768.1990
pioneerhumanservices.org/youth-programs

K Childhaven	425.271.5600
rays.org	
K S Ryther ♥	206.525.5050
ryther.org	
K YMCA Social Impact Center.....	206.382.5340
seattleyymca.org/social-impact-center	
K P S W Sea Mar Community Health Center ♥ seamar.org	
Seattle.....	206.658.2175
Tacoma.....	253.396.1634
Everett	425.312.0277
<i>Multiple locations—see website for more</i>	
K Sound	206.302.2300
sound.health	
K Southeast Youth & Family Services.....	206.721.5542
seyfs.org	
K Southwest Youth & Family Services.....	206.937.7680
swyfs.org	
K S Therapeutic Health Services	206.322.7676
ths-wa.org	
K Valley Cities Behavioral Health Care.....	253.833.7444
valleycities.org	
K Vashon Youth & Family Services	206.463.5511
vyfs.org	
K You Grow Girl	206.417.9904
yougrowgirl.org	
K Youth Eastside Services.....	425.747.4937
youtheastideservices.org	
K Bellevue Parent/Teen Mediation Program	425.452.4091
bellevuewa.gov/city-government/departments/community-development/conflict-resolution-center	

The following directories can be used to search for a licensed counselor anywhere in Washington State. You can filter your search by zip code, insurance, primary concerns, gender, ethnicity, and more:

- W** Counseling Washington counselingwashington.com
- W** Psychology Today psychologytoday.com

K P S W Wraparound with Intensive Services (WISe)

Wraparound is a team planning process for youth with complex needs and their families. It is designed to help youth stay in their homes and communities. In receiving this extra support, many can successfully manage complex situations. A team of relevant individuals (family, service providers, school staff, community members, and natural supports) is created to support the youth from all sides. You may be a good fit if you are under 21 years old and are enrolled in two or more of the following services: mental health, substance use, special education, Children's Administration, Juvenile Justice, or Developmental Disabilities Administration. Visit <http://kingcounty.gov/wraparoundwise> to learn more about program eligibility. To request a referral, you can call the King County Behavioral Health and Recovery Division at **206.263.9000** or the agency serving your school district:

LAKE WASHINGTON, NORTHSORE, AND SHORELINE

K S Center for Human Services 206.362.7282

SEATTLE, BELLEVUE, REDMOND, MERCER ISLAND, HIGHLINE, RENTON, TUKWILA, VASHON

K Sound 206.451.9544

KENT, ENUMCLAW, FEDERAL WAY, AND AUBURN

K Valley Cites Behavioral Health 206.408.5246

OTHER KING COUNTY

K Childhaven  (for youth under 6) 206.957.4841

K Ryther  206.517.0234

K Seneca  (for youth under 6) 206.490.0985

K Therapeutic Health Services 425.322.7676

K YMCA  206.327.1271

K You Grow Girl! 206.643.9622

P Pierce County Wraparound/WISe 253.759.9544

S Snohomish County Wraparound/WISe 425.349.8337

- K** 24-Hour Crisis Line..... 1.866.427.Crisis (4747)
crisisconnections.org/24-hour-crisis-line/
- K P S W** National Suicide Prevention Lifeline
988lifeline.org..... 988
- K P S W** Teen Link 866-833-6546
teenlink.org
- K P S W** WA Warm Line 800-500-9276
crisisconnections.org *Peer-to-peer support for people living with emotional and mental health challenges*

Teen Link, the 24-Hour Crisis Line, and the WA Warm Line do not provide ongoing counseling. However, callers can use these lines for additional support between counseling appointments.



“Teen Link is a resource we recommend almost every day. It empowers teens to take the first step toward help.”

—SCHOOL RESOURCE COUNSELOR

Eating Disorders



“Feelings are like waves, we can’t stop them from coming but we can choose which one to surf.”

—JONATAN MARTENSSON

Eating disorders are serious but treatable conditions that involve extreme emotions and behaviors surrounding food and weight or shape. They can arise from psychological, emotional, social, and familial situations, but they have no single reason or cause. Eating disorders can become life threatening, so getting professional help is important. The following agencies provide support for people who are dealing with an eating disorder.

K P S Center for Discovery 877.554.0563
centerfordiscovery.com

Support groups for teens and family/friends

K The Emily Program 1.888.364.5977
emilyprogram.com

Inpatient and outpatient eating disorder treatment facility

K P S W Eating Disorders Anonymous
eatingdisordersanonymous.org

K P S W National Eating Disorders Association ♥ .. 1.800.931.2237
nationaleatingdisorders.org

Education, advocacy, treatment, and prevention, text “NEDA” to 741741

K Opal Food & Body Wisdom 206.926.9087
opalfoodandbody.com

Inpatient treatment for 18+

K P S W Overeaters Anonymous 206.264.5045
seattleoa.org

S The Center - A Place of Hope 1.888.771.5166
aplaceofhope.com

Inpatient eating disorder treatment facility

Grief and Loss



“Bereavement is a universal and integral part of our experience of love.”

—C. S. LEWIS

Dealing with the loss of a loved one is a challenging process. Often the loss can feel overwhelming and seem too much to bear. It may result in emotions such as sadness, shock, or anger, and in physical sensations such as breathlessness and lack of energy. While these are all common reactions to grief and loss, seeking additional support and resources can help you manage some of the feelings that you are dealing with. These agencies and programs have been developed for individuals that are dealing with a loss:

- P** Bridges Center for Grieving Children 253.403.1966
marybridge.org/services/bridges-center-for-grieving-children/
- K P S W** Support After Suicide crisisconnections.org
Support for survivors of suicide loss
- K P S** Eluna 267.687.7724
elunanetwork.org
Grief camps and programs
- K** Providence Grief Support Services 206.749.7702
washington.providence.org/locationsdirectory/g/providence-grief-support-services-of-king-county
- S** Providence Grief Support Services 425.261.4807
washington.providence.org/locations-directory/g/providence-grief-support-services-of-snohomish-county
- K S** Safe Crossings 206.749.7723
washington.providence.org/services-directory/services/s/safe-crossings-childrens-grief-program
Grief support program
- K P S W** The Healing Center 206.523.1206
healingcenterseattle.org
- K** Wild Grief 360.358.3213
wildgrief.org *Hiking groups for people to process their grief*

Physical Health Concerns

Affordable health care options are available to youth. If you are 14 years-old or older and do not want a parent or guardian to know you are seeking services, make sure to ask the agency about their policies regarding confidentiality.

- K** 45th Street Clinic 206.633.7650
neighborcare.org
Homeless youth clinic. Call or visit to make an appointment
- K** Center for Multicultural Health 206.461.6910
centerformulticulturalhealth.org
- P** Community Health Care..... 253.722.2161
commhealth.org
- S** Community Health Center of Snohomish County ... 425.789.3789
chcsno.org
- P** Neighborhood Clinic..... 253.627.6353
neighborhoodclinetacoma.org
- S** Safe Harbor Free Clinic..... 425.870.7384
safeharborfreeclinic.org
- P** Key Free Clinic 253.313.5539
keyfreeclinic.org
- K P S** SeaMar Community Health Centers 855.289.4503
seamar.org

CONSULTING NURSE LINE

- K** Evergreen Health 425.899.3000 Opt. 2

DOCTOR APPOINTMENTS AT PUBLIC HEALTH - SEATTLE AND KING COUNTY

- K** Columbia Public Health 206.296.4650
- K** Downtown Public Health 206.477.8300
- K** Eastgate Public Health..... 206.477.8000

School-based health centers are an additional option for students. Visit your school's health center or talk with your school nurse for more information.

Sexual Health



Did you know that over 20% of teens experience an unplanned pregnancy by age 20? Explore the resources below for support with birth control, medical care, and more. Taking control of your health and future is empowering!

BIRTH CONTROL AND PREGNANCY

You are the only person who gets to decide when you are ready to become sexually active. Being proactive with your partner in discussing birth control and sexual health is an important part of a safe and healthy relationship. If you think you may be pregnant, it's important to make an appointment to get tested by a health care professional as home pregnancy kits are not always accurate. In Washington State, minors of any age do not need a parent or legal guardian's permission to access birth control or pregnancy or abortion-related services. If you are pregnant, seek emotional support from someone you trust, and talk with a medical professional about your options.

- K P S W All-Options..... 1.888.493.0092
all-options.org
Pregnancy counseling talk-line
- K P Cedar River Clinic 1.800.572.4223
cedarriverclinics.org
Clinic offering reproductive healthcare, abortions, and birth control
- K Center for Multicultural Health 206.461.6910
centerformulticulturalhealth.org
- P Maternal Child Outreach Team (MCOT)..... 253.649.1629
tpchd.org/healthy-people/family-health
- K P S W Open Adoption & Family Services..... 1.800.772.1115
Text "open" to 971.266.0924 for text support, chat support available at openadopt.org
- K P S W Planned Parenthood..... 1.800.769.0045
plannedparenthood.org

- K P S W** Help Me Grow 1.800.322.2588
parenthelp123.org
- K** Teen Pregnancy & Parenting Clinic 206.326.2656
(up to age 21)
- P** Step by Step Family Support Center 253.896.0903
stepbystepfamily.org
Teen clinics at public health
- K** Seattle-King County Teen Clinics
teenclinic.com
Free and confidential birth control methods, pregnancy testing, STI testing and treatment, and free condoms for youth
 To schedule an appointment or ask for walk-in hours, call:
- K** Auburn Public Health 206.477.0600
- K** Eastgate Public Health 206.477.8000
- K** Federal Way Public Health 206.477.6800
- K** Kent Public Health 206.477.6950

STI (SEXUALLY TRANSMITTED INFECTION) TESTING, TREATMENT, AND INFORMATION

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

In Washington State, teens 14 years and older do not need a parent or legal guardian's permission to receive STI testing or treatment.

- K P** Cedar River Clinics 1.800.572.4223
cedarriverclinics.org
- K** Center for Multicultural Health 206.461.6910
centerformulticulturalhealth.org
- P** Community Health Care 253.722.2161
commhealth.org

S Community Health Center of Snohomish County ...	425.789.3789
chcsno.org	
K Entre Hermanos.....	206.322.7700
entrehermanos.org	
K Gay City	206.860.6969
gaycity.org/wellness	
K Lifelong AIDS Alliance	206.957.1600
lifelong.org	
K Neighborcare Health	206.548.5710
neighborcare.org	
K P S Planned Parenthood.....	1.800.769.0045
plannedparenthood.org	
K Sexual Health Clinic at Harborview.....	206.744.3590
uwmedicine.org/locations/sexual-health-clinic-harborview	
K P S W Safer STD Testing	800.666.1250
saferstdtesting.com	
K P S W SeaMar Community Health Centers ♡	
seamar.org	
K P S W Snohomish Health District STD/HIV Program..	425.339.5261
snohd.org/185/Sexually-Trasmitted-Diseases	
P Tacoma-Pierce County Health Department ♡.....	253.798.3805
tpchd.org/healthy-people/sexually-transmitted-diseases	
K Teen Clinics at Public Health-Seattle & King County ♡.....	
teenclinic.com	
K "Who Does What" for STD/HIV ♡.....	206.263.2000
kingcounty.gov/hiv/who	

See page 18 for additional Physical Health Concerns resources

Suicide and Self-Harm (Non-Suicidal Injury)



WARNING SIGNS FOR SUICIDE INCLUDE

- Changes in eating and sleeping patterns
- Dropping hints, talking about suicide, or making a plan
- Talking about feeling hopeless, trapped, or like a burden
- Withdrawing or isolating from close friends and family
- Giving away prized possessions
- Being very obsessive and perfectionistic
- Acting anxious or agitated
- Engaging in risky behaviors (driving recklessly, increased substance use, etc.)

CONSIDER THE FOLLOWING QUESTIONS TO HELP YOU DETERMINE URGENCY

1. How many warning signs are present?
2. How long have the warning signs been present?
3. How extreme or severe are the warning signs?

If you are concerned that you or someone you know may be suicidal, it is important to address the situation immediately. Mentioning suicide will not give the person the idea or push them over the edge. They may feel relieved that someone is willing to talk about what they're thinking and feeling. Sharing your concerns can prevent a suicide attempt from occurring and can save a life.

HOW TO HELP

 *Step One is a great way to ask about any issue*

STEP ONE: SHOW YOU CARE

- Talk to the person you are concerned about in a caring manner
- Be specific about the warning signs you have noticed
- Listen without judgement

STEP TWO: ASK THE QUESTION DIRECTLY


- Are you thinking about suicide/killing yourself?


STEP THREE: TALK TO AN ADULT YOU TRUST

- It is important that you do not keep this secret for someone
- If someone is talking about being suicidal, they are asking for help


These steps can help you on your way to ongoing mental health care. Experiencing suicidal thoughts is different for everyone. Call or text Teen Link at 866-833-6546 for support from trained youth volunteers, every day from 6-10pm. Call or text 988 any time, day or night.

Check out these resources if you need more support:

K 24-Hour Crisis Line  866.427.4747
<http://crisisconnections.org/24-hour-crisis-line/>

K P S W Boys Town National Hotline  1.800.448.3000
yourlifeyourvoice.org




K Children's Crisis Response Outreach Service (CCORS)  .. 206.461.3222
seattlemca.org/social-impact-center/youth-young-adults/crisis-support

S Crisis Outreach Team (MCOT) - Compass Health  .. 1.800.584.3578
compasshealth.org/services/mcot

K P S W Crisis Text Line 741741
Text-based support. Text "hello"

K P S W Forefront Suicide Prevention 206.543.1016
intheforefront.org

K P S W National Suicide Prevention Lifeline  988

- K P S W** National Suicide Prevention Lifeline Español  .. 1.800.628.9454
- P** Pierce County Crisis Line  1.800.576.7764
- K P S W** Society for the Prevention of Teen Suicide
sptsusa.org
- K P S W** The Trevor Project 1.866.488.7386
thetrevorproject.org
24-Hour help line with a focus on LGBTQIA+ youth
- K P S W** Trans Lifeline 1.877.565.8860
translifeline.org
- S** Volunteers of America Western WA  1.800.584.3578
imhurting.org
24/7 Crisis phone line and chat

SELF-HARM (NON-SUICIDAL SELF-INJURY)

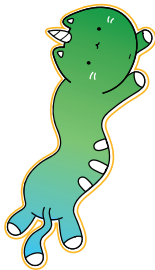
Some people experiencing mental challenges such as depression or anxiety turn to self-harm as a way of releasing and managing emotions. In most cases, these actions are not done as suicide attempts but as coping methods for people to help manage the mental pain they are feeling. Some people self-harm to numb their feelings while others may harm themselves to feel something. Cutting, scratching, and burning are common ways people harm themselves, but self-harm includes any intentional act that a person does to hurt their body.

Finding alternatives to self-harm can be challenging, but journaling about the emotions and events that lead to the behaviors can help a person understand why they do it, what other activities could help satisfy those emotional needs, and how to talk to someone about getting support. Creative outlets like drawing and painting can also be helpful ways of expressing and describing feelings.

When talking to someone about self-harm, it is important to stay focused on the harmful behavior itself and not jump to conclusions about suicide. For example, it is more beneficial to ask about what specific actions and events trigger their urges to self-harm rather than ask if they harm themselves because they are suicidal. If you have any questions or concerns about self-harm, give us a call or text at **866.833.6546**.

In addition to the helplines listed before, the following resources can help provide support and referrals:

- W Adolescent Self Injury Foundation
adolescentselfinjuryfoundation.com
- W National Eating Disorders Association Helpline ♥.. 1.800.931.2237
- W Self-Injury Outreach & Support
sioutreach.org
- K P S W To Write Love on Her Arms
twloha.com
Online resource and support page



“Embrace and love all of yourself—past, present, and future. Forgive yourself quickly and as often as necessary. Encourage yourself. Tell yourself good things about yourself.”

—MELODY BEATTIE



teenlink.org/support

Abuse and Mistreatment of Minors



“You can recognize survivors of abuse by their courage.”

—JEANNE MCELVANEY

Individuals under 18 are at an increased risk of experiencing abuse and mistreatment when parental/guardian relationships are unhealthy as well as when people with substance use and/ or psychological disorders are a part of home life. Abuse, mistreatment of a minor, and neglect pose a substantial risk of harm to a child and their safety.

There are four primary types of child abuse:

- Physical abuse
- Emotional/Psychological abuse
- Sexual abuse
- Neglect

Neglect is the most common form of child abuse, accounting for more than 75% of all cases of child mistreatment. It may be especially difficult to obtain evidence for neglect and to address it. No minor deserves to experience abuse or mistreatment.

K P S W Childhelp USA 1.800.422.4453
childhelp.org

K P S W Dawson Place Child Advocacy Center 425.789.3000
dawsonplace.org

P Mary Bridge's Child Abuse Intervention Department... 253.403.1478
marybridge.org/services/child-abuse-intervention-department-caid/

W Police Department Emergency Number 911

K P S W Washington State DSHS - End Harm
 Child Protective Services..... 1.866.363.4276
dshs.wa.gov/report-abuse-and-neglect

Bullying and Cyberbullying



When bystanders intervene on behalf of someone being bullied at school, the bullying stops over 50% of the time.

STOPBULLYING.GOV

Bullying is harmful behavior that not only hurts people in the present but can also have long-lasting, negative effects on everyone involved. About 20% of students report experiencing bullying or feeling unsafe at schools in Washington State. Cyberbullying can worsen these problems as bullies can antagonize their victims outside of school and anonymously. As of January 2020, Washington State law prohibits electronic, written, verbal, or physical acts of harassment, intimidation, and bullying (HIB) in schools that do one or more of the following:

- Physically harm a student or damage the student's property
- Have the effect of substantially interfering with a student's education
- Are so severe, persistent, or pervasive that they create an intimidating or threatening educational environment
- Have the effect of substantially disrupting the orderly operation of the school

Schools in Washington State are required to create and follow procedures that require intervention on behalf of students who are experiencing bullying, so you can always start by speaking with a teacher, counselor, or administrator at your school. If you don't feel comfortable talking about it at school, give us a call at **1.866.833.6546** to connect with another teen or check out the resources below.

W Crisis Text Line, text "HELLO" to 741741 [crisistextline.org](https://www.crisistextline.org)

W PFLAG WA State Council [pflagwsc.org](https://www.pflagwsc.org)
Youth/ anti-bullying resources for LGBTQ youth

W STOMP Out Bullying [stompoutbullying.org](https://www.stompoutbullying.org)
Online resource center and chat help line

W Washington State ACLU [aclu-wa.org/pages/harassment-and-bullying](https://www.aclu-wa.org/pages/harassment-and-bullying)
Information about bullying and reporting in Washington State

Dating and Domestic Violence



"I can be changed by what happens to me, but I refuse to be reduced by it."

—MAYA ANGELOU

Dating violence is a pattern of abusive behaviors such as emotional, verbal, psychological, physical, or sexual abuse by a romantic partner that is used to exert power and control. Dating violence tends to become more severe with time as the abuser tries to increase their power and control. There are many forms of dating abuse and unhealthy behaviors.

SIX COMMON TYPES INCLUDE

- Physical abuse
- Emotional/Verbal abuse
- Sexual abuse
- Stalking
- Digital abuse/cyberbullying
- Financial abuse

CHARACTERISTICS OF AN ABUSER CAN INCLUDE

- Blaming you for their own abusive behavior
- Seeing you as property or a sex object, rather than as a person
- Threatening to commit suicide or self-harm if you leave
- Having a bad and unpredictable temper
- Physical threats and actions that hurt you
- Threatening to harm or take away your children
- Constantly checking on you or monitoring you
- Controlling what you do, who you see, where you go, or what you wear
- Belittling comments

CHARACTERISTICS OF INDIVIDUALS BEING ABUSED CAN INCLUDE

- Seeming afraid of or anxious to please their partner
- Self-isolation or avoidance of gatherings
- Low self-esteem

Fear, threats, shame, and the belief that an abuser's behavior will change often contribute to the victim feeling unsure about talking to someone about their situation. It is important to remember that there is support available. No one deserves to feel unsafe in a romantic relationship.

K P S Abused Deaf Women's Advocacy Services (ADWAS) . 206.812.1001
adwas.org

K Asian/Pacific Islander Chaya ♡ 877.922.4292
apichaya.org

K DAWN-Domestic Abuse Women's Network..... 425.656.7867
dawnrising.org
Serves South King County

K DV Hopeline 425.746.1940
dvhopeline.org

K P S W Police Department Emergency Service ♡ 911

K P S W StrongHearts Native Helpline .. 1.844.7NATIVE(762.8483)
strongheartshelpline.org

K Washington State Domestic Violence Hotline .. 866.331.9474 or
 Text Loveis to 22522 loveisrespect.org
Serves South King County

P YWCA Pierce County xxx.xxx.xxxx
ywcapiercecounty.org

K P S YWCA Children's Domestic Violence Program... 877.757.8297
ywcaworks.org/programs/gender-based-violence-specialized-services

Legal Services and Community Support for Youth



Did you know: Washington State uses At-Risk Youth (ARY) and Child in Need of Services (CHINS) petitions to help young people and their families work through conflict and receive additional legal support?

FIND OUT MORE ABOUT LEGAL OPTIONS

<https://washingtonlawhelp.org/issues/youth-law-education/at-risk-children>

Children and young adults with issues related to crime, domestic abuse, drugs and alcohol, early pregnancy, or school-related problems may find themselves without resources to help them recover, grow, and thrive. Terms such as at-risk, at-promise, upward, or opportunity youth are often used, but every young person deserves an opportunity at the life they desire. These resources can help connect youth experiencing these problems with the services they need. Resources in this section also support children and young adults contemplating suicide.

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

K P S Center for Children & Youth Justice 206.696.7503
<http://ccyj.org/>

K S Friends of Youth 425.869.6490
friendsofyouth.org

K YMCA Social Impact Center
seattleyymca.org/social-impact-center

ANGER MANAGEMENT & SUPPORT FOR DRUG/ALCOHOL USE

K Powerful Voices 206.860.1026
powerfulvoices.org

K Safe Futures Youth Center 206.938.9606
sfdc.net

GANG AND VIOLENCE PREVENTION

- P** Safe Streets Campaign 253.272.6824
safest.org
- P** YMCA of Pierce & Kitsap Counties 253.841.9622
ymcapkc.org
- S** YMCA of Snohomish County 425.337.0123
ymca-snoco.org
- K** You Grow Girl 206.417.9904
yougrowgirl.org
- K** Youth Eastside Services 425.747.4937
youtheastideservices.org

LEGAL SERVICES

Human and civil rights protect people long before they turn 18

- K P S W** 211 211
Screens and refers to a range of legal service providers
- K** Eastside Legal Assistance Program  425.747.7274
elap.org
- K** King County Bar Association Neighborhood Legal Clinics .. 206.267.7070
kcba.org
- K** King County Superior Court - Juvenile Court  206.263.8634
kingcounty.gov/courts/superior-court/juvenile
- K W** Legal Counsel for Youth & Children 206.494.0323
lcywa.org
- K P S W** NW Justice Project 1.888.201.1014
nwjustice.org
Legal services for low-income Washington residents
- K P W** Team Child  206.322.2444 press 0
teamchild.org
- K P S W** QLaw Legal Clinic  qlawfoundation.org/lgbtq-legal-clinic.html *Focus on LGBTQIA+ community*
- S** Snohomish County Legal Services 425.258.9283
snocolegal.org
- P** Tacoma-Pierce County Bar Association 253.383.3432
tpcba.com
- K S W** Washington Law Help washingtonlawhelp.org
- K P S W** Wraparound/WISE hca.wa.gov
- Please see page 14 for program details*

Rape and Sexual Harassment/Assault

911/988/211 work together to provide whole person care—if you or someone you care about has been harmed—reach out for help right away.

It is important to know that experiencing rape and/or sexual harassment/assault is not the fault of the survivor. There are many emotions and phases of healing that accompany rape or sexual assault. Due to the often-aggressive nature of the experience and the potential for sexually transmitted infections (STIs) or pregnancy, it is important for a survivor to follow up with the emergency department at their local hospital within 72 hours (about 3 days). To help the survivor navigate their options, such as evidence collection and more, a social worker will often be involved at the hospital. To provide the best evidence collection, the survivor should avoid showering or changing clothes prior to evidence collection. You do not have to do any part of the exam you do not want. Additionally, the doctor can discuss medications that are available to reduce the chances of contracting an STI or getting pregnant.

If the survivor is under the age of 18, the law requires the police to be notified. However, going to the hospital and submitting a report do not necessarily mean that charges must be filed against the perpetrator or that participation in a legal case is required. Counselors at the hospital or other agencies can talk about available alternatives and help the survivor decide what the best choice is for them.

K P S W Emergency Number ♡ 911

K P MultiCare Tacoma General Hospital ♡ 253.403.1000

multicare.org/sexual-assault-services

- K P S W** Rape, Abuse & Incest National Network (RAINN)
1.800.656.HOPE (4673)
rainn.org
- P** Rebuilding Hope! Sexual Assault Center for Pierce County.....
1.800.756.7273
sexualassaultcenter.com
- P** Sex Trafficking and Exploitation Program..... 253.444.5351
<http://sexualassaultcenter.com/step>
- K P S W** 1 in 6 1.877.628.1in6 (1466)
1in6.org
Education and resources for male survivors of sexual assault
- K** Abused Deaf Women's Advocacy Services (ADWAS) ... 206.812.1001
adwas.org
- K** Asian/Pacific Islander Chaya..... 1.877.922.4292
apichaya.org
Resources for rape & sexual harassment / assault
- S** Dawson Place Child Advocacy Center 425.789.3000
dawsonplace.org
- K** Harborview Center for Sexual Assault & Traumatic Stress
206.744.1600
hcsats.org
- K** King County Sexual Assault Resource Center 425.226.5062
1.888.99.VOICE(86423) (recorded information)
kcsarc.org
- S** Legacy of Healing - Advocacy Center & Safe House
360.716.4100
tulaliptribes-nsn.gov/dept/legacyofhealing
- K P S W** WA Coalition of Sexual Assault Programs
1.855.210.2087
wcsap.org/help/csap-by-city

Shelter, Food and Hygiene

211 can help you with essential needs like food, shelter, and hygiene.

Call: **211**

Text your zip code: **898211**

Search the database: 211kingcounty.org

Homeless and runaway youth come from every socioeconomic, gender identity, educational level, and racial group in the United States. Minors experiencing homelessness do not typically choose to be homeless. Many minors face a range of home dysfunction that challenges their emotional well-being, development, safety, and health, forcing them to live on the streets.

K P S W 211.....211
Call for assistance in finding shelter, food, and other needs

DROP-IN CENTERS AND SHELTERS

Drop-in centers, homeless shelters, hot meal programs, case management, and other services are available to help youth take care of themselves and get off the streets.

- P** Camp Fire Orca.....253.597.6234
campfireorca.org/outreach-services
Outreach and support for youth ages 12-21
- S** Cocoon House.....425.259.5802
cocoonhouse.org
- S** Compass Health.....425.349.6800
compasshealth.org
- P** Comprehensive Life Resources.....253.396.5800
comprehensiveliferesources.org
- K** Friends of Youth.....425.869.6490
friendsofyouth.org
Outreach and Intake
- K P S W** New Horizons Ministries206.374.0866
nhmin.org

P Oasis Youth Center	253.671.2838
oasisyouthcenter.org	
P Pierce County Alliance	253.572.4750
piercecounyalliance.org/youth-services	
P Pierce County Day Centers	
pcheless.org/facilities/daycenters	
K ROOTS Young Adult Shelter	206.632.1635
rootsinfo.org	
<i>Youth ages 18-25</i>	
K Street Youth Ministries	206.524.7301
symseattle.org	
<i>Youth ages 13-26</i>	
P Tacoma Rescue Mission	253.383.4493
trm.org/youth	
K University District Youth Center	206.526.2992
youthcare.org/homeless-youth-services	
K YMCA Social Impact Center	206.382.5340
seattleyymca.org/social-impact-center	
K YouthCare –The Shelter	1.800.495.7802
youthcare.org	
<i>Youth ages 12-17</i>	
K YWCA Emergency Shelter	206.461.4882
ywcaworks.org	
<i>Women over 18</i>	

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 waitlists for acceptance, and most programs require a referral from a case manager or shelter program. If you are looking for transitional housing, please call 211.

K P S W 211	211
<i>Call for assistance in finding shelter, food, and other needs</i>	

Regional Access Points are an entry point to Coordinated Entry for All in King County. They are typically resource centers where households experiencing homelessness can get help finding housing and other resources. Individuals and families experiencing homelessness may call ahead to schedule an appointment.

K King County Regional Access Points

Seattle.....	206.328.5900
Federal Way.....	253.874.6718
Renton.....	425.523.1377
North King County.....	206.694.6833
East King County.....	206.328.5900

OTHER HELPFUL SERVICES

K P S W National Runaway Safeline (24-hour) 1.800.RUNAWAY
Confidential phone support for teens considering running away

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

P My Sister's Pantry..... 253.627.1186
mysisterspantry.org

K P S W National Safe Place (24-hour) nationalsafeplace.org

Immediate access to help and safety, with a focus on emergency shelter, for ages 12-17. Youth may text Safe Place directly or walk onto any King County bus or into a location with the Safe Place sign displayed and ask for help. Text "Safe" and your current location (street address, city, state) to 69866 for help via text.

K P S W Northwest Harvest..... 1.800.722.6924
northwestharvest.org

Food Bank with 375 locations in Washington

K Teen Feed (7 nights/week)..... 206.522.4366
teenfeed.org

Culturally Inclusive Agencies

Families and youth from diverse racial and ethnic backgrounds face social issues that are impacted by cultural experiences and contribute to their ability and readiness to navigate life circumstances. Families and youth deserve to be met where they are. These agencies offer opportunities for cultural engagement.

K Asian Counseling & Referral Service 	206.695.7600
acrs.org	
P Asia Pacific Cultural Center	253.383.3900
asiapacificculturalcenter.org	
K Asian/Pacific Islander Chaya	253.383.3900
asiapacificculturalcenter.org	
K P Catholic Community Services Southwest	206.323.6336
ccsww.org/get-help	
K Center for Multicultural Health	206.461.6910
centerformulticulturalhealth.org	
P Mi Centro	micentrowa.org 253.572.7717
K Chinese Information & Service Center	206.624.5633
cisc-seattle.org	
K P Consejo Counseling & Referral Service	253.414.7416
consejocounseling.org	
K El Centro de la Raza	elcentrodelaraza.org 206.717.0084
K Filipino Community of Seattle	206.722.9372
filcommsea.org	
K Helping Link/Mot dau Noi	206.568.5160
helpinglink.org	
K Horn of Africa Services	hoas.org 206.760.0550 x 104
K Jewish Family Service	jfsseattle.org 206.461.3240
K S La Esperanza	laesperanzahcs.org 425.248.4534
S Refugee and Immigrant Services NW	risnw.org 425.388.9307
K S Therapeutic Health Services	ths-wa.org 206.322.7676
S Tulalip Tribes	tulaliptribes-nsn.gov 360.716.4000
K United Indians of All Tribes	206.285.4425
unitedindians.org	
K WAPI Community Services	wapiseattle.org 844.987.9274

Education



Did you know that with support from parents/guardians, students can opt-out of standardized testing in Washington State?

Many teens have difficulties at school that are outside of their control and need more support for their education than what they can get at school. These agencies can provide a wide range of services to help support young people with their education goals, including tutoring, testing for learning disabilities, support for English Language Learners (ELL), and alternatives to traditional graduation, such as the General Education Development (GED) test. Open Doors Programs (OSPI) provide graduation and GED support to people up to 21 years old.

You can call your local 211 for referrals in addition to contacting any of the following organizations:

- K** El Centro de la Raza 206.717.0084
elcentrodelaraza.org
- S** Goodwill Everett Job Training & Education Center 425.267.9718
everetthelplink.org/everett-south-job-training-education-center
- K** Goodwill King County Job Training & Education Center ... 206.860.5791
seattlegoodwill.org/job-training-and-education
- P** Goodwill of the Olympics and Rainier Region 253.573.6500
goodwillwa.org/training/youth
- K** Greater Seattle Bureau of Fearless Ideas 206.725.2625
fearlessideas.org
After-school tutoring & creative writing workshops
- K** iGrad 253.373.4723
Kent.k12.wa.us/IG
Program for youth who have left school or are considering leaving
- K** Learning Disabilities Association of WA 425.882.0820
ldawa.org
- S** Refugee & Immigrant Services NW 425.388.9307
risnw.org

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

Additional services may also be available through your local library

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

Employment and Job Training



Did you know that people under the age of 18 can work under the following conditions while at school: 14-15 years old up to 3 hours on a school day. 16-17 years old up to 4 hours on a school day?

- K P S** AmeriCorps National Service 1.800.942.2677
americorps.gov
- K** Bellevue Parks and Community Services - Well-KEPT... 425.452.4195
- P** Boys and Girls Clubs of South Puget Sound 253.502.4640
bgcsp.org
- K** El Centro de la Raza ♡ 206.717.0084
elcentrodelaraza.org
- K** FareStart 206.443.1233
farestart.org
Offers job training for youth without shelter
- K** Job Corps 800.733.5627
jobcorps.gov
- K** Reconnect to Opportunity 206.263.8244
reopp.org/career-launchpad
Youth ages 16-24
- K** Seattle Youth Employment Program 206.386.1375
seattle.gov/humanservices/services-and-programs/preparing-youth-for-success/syep
- P** The REACH Center 253.573.6590
reachtacoma.org
- K** Tilth Alliance Youth Garden Works 206.633.0451 x 900
tilthalliance.org
- K** Teens in Public Service 206.985.4647
teensinpublicservice.org
- K** WA State Dept. of Labor & Industries – Teen Workers Information
lni.wa.gov/workplacerrights/teenworkers

S SnoCo Futures	425.374.8351
worksourceonline.com/jobseeker/youth.html	
K P S Year Up	206.441.4465
yearup.org	
<i>Youth ages 18-24</i>	
K You Grow Girl	206.417.9904
yougrowgirl.org	
K YouthForce	206.436.1843
teenjobs.org	
S Youth Aerospace Program Goodwill Marysville	
evergreengoodwill.org/job-training-and-education/youth-programs/youth-aerospace/	

LGBTQIA+



LGBTQIA+ youth who have reported having at least one accepting adult in their life were 40% less likely to have reported a recent suicide attempt.

THE TREVOR PROJECT

Questioning one's gender and sexual identity is a normal part of adolescence and growing up. Finding supportive people and groups can be difficult. Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, and Asexual (LGBTQIA+) people are frequent targets of discrimination, violence, and bullying/harassment. The resources below provide a safe environment, understanding, and information. They also promote gender and sexual acceptance.

- K P S W The Trevor Project..... 1.866.488.7386
thetrevorproject.org
 Text 'Start' to 678-678
- K Gay City 206.323.LGBT
gaycity.org
LGBTQIA+ resources and referral help line
- K Health Education Youth Outreach (HEYO)..... 206.957.1639
lifelong.org
Community building to empower LGBTQIA+ youth and destigmatize HIV
- K Ingersoll Gender Center
ingersollgendercenter.org
Transgender support
- K Lambert House..... 206.322.2515
lamberthouse.org
- K Parents, Families & Friends of Lesbians & Gays
 (PFLAG Seattle Chapter)..... 206.325.7724
pflagseattle.org

- K** Queer Trans Youth Music Project (QTYMP)
qtyp.org
LGBTQIA+ led music, empowerment, and social justice programs
- K P S W** Trans Lifeline..... 1.877.565.8860
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
youtheastideservices.org/services/community-based/bglad

SUPPORT GROUPS

- S** GLOBE 425.242.6188
globeyouth.com
- K** Kent Youth & Family Services (OKAY! Support Group).....
kyfs.org/lgbtq
- S** PFLAG-Snohomish County
pflageverett.org
- P** Oasis Youth Center 253.671.2838
oasisyouthcenter.org
- K P S W** Rainbow Center 253.383.2318
rainbowcntr.org



"During my transition, I had questions I couldn't ask anyone. Teen Link helped me without judgment."

—TEEN LINK CALLER

People with Disabilities

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

- K** Abused Deaf Women's Advocacy Services (ADWAS) 206.812.1001
<http://adwas.org>
- K P S W** The Arc of WA 888.754.8798
arcwa.org
- K P S W** Brain Injury Alliance of WA  877.982.4292
biawa.org
- K** Center for Children with Special Needs 206.987.3736
cshcn.org
- P** Center for Independence 253.582.1253
- S** Center for Independence 360.393.3890
cfi-wa.org
- S** Children & Youth with Special Health Care Needs ... 425.339.8652
snohd.org/268/Children-With-Special-Needs
- K P S W** Disability Rights 1.800.562.2702
disabilityrightswa.org
- K P S** Hearing, Speech and Deaf Center  206.323.5770
hsdc.org
- P** Pierce County Coalition for Developmental Disabilities.. 253.564.0707
pc2online.org
- K P S W** WA Elks Therapy Program for Children 253.472.6223
waelks.net
- K P S W** WA State Dept. of Services for the Blind 1.800.552.7103
dsb.wa.gov
- K P S** Vadis  vadis.org 253.863.5173
Employment support for people with disabilities & facing homelessness
- K P S W** Wraparound/WISe  hca.wa.gov
Please see page 14 for program details
- K** Disability Empowerment Center 206.987.3736
disabilityempowerment.org

Volunteer and Recreation Opportunities



Did you know that people with high school leadership experience are paid up to 33% more than those without it? This wage premium is similar to one associated with a college degree.

HARVARD BUSINESS REVIEW

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

VOLUNTEER OPPORTUNITIES

K P S W Boys & Girls Clubs of WA State 
washingtonclubs.org

After-school and summer camp/ activities volunteer programs

K Camp Fire Central Puget Sound 206.461.8550
campfireseattle.org

Leadership camps, activities, and workshops

P Camp Fire Orca 253.597.6234
campfireorca.org

P Camp Fire WoHeLo Center 253.597.6234
campfireorca.org/outreach-services

S Camp Fire Snohomish County 425.258.5437
campfiresnoco.org/camp

K City of Mercer Island 206.275.7755
mercerisland.gov/yfs

S CORE (Creating Open Roads to Equity) 206 694-4500
youthcare.org

Connect to a variety of community volunteer opportunities

W AmeriCorps
americorps.gov/serve

P Families Unlimited Network 253.460.3134
familiesunlimitednetwork.org/volunteer

Foodbank and after-school program volunteer opportunities

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

If you would like to learn a new skill or participate in a group program, camps, and workshops are a great way to get engaged and build meaningful relationships. Listed below are community and recreation centers, drop-in groups, classes, and sports leagues for youth, located throughout the Puget Sound area.

- S** ArtSpotStudio 206.713.8297
artspotstudio.net/tweenteen-workshops
Art camps/workshops for age 10-18 (all ability levels)
- K** Bikeworks 206.695.2741
bikeworks.org
Bicycle repair classes, riding clubs, camps, and giveaways

- K P S W** Boys & Girls Clubs of WA State  360.731.7268
washingtonclubs.org
After-school and summer programs
- K P S W** Sibling Strong 360.731.7268
sibling-strong.org
Summer camp program to reunite siblings in foster care
- K** Coyote Central 206.323.7276
coyotecentral.org
Applied learning through skills-based workshops
- K P S W** Garfield Teen Life Center 206.684.4550
Teen resource center
- K P S W** Girl Scouts of Western WA 1.800.541.9852
girlscoutswa.org
- P** Tacoma Urban League 253.383.2007
thetacomaurbanleague.org/programs
Mentorship programs for youth of color
- K** Kent Youth & Family Services 253.859.0300
kyfs.org
Operates multiple youth centers in the Kent area
- K P S W** Kirkland Teen Union Building (KTUB) 425-587-3300
ymcaktub.org
Teen resource center
- K** Old Firehouse Teen Center 425.556.2370
Drop-in Center—you must be enrolled in high school to attend
- K** Powerful Voices 206.860.1026
<http://powerfulvoices.org>
Cultural enrichment, employment, and advocate programs for young WOC
- K P S W** Reader's Circle xxx.xxx.xxxx
readerscircle.org
Online book clubs
- K** Sanctuary Art Center 206.522.6256
sanctuaryartcenter.org
*Art drop-in center focused on street-involved youth, ages 13-25
 Classes, camps/activities, and centers for community engagement*
- K** Seattle Parks & Recreation 206.684.4075
seattle.gov/parks
Classes, camps/activities, and centers for community engagement
- P** Tacoma Youth Theatre 253.677.0531
tacomayouththeatre.org

- K** The Club Teen Center 425.429.3203
bgcbellevue.org/programs/teens
- P** First Tee - South Puget Sound
firstteesouthpugetsound.org/programs
Golf youth programs/activities
- K P S W** Washington State Parks & Recreation ♡
parks.wa.gov
- K** YMCA of Greater Seattle ♡ 206.749.7550
seattleyymca.org
- P** YMCA of Pierce & Kitsap Counties ♡ 253.841.9622
ymcapkc.org
- S** YMCA of Snohomish County 425.337.0123
ymca-snoco.org
- S** Youth Council
snohomishwa.gov/691/Youth-Council
Local government youth council programs
- S** Youth Enrichment Services
snohomishcountywa.gov/3645/youth-enrichment-services
Resources and programs for court-involved youth
- K** Youth in Focus 206.723.1479
youthinfocus.org
Art and photography education courses and camps

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

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