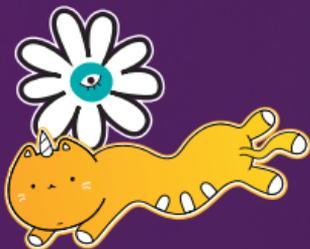


LIKE

BRUH



STAY

NICE



FR FR FR

VIRTUAL HUGS

hi!

GOOD VIBES



Search youth resources



WHERE TO TURN FOR TEENS

[search.teenlink.org](https://search.teenlink.org)

Call & Text 866-833-6546

## What is Teen Link?

Teen Link is a welcoming space where teens can talk with other teens and get the support they need. Our caring peer volunteers answer calls, texts, and chats from teens all over Washington State, every day. You'll also find us out in the community at local events and schools, sharing tools and hope through youth suicide prevention training.

## Honoring Our History

Teen Link was created because of a young woman named Audra Letnes. In 1993, when she was 16, Audra was killed by a boyfriend who had abused her for over a year. Like many teens, she didn't have anyone she felt safe talking to about the abuse.

Her mom searched for help but found only programs meant for adults. Audra had trouble opening up in those settings and became more withdrawn and alone, making her even more vulnerable.

Audra's mom worked on a crisis line and understood how powerful one caring connection can be for someone in crisis. She wanted to make sure other teens had someone to turn to. In 1996, she partnered with Crisis Connections to create Teen Link—a help line for teens, run by teens.

There's no issue too big or too small. Let's talk it out!

**Anyone under 20 can call, text, or chat!**

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

Chat: [teenlink.org/chat](https://teenlink.org/chat)

Find resources 24/7: [search.teenlink.org](https://search.teenlink.org)

Volunteer: [crisisconnections.org/volunteer](https://crisisconnections.org/volunteer)

**24/7 Crisis, Mental Health, & Substance Use Support****988***Call & text***24-Hour Crisis Lines**

866-427-4747

**Recovery Help Line**

866-789-1511

*Call & text***Basic Needs & Essential Resources****211**

M-F, 9am-5pm

**Community Care Hubs****Intake**

833-453-0336

**Peer Support****Teen Link – Youth**

866-833-6546

6-10pm every day

*Call & text**Chat: [teenlink.org/chat](https://teenlink.org/chat)***Warm Line – Adults**

877-500-9276

2-9pm every day

**Community Services & Programs****911 Diversion****Mobile Crisis Dispatch**

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 2025. 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](https://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**

Introduction.....	4
About Teen Link .....	7
<b>PHYSICAL &amp; MENTAL HEALTH NEEDS</b>	
Alcohol, Drugs, and Substance Use .....	10
Counseling and Mental Health.....	12
Eating Disorders.....	16
Grief and Loss .....	17
Physical Health Concerns.....	18
Sexual Health.....	19
Suicide and Self-Harm (Non-Suicidal and Self-Injury) .....	22
<b>CRITICAL NEEDS</b>	
Abuse and Mistreatment of Minors.....	26
Bullying and Cyberbullying .....	27
Dating and Domestic Violence .....	28
Legal Services and Community Support for Youth.....	30
Rape and Sexual Harassment/Assault .....	32
Shelter, Food, and Hygiene .....	34
<b>SUPPORTIVE SERVICES</b>	
Culturally Inclusive Agencies .....	37
Education .....	38
Employment and Job Training.....	40
LGBTQIA+ .....	42
People with Disabilities .....	44
Volunteer Opportunities & Recreation.....	45
Notes .....	49
Index.....	52

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](https://teenlink.org/chat)

Search resources for teens: [search.teenlink.org](https://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](https://988lifeline.org/chat)

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

If you're worried about alcohol or drug use, 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](https://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](https://search.wa211.org)

**If you are experiencing an emergency, call 911**

**AFTER HOURS CALLS**

After hours, callers have the option of calling or texting 988, the Recovery Help Line or calling the 24-Hour Crisis Line in their county.

**SUICIDE PREVENTION TRAINING FOR STUDENTS**

Crisis Connections offers Suicide Prevention for Students Training in King, Snohomish and Pierce Counties 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](mailto:info@crisisconnections.org) or **206-461-3210**.

**DOWNLOAD WTTFT**

[teenlink.org](https://teenlink.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 **866-833-6546** from 6 -10pm or visit [teenlink.org](https://teenlink.org).

### Volunteer Positions

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#### **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. Check [teenlink.org](https://teenlink.org) for details.

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

## Alcohol, Drugs and Substance Use



### Recovery Help Line

866-789-1511

*call & text*

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). For information related to marijuana use and prevention, visit [youcanwa.org](https://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. 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](https://chs-nw.org)

**K** Center for Multicultural Health ..... 206.461.6910  
[centerformulticulturalhealth.org](https://centerformulticulturalhealth.org)  
 Youth program [standwa.org](https://standwa.org)

**S** Compass Health ..... 844.822.7609  
[compasshealth.org](https://compasshealth.org)

**K P S W** Evergreen Council of Problem Gambling... 800.547.6133  
[evergreencpg.org](https://evergreencpg.org)

**K** King County Needle Exchange ..... 206.263.2000, opt. 2  
[kingcounty.gov/needle](https://kingcounty.gov/needle)

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

### SUPPORT GROUPS

<b>K</b> Alateen & Alanon .....	206.625.0000
<a href="http://seattle-al-anon.org">seattle-al-anon.org</a>	
<b>P</b> Alateen & Alanon .....	800.726.8094
<a href="http://al-anon-pierce-wa.org">al-anon-pierce-wa.org</a>	
<b>K P S</b> Alateen & Alanon .....	425.348.7828
<a href="http://dist23.org">dist23.org</a>	
<b>K</b> Alcoholics Anonymous .....	206.587.2838
<a href="http://seattleaa.org">seattleaa.org</a>	<b>S</b> <a href="http://snocooa.org">snocooa.org</a> 425.252.2525
<b>P</b> Puget Sound Alcoholics Anonymous .....	253.474.8897
<a href="http://pugetsoundaa.org">pugetsoundaa.org</a>	
<b>K P S W</b> Evergreen Council on Problem Gambling....	800.547.6133
<a href="http://evergreencpg.org">evergreencpg.org</a>	
<b>W</b> Gamblers Anonymous .....	855.222.5542
<a href="http://gamblersanonymous.org">gamblersanonymous.org</a>	
<b>K P S W</b> Marijuana Anonymous .....	206.414.9270
<a href="http://madistrict4.org">madistrict4.org</a>	
<b>K P S W</b> Narcotics Anonymous.....	206.790.8888
<a href="http://wnirna.org/meetings">wnirna.org/meetings</a>	
<b>K P S W</b> Wraparound (WISe)	
<a href="http://hca.wa.gov">hca.wa.gov</a> 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](http://compasshealth.org)
- K S** Center for Human Services ..... 206.362.7282  
[chs-nw.org/services/mental-health-counseling/](http://chs-nw.org/services/mental-health-counseling/)
- K P** Consejo Counseling & Referral Service ..... 206.461.4880  
[consejocounseling.org](http://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](http://hopesparks.org)
- K** Friends of Youth ..... 425.392.6367  
[friendsofyouth.org](http://friendsofyouth.org)

### YOUTH AND FAMILY COUNSELING SERVICES

- K** Kent Youth and Family Services ..... 253.859.0300  
[kyfs.org/counseling/mental-health/](http://kyfs.org/counseling/mental-health/)
- K** Mercer Island Youth & Family Services ..... 206.275.7611  
[miyfs.org](http://miyfs.org)
- P** MultiCare Behavioral Health ..... 888.445-8120  
[multicare.org/behavioral-health](http://multicare.org/behavioral-health)
- K** Navos/Ruth Dykeman Youth & Family Services .... 206.248.8226  
[navos.org/get-help/children-youth-families](http://navos.org/get-help/children-youth-families)
- K** Northshore Youth & Family Services ..... 425.485.6541  
[northshoreyouthandfamilyservices.org](http://northshoreyouthandfamilyservices.org)
- P** Pearl Counseling Associates ..... 253.752.1860  
[pearlcounseling.com](http://pearlcounseling.com)
- K P** Pioneer Counseling ..... 206.768.1990  
[pioneerhumanservices.org/youth-programs](http://pioneerhumanservices.org/youth-programs)

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

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](http://counselingwashington.com)
- W** Psychology Today [psychologytoday.com](http://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..... 866-427-4747  
[crisisconnections.org/24-hour-crisis-line/](https://crisisconnections.org/24-hour-crisis-line/)
- K P S W** National Suicide Prevention Lifeline  
[988lifeline.org](https://988lifeline.org)..... 988
- K P S W** Teen Link ..... 866-833-6546  
[teenlink.org](https://teenlink.org)
- K P S W** WA Warm Line ..... 800-500-9276  
[crisisconnections.org](https://crisisconnections.org) *Peer-to-peer support for people living with emotional and mental health challenges*

Teen Link, the 24-Hour Crisis Line, and the 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](http://centerfordiscovery.com)  
*Support groups for teens and family/friends*
- K** The Emily Program ..... 888.364.5977  
[emilyprogram.com](http://emilyprogram.com)  
*Inpatient and outpatient eating disorder treatment facility*
- K P S W** Eating Disorders Anonymous .....  
[eatingdisordersanonymous.org](http://eatingdisordersanonymous.org)
- K P S W** National Eating Disorders Association ♥ ..... 800.931.2237  
[nationaleatingdisorders.org](http://nationaleatingdisorders.org)  
*Education, advocacy, treatment, and prevention, text “NEDA” to 741741*
- K** Opal Food & Body Wisdom ..... 206.926.9087  
[opalfoodandbody.com](http://opalfoodandbody.com)  
*Inpatient treatment for 18+*
- K P S W** Overeaters Anonymous ..... 206.264.5045  
[seattleoa.org](http://seattleoa.org)
- S** The Center - A Place of Hope ..... 888.771.5166  
[aplaceofhope.com](http://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/](http://marybridge.org/services/bridges-center-for-grieving-children/)
- K P S W** Support After Suicide ..... [crisisconnections.org](http://crisisconnections.org)  
*Support for survivors of suicide loss*
- K P S** Eluna ..... 267.687.7724  
[elunanetwork.org](http://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](http://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](http://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](http://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](http://healingcenterseattle.org)
- K** Wild Grief ..... 360.358.3213  
[wildgrief.org](http://wildgrief.org) *Hiking groups for people to process their grief*
- K** Camp Erin ..... 206-445-8980  
[providence.org/locations/wa/camp-erin-king](http://providence.org/locations/wa/camp-erin-king)

## Physical Health Concerns

Affordable health care options are available to youth. If you are 13 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](http://neighborcare.org)  
*Homeless youth clinic. Call or visit to make an appointment*
- K** Center for Multicultural Health ..... 206.461.6910  
[centerformulticulturalhealth.org](http://centerformulticulturalhealth.org)
- P** Community Health Care..... 253.722.2161  
[commhealth.org](http://commhealth.org)
- S** Community Health Center of Snohomish County ... 425.789.3789  
[chcsno.org](http://chcsno.org)
- P** Neighborhood Clinic..... 253.627.6353  
[neighborhoodclinictacoma.org](http://neighborhoodclinictacoma.org)
- S** Safe Harbor Free Clinic..... 425.870.7384  
[safeharborfreeclinic.org](http://safeharborfreeclinic.org)
- K P S** SeaMar Community Health Centers ..... 855.289.4503  
[seamar.org](http://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, 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..... 888.493.0092  
[all-options.org](http://all-options.org)  
*Pregnancy counseling talk-line*
- K P Cedar River Clinic ..... 800.572.4223  
[cedarriverclinics.org](http://cedarriverclinics.org)  
*Clinic offering reproductive healthcare, abortions, and birth control*
- K Center for Multicultural Health ..... 206.461.6910  
[centerformulticulturalhealth.org](http://centerformulticulturalhealth.org)
- P Maternal Child Outreach Team (MCOT)..... 253.649.1629  
[tpchd.org/healthy-people/family-health](http://tpchd.org/healthy-people/family-health)
- K P S W Open Adoption & Family Services..... 800.772.1115  
*Text "open" to 971.266.0924 for text support, chat support available at [openadopt.org](http://openadopt.org)*
- K P S W Planned Parenthood..... 800.769.0045  
[plannedparenthood.org](http://plannedparenthood.org)

- K P S W** Help Me Grow ..... 800.322.2588  
[parenthelp123.org](http://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](http://stepbystepfamily.org)  
*Teen clinics at public health*
- K** Seattle-King County Teen Clinics .....  
[teenclinic.com](http://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 13 years and older do not need a parent or legal guardian's permission to receive STI testing or treatment.

- K P** Cedar River Clinics ..... 800.572.4223  
[cedarriverclinics.org](http://cedarriverclinics.org)
- K** Center for Multicultural Health ..... 206.461.6910  
[centerformulticulturalhealth.org](http://centerformulticulturalhealth.org)
- P** Community Health Care ..... 253.722.2161  
[commhealth.org](http://commhealth.org)

<b>S</b> Community Health Center of Snohomish County ...	425.789.3789
<a href="http://chcsno.org">chcsno.org</a>	
<b>K</b> Entre Hermanos.....	206.322.7700
<a href="http://entrehermanos.org">entrehermanos.org</a>	
<b>K</b> Gay City .....	206.860.6969
<a href="http://gaycity.org/wellness">gaycity.org/wellness</a>	
<b>K</b> Lifelong AIDS Alliance .....	206.957.1600
<a href="http://lifelong.org">lifelong.org</a>	
<b>K</b> Neighborcare Health .....	206.548.5710
<a href="http://neighborcare.org">neighborcare.org</a>	
<b>K P S</b> Planned Parenthood.....	800.769.0045
<a href="http://plannedparenthood.org">plannedparenthood.org</a>	
<b>K</b> Sexual Health Clinic at Harborview.....	206.744.3590
<a href="http://uwmedicine.org/locations/sexual-health-clinic-harborview">uwmedicine.org/locations/sexual-health-clinic-harborview</a>	
<b>K P S W</b> Safer STD Testing .....	800.666.1250
<a href="http://saferstdtesting.com">saferstdtesting.com</a>	
<b>K P S W</b> SeaMar Community Health Centers ♡ .....	
<a href="http://seamar.org">seamar.org</a>	
<b>K P S W</b> Snohomish Health District STD/HIV Program..	425.339.5261
<a href="http://snohd.org/185/Sexually-Trasmitted-Diseases">snohd.org/185/Sexually-Trasmitted-Diseases</a>	
<b>P</b> Tacoma-Pierce County Health Department ♡.....	253.798.3805
<a href="http://tpchd.org/healthy-people/sexually-transmitted-diseases">tpchd.org/healthy-people/sexually-transmitted-diseases</a>	
<b>K</b> Teen Clinics at Public Health-Seattle & King County ♡.....	
<a href="http://teenclinic.com">teenclinic.com</a>	
<b>K</b> "Who Does What" for STD/HIV ♡.....	206.263.2000
<a href="http://kingcounty.gov/hiv/who">kingcounty.gov/hiv/who</a>	

See page 18 for additional Physical Health Concerns resources

## Suicide and Self-Harm (Non-Suicidal Injury)



# 988

SUICIDE & CRISIS  
LIFELINE

### 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  ..... 800.448.3000  
[yourlifeyourvoice.org](http://yourlifeyourvoice.org)

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

**S** Crisis Outreach Team (MCOT) - Compass Health  ..... 800.584.3578  
[compasshealth.org/services/mcot](http://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](http://intheforefront.org)

**K P S W** National Suicide Prevention Lifeline  ..... 988

- K P S W** National Suicide Prevention Lifeline Español  ..... 800.628.9454
- P** Pierce County Crisis Line  ..... 800.576.7764
- K P S W** Society for the Prevention of Teen Suicide .....  
[sptsusa.org](http://sptsusa.org)
- K P S W** The Trevor Project ..... 866.488.7386  
[thetrevorproject.org](http://thetrevorproject.org)  
*24-Hour help line with a focus on LGBTQIA+ youth*
- K P S W** Trans Lifeline ..... 877.565.8860  
[translifeline.org](http://translifeline.org)
- S** Volunteers of America Western WA  ..... 800.584.3578  
[imhurting.org](http://imhurting.org)  
*24/7 Crisis phone line and chat*

### **SELF-HARM (NON-SUICIDAL SELF-INJURY)**

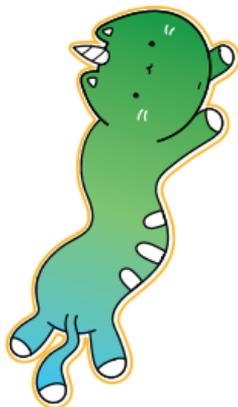
Some people experiencing mental challenges such as depression or anxiety turn to self-harm as a way of releasing and managing emotions. In most cases, these actions are not done as suicide attempts but as coping methods for people to help manage the mental pain they are feeling. Some people self-harm 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](http://adolescentselfinjuryfoundation.com)
- W National Eating Disorders Association Helpline ♥ ..... 800.931.2237
- W Self-Injury Outreach & Support .....  
[sioutreach.org](http://sioutreach.org)
- K P S W To Write Love on Her Arms .....  
[twloha.com](http://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](http://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 ..... 800.422.4453  
[childhelp.org](http://childhelp.org)

**K P S W** Dawson Place Child Advocacy Center ..... 425.789.3000  
[dawsonplace.org](http://dawsonplace.org)

**P** Mary Bridge's Child Abuse Intervention Department... 253.403.1478  
[marybridge.org/services/child-abuse-intervention-department-caid/](http://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..... 866.363.4276  
[dshs.wa.gov/report-abuse-and-neglect](http://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 **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](http://adwas.org)

**K** Asian/Pacific Islander Chaya ♡ ..... 877.922.4292  
[apichaya.org](http://apichaya.org)

**K** DAWN-Domestic Abuse Women's Network..... 425.656.7867  
[dawnrising.org](http://dawnrising.org)  
 Serves South King County

**K** DV Hopeline ..... 425.746.1940  
[dvhopeline.org](http://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](http://strongheartshelpline.org)

**K** Washington State Domestic Violence Hotline .. 866.331.9474 or  
 Text Loveis to 22522 [loveisrespect.org](http://loveisrespect.org)  
 Serves South King County

**P** YWCA Pierce County ..... 253-383-2593  
[ywcapiercecounty.org](http://ywcapiercecounty.org)

**K P S** YWCA Children's Domestic Violence Program... 877.757.8297  
[ywcaworks.org/programs/gender-based-violence-specialized-services](http://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

[washingtonlawhelp.org/topics/youth](http://washingtonlawhelp.org/topics/youth)

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](http://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](http://friendsofyouth.org)

**K** YMCA Social Impact Center .....  
[seattlemca.org/social-impact-center](http://seattlemca.org/social-impact-center)

### ANGER MANAGEMENT & SUPPORT FOR DRUG/ALCOHOL USE

**K** Powerful Voices ..... 206.860.1026  
[powerfulvoices.org](http://powerfulvoices.org)

**K** Safe Futures Youth Center ..... 206.938.9606  
[sfyc.net](http://sfyc.net)

**GANG AND VIOLENCE PREVENTION**

- P** Safe Streets Campaign ..... 253.272.6824  
[safest.org](http://safest.org)
- P** YMCA of Pierce & Kitsap Counties ..... 253.841.9622  
[ymcapkc.org](http://ymcapkc.org)
- S** YMCA of Snohomish County ..... 425.337.0123  
[ymca-snoco.org](http://ymca-snoco.org)
- K** You Grow Girl ..... 206.417.9904  
[yougrowgirl.org](http://yougrowgirl.org)
- K** Youth Eastside Services ..... 425.747.4937  
[youtheastideservices.org](http://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](http://elap.org)
- K** King County Bar Association Neighborhood Legal Clinics .. 206.267.7070  
[kcba.org](http://kcba.org)
- K** King County Superior Court - Juvenile Court  .... 206.263.8634  
[kingcounty.gov/courts/superior-court/juvenile](http://kingcounty.gov/courts/superior-court/juvenile)
- K W** Legal Counsel for Youth & Children ..... 206.494.0323  
[lcywa.org](http://lcywa.org)
- K P S W** NW Justice Project ..... 888.201.1014  
[nwjustice.org](http://nwjustice.org)  
*Legal services for low-income Washington residents*
- K P W** Team Child  ..... 206.322.2444 press 0  
[teamchild.org](http://teamchild.org)
- K P S W** QLaw Legal Clinic  ..... [qlawfoundation.org/lgbtq-legal-clinic.html](http://qlawfoundation.org/lgbtq-legal-clinic.html) *Focus on LGBTQIA+ community*
- S** Snohomish County Legal Services ..... 425.258.9283  
[snocolegal.org](http://snocolegal.org)
- P** Tacoma-Pierce County Bar Association ..... 253.383.3432  
[tpcba.com](http://tpcba.com)
- K S W** Washington Law Help ..... [washingtonlawhelp.org](http://washingtonlawhelp.org)
- K P S W** Wraparound/WISE ..... [hca.wa.gov](http://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](https://multicare.org/sexual-assault-services)

- K P S W** Rape, Abuse & Incest National Network (RAINN) .....  
1.800.656.HOPE (4673)  
[rainn.org](http://rainn.org)
- P** Rebuilding Hope! Sexual Assault Center for Pierce County.....  
1.800.756.7273  
[sexualassaultcenter.com](http://sexualassaultcenter.com)
- P** Sex Trafficking and Exploitation Program..... 253.444.5351  
<http://sexualassaultcenter.com/step>
- K P S W** 1 in 6 ..... 877.628.1466  
[1in6.org](http://1in6.org)  
*Education and resources for male survivors of sexual assault*
- K** Abused Deaf Women's Advocacy Services (ADWAS) ... 206.812.1001  
[adwas.org](http://adwas.org)
- K** Asian/Pacific Islander Chaya..... 877.922.4292  
[apichaya.org](http://apichaya.org)  
*Resources for rape & sexual harassment / assault*
- S** Dawson Place Child Advocacy Center ..... 425.789.3000  
[dawsonplace.org](http://dawsonplace.org)
- K** Harborview Center for Sexual Assault & Traumatic Stress .....  
206.744.1600  
[hcsats.org](http://hcsats.org)
- K** King County Sexual Assault Resource Center ..... 425.226.5062  
1.888.99.VOICE(86423) (recorded information)  
[kcsarc.org](http://kcsarc.org)
- S** Legacy of Healing - Advocacy Center & Safe House .....  
360.716.4100  
[tulaliptribes-nsn.gov/dept/legacyofhealing](http://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](http://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](http://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](http://campfireorca.org/outreach-services)  
*Outreach and support for youth ages 12-21*
- S** Cocoon House.....425.259.5802  
[cocoonhouse.org](http://cocoonhouse.org)
- S** Compass Health.....425.349.6800  
[compasshealth.org](http://compasshealth.org)
- P** Comprehensive Life Resources.....253.396.5800  
[comprehensiveliferesources.org](http://comprehensiveliferesources.org)
- K** Friends of Youth.....425.869.6490  
[friendsofyouth.org](http://friendsofyouth.org)  
*Outreach and Intake*
- K P S W** New Horizons Ministries .....206.374.0866  
[nhmin.org](http://nhmin.org)

<b>P</b> Oasis Youth Center .....	253.671.2838
<a href="http://oasisyouthcenter.org">oasisyouthcenter.org</a>	
<b>P</b> Pierce County Alliance .....	253.572.4750
<a href="http://piercecountyalliance.org/youth-services">piercecountyalliance.org/youth-services</a>	
<b>P</b> Pierce County Day Centers .....	
<a href="http://phomeless.org/facilities/daycenters">phomeless.org/facilities/daycenters</a>	
<b>K</b> ROOTS Young Adult Shelter .....	206.632.1635
<a href="http://rootsinfo.org">rootsinfo.org</a>	
<i>Youth ages 18-25</i>	
<b>K</b> Street Youth Ministries .....	206.524.7301
<a href="http://symseattle.org">symseattle.org</a>	
<i>Youth ages 13-26</i>	
<b>P</b> Tacoma Rescue Mission .....	253.383.4493
<a href="http://trm.org/youth">trm.org/youth</a>	
<b>K</b> University District Youth Center .....	206.526.2992
<a href="http://youthcare.org/homeless-youth-services">youthcare.org/homeless-youth-services</a>	
<b>K</b> YMCA Social Impact Center .....	206.382.5340
<a href="http://seattleyymca.org/social-impact-center">seattleyymca.org/social-impact-center</a>	
<b>K</b> YouthCare –The Shelter .....	800.495.7802
<a href="http://youthcare.org">youthcare.org</a>	
<i>Youth ages 12-17</i>	
<b>K</b> YWCA Emergency Shelter .....	206.461.4882
<a href="http://ywcaworks.org">ywcaworks.org</a>	
<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.

<b>K P S W</b> 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) .....800.RUNAWAY  
*Confidential phone support for teens considering running away*

**K** King County Safe Place (24-hour).....800.422.TEEN(8336)

**P** My Sister's Pantry.....253.627.1186  
[mysisterspantry.org](http://mysisterspantry.org)

**K P S W** National Safe Place (24-hour) .....[nationalsafeplace.org](http://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.....800.722.6924  
[northwestharvest.org](http://northwestharvest.org)

*Food Bank with 375 locations in Washington*

**K** Teen Feed (7 nights/week).....206.522.4366  
[teenfeed.org](http://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.

<b>K</b> Asian Counseling & Referral Service 	206.695.7600
<a href="http://acrs.org">acrs.org</a>	
<b>P</b> Asia Pacific Cultural Center	253.383.3900
<a href="http://asiapacificculturalcenter.org">asiapacificculturalcenter.org</a>	
<b>K</b> Asian/Pacific Islander Chaya	253.383.3900
<a href="http://asiapacificculturalcenter.org">asiapacificculturalcenter.org</a>	
<b>K P</b> Catholic Community Services Southwest	206.323.6336
<a href="http://ccsww.org/get-help">ccsww.org/get-help</a>	
<b>K</b> Center for Multicultural Health	206.461.6910
<a href="http://centerformulticulturalhealth.org">centerformulticulturalhealth.org</a>	
<b>P</b> Mi Centro	<a href="http://micentrowa.org">micentrowa.org</a> 253.572.7717
<b>K</b> Chinese Information & Service Center	206.624.5633
<a href="http://cisc-seattle.org">cisc-seattle.org</a>	
<b>K P</b> Consejo Counseling & Referral Service	253.414.7416
<a href="http://consejocounseling.org">consejocounseling.org</a>	
<b>K</b> El Centro de la Raza	<a href="http://elcentrodelaraza.org">elcentrodelaraza.org</a> 206.717.0084
<b>K</b> Filipino Community of Seattle	206.722.9372
<a href="http://filcommsea.org">filcommsea.org</a>	
<b>K</b> Helping Link/Mot dau Noi	206.568.5160
<a href="http://helpinglink.org">helpinglink.org</a>	
<b>K</b> Horn of Africa Services	<a href="http://hoas.org">hoas.org</a> 206.760.0550 x 104
<b>K</b> Jewish Family Service	<a href="http://jfsseattle.org">jfsseattle.org</a> 206.461.3240
<b>K S</b> La Esperanza	<a href="http://laesperanzahcs.org">laesperanzahcs.org</a> 425.248.4534
<b>S</b> Refugee and Immigrant Services NW	<a href="http://risnw.org">risnw.org</a> 425.388.9307
<b>K S</b> Therapeutic Health Services	<a href="http://ths-wa.org">ths-wa.org</a> 206.322.7676
<b>S</b> Tulalip Tribes	<a href="http://tulaliptribes-nsn.gov">tulaliptribes-nsn.gov</a> 360.716.4000
<b>K</b> United Indians of All Tribes	206.285.4425
<a href="http://unitedindians.org">unitedindians.org</a>	
<b>K</b> WAPI Community Services	<a href="http://wapiseattle.org">wapiseattle.org</a> 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](http://elcentrodelaraza.org)
- S** Goodwill Everett Job Training & Education Center ..... 425.267.9718  
[everetthelplink.org/everett-south-job-training-education-center](http://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](http://seattlegoodwill.org/job-training-and-education)
- P** Goodwill of the Olympics and Rainier Region ..... 253.573.6500  
[goodwillwa.org/training/youth](http://goodwillwa.org/training/youth)
- K** Greater Seattle Bureau of Fearless Ideas ..... 206.725.2625  
[fearlessideas.org](http://fearlessideas.org)  
*After-school tutoring & creative writing workshops*
- K** iGrad ..... 253.373.4723  
[Kent.k12.wa.us/IG](http://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](http://ldawa.org)
- S** Refugee & Immigrant Services NW ..... 425.388.9307  
[risnw.org](http://risnw.org)

- K** Northwest Education Access ..... 206.523.6200  
[seattleeducationaccess.org](http://seattleeducationaccess.org)
- K** YMCA of Greater Seattle ..... 206.749.7550  
[seattleyymca.org](http://seattleyymca.org)  
*GED services*

Additional services may also be available through your local library

- K** King County Library System..... 800.462.9600  
[kcls.org](http://kcls.org)
- K** Seattle Public Library System ..... 206.386.4636  
[spl.org](http://spl.org)
- P** Pierce County Library System..... 253.548.3323  
[piercecountylibrary.org](http://piercecountylibrary.org)
- S** Sno-Isle Libraries (Snohomish & Island Counties)... 360.651.7000  
[sno-isle.org](http://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 ..... 800.942.2677  
[americorps.gov](http://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](http://bgcsp.org)
- K** El Centro de la Raza ♥ ..... 206.717.0084  
[elcentrodelaraza.org](http://elcentrodelaraza.org)
- K** FareStart ..... 206.443.1233  
[farestart.org](http://farestart.org)  
*Offers job training for youth without shelter*
- K** Job Corps ..... 800.733.5627  
[jobcorps.gov](http://jobcorps.gov)
- K** Reconnect to Opportunity ..... 206.263.8244  
[reopp.org/career-launchpad](http://reopp.org/career-launchpad)  
*Youth ages 16-24*
- K** Seattle Youth Employment Program ..... 206.386.1375  
<https://seattle.gov/human-services/services-and-programs/youth-and-young-adults/seattle-youth-employment-program>
- P** The REACH Center ..... 253.573.6590  
[reachtacoma.org](http://reachtacoma.org)
- K** Tilth Alliance Youth Garden Works ..... 206.633.0451 x 900  
[tilthalliance.org](http://tilthalliance.org)
- K** Teens in Public Service ..... 206.985.4647  
[teensinpublicservice.org](http://teensinpublicservice.org)
- K** WA State Dept. of Labor & Industries – Teen Workers Information  
[lni.wa.gov/workplacerrights/teenworkers](http://lni.wa.gov/workplacerrights/teenworkers)

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

## LGBTQIA+

988

SUICIDE & CRISIS  
LIFELINE988 is still here for LGBTQIA+ youth!  
Call or text 988 any time, day or night!

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 ..... 866.488.7386  
[thetrevorproject.org](http://thetrevorproject.org)  
 Text 'Start' to 678-678
- K** Gay City ..... 206.323.LGBT  
[gaycity.org](http://gaycity.org)  
*LGBTQIA+ resources and referral help line*
- K** Health Education Youth Outreach (HEYO) ..... 206.957.1639  
[lifelong.org](http://lifelong.org)  
*Community building to empower LGBTQIA+ youth and destigmatize HIV*
- K** Ingersoll Gender Center .....  
[ingersollgendercenter.org](http://ingersollgendercenter.org)  
*Transgender support*
- K** Lambert House ..... 206.322.2515  
[lamberthouse.org](http://lamberthouse.org)
- K** Parents, Families & Friends of Lesbians & Gays  
 (PFLAG Seattle Chapter) ..... 206.325.7724  
[pflagseattle.org](http://pflagseattle.org)

- K** Queer Trans Youth Music Project (QTYMP) .....  
[qtyp.org](http://qtyp.org)  
*LGBTQIA+ led music, empowerment, and social justice programs*
- K P S W** Trans Lifeline..... 877.565.8860  
[translifeline.org](http://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](http://youtheastideservices.org/services/community-based/bglad)

## SUPPORT GROUPS

- S** GLOBE ..... 425.242.6188  
[globeyouth.com](http://globeyouth.com)
- K** Kent Youth & Family Services (OKAY! Support Group).....  
[kyfs.org/lgbtq](http://kyfs.org/lgbtq)
- S** PFLAG-Snohomish County .....  
[pflageverett.org](http://pflageverett.org)
- P** Oasis Youth Center ..... 253.671.2838  
[oasisyouthcenter.org](http://oasisyouthcenter.org)
- K P S W** Rainbow Center ..... 253.383.2318  
[rainbowcntr.org](http://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](http://arcwa.org)
- K P S W** Brain Injury Alliance of WA  ..... 877.982.4292  
[biawa.org](http://biawa.org)
- K** Center for Children with Special Needs ..... 206.987.3736  
[cshcn.org](http://cshcn.org)
- P** Center for Independence ..... 253.582.1253
- S** Center for Independence ..... 360.393.3890  
[cfi-wa.org](http://cfi-wa.org)
- S** Children & Youth with Special Health Care Needs ... 425.339.8652  
[snohd.org/268/Children-With-Special-Needs](http://snohd.org/268/Children-With-Special-Needs)
- K P S W** Disability Rights ..... 800.562.2702  
[disabilityrightswa.org](http://disabilityrightswa.org)
- K P S** Hearing, Speech and Deaf Center  ..... 206.323.5770  
[hsdc.org](http://hsdc.org)
- P** Pierce County Coalition for Developmental Disabilities.. 253.564.0707  
[pc2online.org](http://pc2online.org)
- K P S W** WA Elks Therapy Program for Children ..... 253.472.6223  
[waelks.net](http://waelks.net)
- K P S W** WA State Dept. of Services for the Blind ..... 800.552.7103  
[dsb.wa.gov](http://dsb.wa.gov)
- K P S** Vadis  ..... [vadis.org](http://vadis.org) 253.863.5173  
*Employment support for people with disabilities & facing homelessness*
- K P S W** Wraparound/WISe  ..... [hca.wa.gov](http://hca.wa.gov)  
*Please see page 14 for program details*
- K** Disability Empowerment Center ..... 206.987.3736  
[disabilityempowerment.org](http://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](http://washingtonclubs.org)  
*After-school and summer camp/ activities volunteer programs*
- K** Camp Fire Central Puget Sound ..... 206.461.8550  
[campfireseattle.org](http://campfireseattle.org)  
*Leadership camps, activities, and workshops*
- P** Camp Fire Orca ..... 253.597.6234  
[campfireorca.org](http://campfireorca.org)
- P** Camp Fire WoHeLo Center ..... 253.597.6234  
[campfireorca.org/outreach-services](http://campfireorca.org/outreach-services)
- S** Camp Fire Snohomish County ..... 425.258.5437  
[campfiresnoco.org/camp](http://campfiresnoco.org/camp)
- K** City of Mercer Island ..... 206.275.7755  
[mercerisland.gov/yfs](http://mercerisland.gov/yfs)
- S** CORE (Creating Open Roads to Equity) ..... 206 694-4500  
[youthcare.org](http://youthcare.org)  
*Connect to a variety of community volunteer opportunities*
- W** AmeriCorps .....  
[americorps.gov/serve](http://americorps.gov/serve)
- P** Families Unlimited Network ..... 253.460.3134  
[familiesunlimitednetwork.org/volunteer](http://familiesunlimitednetwork.org/volunteer)  
*Foodbank and after-school program volunteer opportunities*

- K** Teen Link ..... 866.833.6545  
[teenlink.org](http://teenlink.org)  
*Community outreach and awareness for teens needing emotional support*
- K** The Vera Project ..... 206.956.8372  
[theveraproject.org](http://theveraproject.org)  
*Theater, music, and art volunteering opportunities*
- K** United Way King County ..... 206.461.3700  
[uwkc.org/volunteer](http://uwkc.org/volunteer)
- P** United Way Pierce County ..... 253.272.4263  
[uwpc.org/volunteer-0](http://uwpc.org/volunteer-0)
- S** Volunteers of America Western Washington ..... 425.259.3191  
[voaww.org/volunteer](http://voaww.org/volunteer)
- K** Wilderness Inner-City Leadership Developments (WILD) .. 206.623.5132  
[interimicda.org/whatwedo/wild](http://interimicda.org/whatwedo/wild)  
*Environmental justice, gardening, and activism volunteer opportunities*
- K** Young Women Empowered ..... 206.519.2426  
[youngwomenempowered.org](http://youngwomenempowered.org)  
*Group leadership camps & activities*
- K** YMCA of Greater Seattle ♡ ..... 206.749.7550 / 7540  
[seattleyymca.org](http://seattleyymca.org)  
*Community and service corps programs/volunteer activities*
- K S** YWCA ..... 206.461.4888  
[ywcaworks.org](http://ywcaworks.org)  
*Community service & volunteer program*
- K** Woodland Park Zoo Volunteer Program ..... 206.548.2450  
[zoo.org/volunteer](http://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](http://artspotstudio.net/tweenteen-workshops)  
*Art camps/workshops for age 10-18 (all ability levels)*
- K** Bikeworks ..... 206.695.2741  
[bikeworks.org](http://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](http://washingtonclubs.org)  
*After-school and summer programs*
- K P S W** Sibling Strong ..... 360.731.7268  
[sibling-strong.org](http://sibling-strong.org)  
*Summer camp program to reunite siblings in foster care*
- K** Coyote Central ..... 206.323.7276  
[coyotecentral.org](http://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 ..... 800.541.9852  
[girlscoutswa.org](http://girlscoutswa.org)
- P** Tacoma Urban League ..... 253.383.2007  
[thetacomaurbanleague.org/programs](http://thetacomaurbanleague.org/programs)  
*Mentorship programs for youth of color*
- K** Kent Youth & Family Services ..... 253.859.0300  
[kyfs.org](http://kyfs.org)  
*Operates multiple youth centers in the Kent area*
- K P S W** Kirkland Teen Union Building (KTUB) ..... 425-587-3300  
[ymcaktub.org](http://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 .....  
[readerscircle.org](http://readerscircle.org)  
*Online book clubs*
- K** Sanctuary Art Center ..... 206.522.6256  
[sanctuaryartcenter.org](http://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](http://seattle.gov/parks)  
*Classes, camps/activities, and centers for community engagement*
- P** Tacoma Youth Theatre ..... 253.677.0531  
[tacomayouththeatre.org](http://tacomayouththeatre.org)

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

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







## Index

1in6: 33  
 211: 31, 34, 35, 38  
 24-Hour Crisis Line: 15, 23  
 45th Street Clinic: 18

### A

Abused Deaf Women's Advocacy Services (ADWAS): 29, 33, 44  
 Adolescent Self Injury Foundation: 25  
 Alateen & Alanon: 11  
 Alcoholics Anonymous: 11  
 All-Options: 19  
 AmeriCorps National Service: 40  
 Asian Counseling & Referral Service: 37  
 Asian/Pacific Islander Chaya: 29, 33, 37  
 Asia Pacific Cultural Center: 37  
 Atlantic Street Center: 30  
 Auburn Public Health: 20

### B

Bellevue Parent/Teen Mediation Program: 13  
 Bellevue Parks and Community Services - Well-KEPT: 40  
 Bikeworks: 46  
 Boys & Girls Clubs of WA State: 40, 45, 47  
 Boys Town National Hotline: 23  
 Brain Injury Alliance of WA: 44  
 Bridges Center for Grieving Children: 17

### C

Camp Erin: 17  
 Camp Fire Orca: 45  
 Cedar River Clinics: 19, 20  
 Center for Children with Special Needs: 44  
 Center for Discovery: 16  
 Center for Human Services: 10,12,14  
 Center for Independence: 44  
 Center for Multicultural Health: 10, 18, 19, 20, 37  
 Children's Crisis Response Outreach Service (CCORS): 23

Children & Youth with Special Health Care Needs: 44  
Childhelp USA: 26  
Chinese Information & Service Center: 37  
City of Mercer Island: 45  
Cocoon House: 34  
Columbia Public Health: 18  
Community Health Care: 18, 20  
Community Health Center of Snohomish County: 18, 21  
Compass Health: 10, 12, 23, 34,  
Comprehensive Life Resources: 34  
Consejo Counseling & Referral Service: 12, 37  
CORE (Creating Open Roads to Equity): 45  
Counseling Washington: 13  
Coyote Central: 47  
Crisis Connections: 2, 3, 8  
Crisis Outreach Team (MCOT) - Compass Health: 23

## D

Dawson Place Child Advocacy Center: 26, 33  
Disability Rights WA: 44  
Domestic Abuse Women's Network (DAWN): 29  
Downtown Public Health: 18  
DV Hopeline: 29

## E

Eastgate Public Health: 18, 20  
Eastside Legal Assistance Program: 31  
Eating Disorders Anonymous: 16  
Education: 38, 39  
El Centro de la Raza: 37, 38, 40  
Eluna: 17  
Entre Hermanos: 21  
Evergreen Council on Problem Gambling: 10, 11  
Evergreen Health: 18

## F

Families & Friends of Lesbians & Gays (PFLAG): 42  
Families Unlimited Network: 45

FareStart: 40  
Federal Way Public Health: 20  
Forefront Suicide Prevention: 23  
Friends of Youth: 12, 30, 34

## G

Gamblers Anonymous: 11  
Garfield Teen Life Center: 47  
Gay City: 21, 42  
Girl Scouts of Western WA: 47  
GLOBE: 43  
Goodwill Everett Job Training & Education Center: 38  
Goodwill King County Job Training & Education Center: 38  
Goodwill of the Olympics and Rainier Region: 38  
Greater Lakes Mental Health Care: 12  
Greater Seattle Bureau of Fearless Ideas: 38

## H

Harborview Center for Sexual Assault & Traumatic Stress: 33  
Harbor WildWatch: 45  
Health Education Youth Outreach (HEYO): 42  
Hearing, Speech and Deaf Center: 44  
Helping Link/Mot Dau Noi: 37  
Hope Sparks Family Services: 12  
Horn of Africa Services: 37

## I

iGrad: 38  
Ingersoll Gender Center: 42

## J

Job Corps: 40

## K

Kent Public Health: 20  
Kent Youth & Family Services: 12, 43, 47  
King County 2-1-1: 3, 7  
King County Bar Association Neighborhood Legal Clinic: 31

King County Behavioral Health and Recovery Division: 14  
King County Library System: 39  
King County Regional Access Points: 36  
King County Safe Place: 36  
King County Sexual Assault Resource Center: 33  
King County Superior Court - Juvenile Court: 31  
Kirkland Teen Union Building (KTUB): 47

## L

La Esperanza: 37  
Lambert House: 42  
Learning Disabilities Association of WA: 38  
Lifelong AIDS Alliance: 21

## M

Mary Bridge's Child Abuse Intervention Department: 26  
Maternal Child Outreach Team (MCOT): 19  
Mercer Island Youth & Family Services: 12  
MultiCare: 12, 32  
My Sister's Pantry: 36

## N

Narcotics Anonymous: 11  
National Eating Disorders Association: 16, 25  
National Runaway Safeline: 36  
National Safe Place: 36  
National Suicide Prevention Lifeline: 15, 23  
Navos/Ruth Dykeman Youth & Family Services: 12  
Neighborcare Health: 21  
Neighborhood Clinic: 18  
New Horizons Ministries: 34  
North America Syringe Exchange Network: 11  
Northshore Youth & Family Services: 12  
Northwest Harvest: 36  
Northwest Education Access: 39  
NW Justice Project: 31

**O**

- Oasis Youth Center: 35, 43
- Old Firehouse Teen Center: 47
- Open Adoption & Family Services: 19
- Overeaters Anonymous: 16

**P**

- Pearl Counseling Associates: 12
- PFLAG: 42, 43
- Pierce County Alliance: 35
- Pierce County Coalition for Developmental Disabilities: 44
- Pierce County Crisis Line: 24
- Pierce County Day Centers: 35
- Pierce County Library System: 39
- Pierce County Wraparound/WISe: 14
- Pioneer Counseling: 12
- Planned Parenthood: 19, 21
- Police Department Emergency Number: 26
- Powerful Voices: 30, 47
- Providence Grief Support Services: 17
- Psychology Today: 13
- Public Health STD Clinic at Harborview: 21
- Puget Sound Alcoholics Anonymous: 11

**Q**

- Qlaw Legal Clinic: 31
- Queer Trans Youth Music Project (QTYMP): 43

**R**

- Rainbow Center: 43
- Rape, Abuse & Incest National Network: 33
- Reader's Circle: 47
- Rebuilding Hope: 33
- Refugee & Immigrant Services NW: 37
- ROOTS Young Adult Shelter: 35, 36
- Ryther: 11, 13, 14

**S**

- Safe Crossings: 17
- Safe Futures Youth Center: 30
- Safer STD Testing: 21
- Safe Streets Campaign: 31
- Sanctuary Art Center: 47
- Sea Mar Community Health Centers: 46
- Seattle Parks & Recreation: 47
- Seattle Public Library System: 39
- Seattle, YMCA of Greater: 39, 46, 48
- Seattle Youth Employment Program: 40
- Seattle-King County Teen Clinics: 20
- Seneca: 14
- Sexual Assault Center for Pierce County: 33
- Snohomish County Legal Services: 31
- Sno-Isle Libraries (Snohomish and Island Counties): 39
- Snohomish County Wraparound/WISe: 14
- Society for the Prevention of Teen Suicide: 24
- Sound: 11, 13, 14
- Southeast Youth & Family Services: 13
- Southwest Youth & Family Services: 13
- Stomp Out Bullying: 27
- Speech and Deaf Center: 44
- Step by Step Family Support Center: 20
- Street Youth Ministries: 35
- StrongHearts Native Helpline: 29
- Suicide Prevention Training for Students: 8

**T**

- Tacoma Urban League: 47
- Tacoma-Pierce County Bar Association: 31
- Tacoma-Pierce County Health Department: 21
- Tacoma Rescue Mission: 35
- Tacoma Youth Theatre: 47
- Team Child: 31
- Teen Clinics at Public Health-Seattle & King County: 21
- Teen Feed: 36
- Teen Link: 2, 3, 6, 7, 8, 9, 10, 15, 23, 46
- Teen Pregnancy & Parenting Clinic: 20
- Teens in Public Service: 40

The Arc of WA: 44  
The Center - A Place of Hope: 16  
The Club Teen Center: 48  
The Emily Program: 16  
The Healing Center: 17  
Therapeutic Health Services: 11, 13, 14, 37  
The REACH Center: 40  
The Trevor Project: 24, 42  
The Vera Project: 46  
To Write Love on Her Arms: 25  
Tilth Alliance Youth Garden Works: 40  
Trans: 24, 29, 42, 43  
Trans Lifeline: 24, 43  
Tulalip Tribes: 37

## U

United Way Volunteering: 46  
University District Youth Center: 35

## V

Vadis: 44  
Valley Cities Behavioral Health Care: 13  
Vashon Youth & Family Services: 13  
Volunteers of America Western Washington: 46

## W

WA Coalition of Sexual Assault Programs: 33  
WA Elks Therapy Program for Children: 44  
WAPI Community Services: 37  
WA Recovery Help Line: 3, 7, 10  
Washington Law Help: 31  
WA State Dept. of Labor & Industries: 40  
WA State Dept. of Services for the Blind: 44  
WA State Parks & Recreation: 48  
WA Warm Line: 3, 15  
"Who Does What" for STD/HIV: 21  
Wilderness Inner-City Leadership Developments (WILD): 46  
Wild Grief: 17

Wraparound/WISe: 11, 14, 31, 44

## Y

Year Up: 41

YMCA of Greater Seattle: 39, 46, 48

YMCA of Pierce & Kitsap Counties: 31, 48

YMCA of Snohomish County: 28, 44

YMCA Social Impact Center: 13, 30, 35

You Grow Girl: 13, 14, 31, 41

Young Women Empowered: 46

YouthCare - The Shelter: 35

Youth Council: 48

Youth Eastside Services: 13, 31, 43

Youth Enrichment Services: 48

YouthForce: 41

Youth in Focus: 48

YWCA Children's Domestic Violence Program: 29

YWCA Emergency Shelter: 35

## Z

Zoo: 46