

WHERE TO TURN FOR TEENS | 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 Audra had trouble opening up in those settings and became more withdrawn and alone, making her even more vulnerable.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 20 and under can call, text, or chat!
Calls are confidential and free for youth in Washington.

Text or Call: 866-833-6546

Chat: TeenLink.org/Chat

Find resources 24/7: Search.TeenLink.org

Volunteer: CrisisConnections.org/Volunteer

crisis connections

Mental Health Emergencies, Emotional Distress & Substance Use Support

988
Call & text
24/7

Recovery Help Line
866-789-1511
Call 24/7
Text 9am–9pm

Basic Needs & Essential Resources

211
M–F, 9am–5pm
24/7 Self-Service
Text: WAOD to 898211 for automated resources
Visit: Search.WA211.org

Community Care Hub Intake Center
833-453-0336

Peer Support & Post-Crisis Care

Teen Link – Youth
866-833-6546
Text & Call
6pm–10pm every day
Chat: teenlink.org/chat

Warm Line – Adults
877-500-9276
2pm–9pm every day

King County Stop Hate Hotline
833-786-7481
24/7 Trauma-informed, confidential hate crime and bias incident reporting

Community Services & Programs

911 Diversion Mobile Crisis Dispatch

Learn more about our programs:
CrisisConnections.org

988 | SUICIDE & CRISIS LIFELINE

211 Washington

teen link

Where to Turn for Teens (WTTFT) is a resource guide created for youth and is published every fall. The agencies listed provide a variety of services. WTTFTs and our database, Search.TeenLink.org, focus on youth-friendly services, programs and resources.

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.

Many services are available across Washington State. If you see dots before a listing, check with the organization to make sure its services are available in your area.

AGENCY AVAILABILITY & CHANGES

Services, hours and rules can change. These resources were last reviewed in August 2026. Before you visit, call or contact the organization to make sure the service you need is still available.

TIPS FOR CONNECTING WITH AGENCIES & ORGANIZATIONS

Before you call or reach out, it may help to write down your questions. This can make it easier to find out if a resource is right for you. You may want to ask:

- What areas do you serve?
- When are you open?
- Where are you located?
- Do I need permission from a parent or guardian?
- Do your services cost money?
- Who can use your services?
- Do I need to bring anything with me?
- Do you offer language or accessibility support

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 down who you talked to and any helpful information they shared.

If you're not sure where to start, call us at **866-833-6546—7 days a week from 6pm-10pm.** We can help you figure out your next step. 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 a totally confidential emotional support line for youth in Washington. You can text, call, 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.
Text or Call: **866-833-6546**
Chat: teenlink.org/chat
7 Days a Week 6pm-10pm.
Chats and texts must start before 9:30pm.
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

RECOVERY HELP LINE PROVIDES SAFE, CONFIDENTIAL & 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.
866-789-1511 | Call 24/7 **|** Text 9am-9pm
Search the MOUD Locator: Search.warecoveryhelpline.org

WASHINGTON 211

Need help with basic needs like food, shelter or medical care? 211 can help connect you respurces.
Dial **211** Monday – Friday 9am-5pm
Text your zip code to **898211**
Find resources any time:
Search.WA211.org
Text WAOD to 898211 for automated text

If you are experiencing an emergency, call 911

AFTER HOURS OR ANYTIME

Call or Text **988**
Support is available 24/7/365 for mental health and crisis support. There's no wrong reason to reach out.

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 or **206-461-3210**.

DOWNLOAD WTTFT

teenlink.org

TEEN LINK VOLUNTEER OPPORTUNITIES

Volunteering is a great way to develop communication and leadership skills, learn about resources, and connect with community.

Volunteer Positions

YOUTH CRISIS SPECIALIST (AGES 15-20)

Provide emotional support and referrals to teens who text, call, or chat Teen Link. Receive thorough training on how to support help seekers. Optional opportunities to build outreach skills.

YOUTH CRISIS MENTOR (AGE 21+)

Support teen volunteers during texts, calls, and chat conversations. Offer guidance to volunteers on engaging help seekers, debrief after calls have ended and ensure appropriate protocols are followed.

If you are interested in volunteering, go to crisisconnections.org/volunteer. The first step is to fill out an interest form to join our email list for prospective volunteers.

Alcohol, Drugs and Substance Use



Recovery Help Line
866-789-1511
call 24/7 | text 9am–9pm

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. Call or text **866-789-1511** for confidential, compassionate support anytime.

COUNSELING/TREATMENT

●●●● Center for Human Services 206.362.7282
chs-nw.org

● Center for Multicultural Health 206.461.6910
centerformulticulturalhealth.org
Youth program standwa.org

● Compass Health..... 844.822.7609
compasshealth.org

●●●● Evergreen Council of Problem Gambling .....
800.547.6133
evergreencpg.org

● King County Needle Exchange ..... 206.263.2000, opt. 2
kingcounty.gov/needle

●●● North America Syringe Exchange Network..... 253.272.4857
nasen.org

●● Ryther.....206.525.5050
http://ryther.org

● Sound.....206.302.2300
sound.health

● Therapeutic Health Services.....206.322.7676
ths-wa.org 425.263.3006

●●●● Wraparound (WISe)
hca.wa.gov *Please see page 14 for program details*

SUPPORT GROUPS

● Alateen & Alanon.....206.625.0000
seattle-al-anon.org

● Alateen & Alanon.....800.726.8094
al-anon-pierce-wa.org

●●● Alateen & Alanon.....425.348.7828
dist23.org

● Alcoholics Anonymous.....206.587.2838
seattleaa.org ● snocoaa.org 425.252.2525

● Puget Sound Alcoholics Anonymous.....253.474.8897
pugetsoundaa.org

●●●● Evergreen Council on Problem Gambling..... 800.547.6133
evergreencpg.org

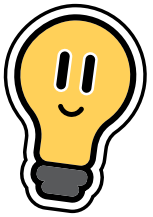
● Gamblers Anonymous 855.222.5542
gamblersanonymous.org

●●●● Marijuana Anonymous.....206.414.9270
madistrict4.org

●●●● Narcotics Anonymous.....206.790.8888
wnirna.org/meetings

●●●● 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.

●●● Compass Health 844.822.7609
compasshealth.org

●● Center for Human Services 206.362.7282
chs-nw.org/services/mental-health-counseling/

●● Consejo Counseling & Referral Service 206.461.4880
consejocounseling.org *Culturally competent behavioral health services for the Latinx community*

● Greater Lakes Mental Health Care 253.581.7020
http://glmhc.org/

● Hope Sparks Family Services 253.565.4484
hopesparks.org

● Friends of Youth 425.392.6367
friendsofyouth.org

YOUTH AND FAMILY COUNSELING SERVICES

● Community Counseling Institute 253.759.0852
cciwa.org/

● Kent Youth and Family Services 253.859.0300
kyfs.org/

● Mercer Island Youth & Family Services 206.275.7611
miyfs.org

● MultiCare Behavioral Health 888.445-8120
multicare.org/behavioral-health

● Navos/Ruth Dykeman Youth & Family Services 206.248.8226
navos.org/get-help/children-youth-families

● Northshore Youth & Family Services 425.485.6541
northshoreyouthandfamilyservices.org

● Pearl Counseling Associates 253.752.1860
pearlcounseling.com

●● Pioneer Counseling 206.768.1990
pioneerhumanservices.org/youth-programs

● Childhaven 425.271.5600
rays.org

●● Ryther ♥ 206.525.5050
ryther.org

● YMCA Social Impact Center 206.382.5340
seattleymca.org/social-impact-center

●●●● Sea Mar Community Health Center ♥ seamar.org
Seattle 206.658.2175
Tacoma 253.396.1634
Everett 425.312.0277
Multiple locations—see website for more

● Sound 206.302.2300
sound.health

● Southeast Youth & Family Services 206.721.5542
seyfs.org

● Southwest Youth & Family Services 206.937.7680
swyfs.org

●● Therapeutic Health Services 206.322.7676
ths-wa.org

● Valley Cities Behavioral Health Care 253.833.7444
valleycities.org

● Vashon Youth & Family Services 206.463.5511
vyfs.org

● You Grow Girl 206.417.9904
yougrowgirl.org

● Youth Eastside Services 425.747.4937
youtheastsideservices.org

● 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:

● Counseling Washington counselingwashington.com

● Psychology Today psychologytoday.com

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, NORTHSHORE, AND SHORELINE

- Center for Human Services 206.362.7282

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

- South Sound 206.451.9544

uwpc.org/community-resources

KENT, ENUMCLAW, FEDERAL WAY, AND AUBURN

- Valley Cites Behavioral Health 206.408.5246

OTHER KING COUNTY

- Childhaven ♥ *(for youth under 6)* 206.957.4841
- Ryther ♥ 206.517.0234
- Seneca ♥ *(for youth under 6)* 206.490.0985
- Therapeutic Health Services 425.322.7676
- YMCA ♥ 206.327.1271
- You Grow Girl! 206.643.9622
- Pierce County Wraparound/WISe 253.759.9544
- Snohomish County Wraparound/WISe 425.349.8337

● National Suicide Prevention Lifeline
988lifeline.org 988

● Teen Link 866-833-6546
teenlink.org

● WA Warm Line 800-500-9276
crisisconnections.org *Peer-to-peer support for people living with emotional and mental health challenges*

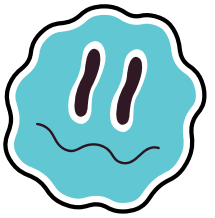
Teen Link, the Warm Line and 988 do not provide ongoing counseling. Youth can use these lines for additional support between counseling appointments.



"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

Difficult emotions, social pressures and environment can contribute to complicated relationships with food. If you or someone you know struggles with disordered eating, it's important to get support. Your health and well-being matter. The following agencies provide support for people struggling with an eating disorder.

●●● Center for Discovery 877.554.0563
centerfordiscovery.com
Support groups for teens and family/friends

● The Emily Program 888.364.5977
emilyprogram.com
Inpatient and outpatient eating disorder treatment facility

●●●● Eating Disorders Anonymous .....
eatingdisordersanonymous.org

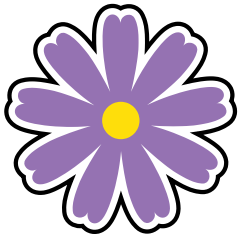
●●●● National Eating Disorders Association ♥ 800.931.2237
nationaleatingdisorders.org
Education, advocacy, treatment, and prevention, text "NEDA" to 741741

● Opal Food & Body Wisdom 206.926.9087
opalfoodandbody.com
Inpatient treatment for 18+

●●●● Overeaters Anonymous 206.264.5045
seattleoa.org

● The Center - A Place of Hope 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

Coping with the loss of a loved one is a challenging process. Grief can feel very different for everyone. It might be 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 support and resources can help you manage some of the feelings that you're experiencing. These agencies and programs have been developed for youth that are dealing with a loss:

● Bridges Center for Grieving Children 253.403.1966
marybridge.org/services/bridges-center-for-grieving-children/

●●●● Support After Suicide ..... crisisconnections.org
Support for survivors of suicide loss

●●● Eluna 267.687.7724
elunanetwork.org *Grief camps and programs*

● Providence Grief Support Services 206.749.7702
washington.providence.org/locationsdirectory/g/providence-grief-support-services-of-king-county

● Providence Grief Support Services 425.261.4807
washington.providence.org/locations-directory/g/providence-grief-support-services-of-snohomish-county

●● Safe Crossings 206.749.7723
washington.providence.org/services-directory/services/s/safe-crossings-childrens-grief-program *Grief support program*

●●●● The Healing Center 206.523.1206
healingcenterseattle.org

● Wild Grief 360.358.3213
wildgrief.org *Hiking groups for people to process their grief*

● Camp Erin 206-445-8980
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.

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

CONSULTING NURSE LINE

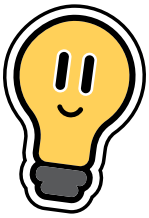
- Evergreen Health ..... 425.899.3000 Opt. 2

DOCTOR APPOINTMENTS AT PUBLIC HEALTH - SEATTLE AND KING COUNTY

- Columbia Public Health 206.296.4650
- Downtown Public Health 206.477.8300
- 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.

●●●● All-Options 888.493.0092
all-options.org
Pregnancy counseling talk-line

●● Cedar River Clinic 800.572.4223
cedarriverclinics.org
Clinic offering reproductive healthcare, abortions, and birth control

● Center for Multicultural Health 206.461.6910
centerformulticulturalhealth.org

● Maternal Child Outreach Team (MCOT) 253.649.1629
tpchd.org/healthy-people/family-health

●●●● Open Adoption & Family Services 800.772.1115
Text "open" to 971.266.0924 for text support, chat support available at openadopt.org

●●●● Planned Parenthood 800.769.0045
plannedparenthood.org

●●●● Help Me Grow 800.322.2588
parenthelp123.org

● Teen Pregnancy & Parenting Clinic 206.326.2656
(up to age 21)

● Step by Step Family Support Center 253.896.0903
stepbystepfamily.org
Teen clinics at public health

● 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:

● Auburn Public Health 206.477.0600
● Eastgate Public Health 206.477.8000
● Federal Way Public Health 206.477.6800
● Kent Public Health 206.477.6950

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

Learning about sexually transmitted infections (STIs) is important for everyone—get the facts from the trusted resources in this section.

In Washington State, teens 13 years and older do not need a parent or legal guardian's permission to receive STI testing or treatment.

●● Cedar River Clinics 800.572.4223
cedarriverclinics.org

● Center for Multicultural Health 206.461.6910
centerformulticulturalhealth.org

● Community Health Care 253.722.2161
commhealth.org

● Community Health Center of Snohomish County... 425.789.3789
chcsno.org

● Entre Hermanos 206.322.7700
entrehermanos.org

● Gay City 206.860.6969
gaycity.org/wellness

● Lifelong AIDS Alliance..... 206.957.1600
lifelong.org

● Neighborcare Health..... 206.548.5710
neighborcare.org

●●● Planned Parenthood 800.769.0045
plannedparenthood.org

● Sexual Health Clinic at Harborview 206.744.3590
uwmedicine.org/locations/sexual-health-clinic-harborview

●●●● Safer STD Testing..... 800.666.1250
saferstdtesting.com

●●●● SeaMar Community Health Centers ♡.....
seamar.org

●●●● Snohomish Health District STD/HIV Program .....
425.339.5261
snohd.org/185/Sexually-Trasmitted-Diseases

● Tacoma-Pierce County Health Department ♡..... 253.798.3805
tpchd.org/healthy-people/sexually-transmitted-diseases

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

● "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)



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. Text or call Teen Link at 866-833-6546 for support from trained youth volunteers, every day from 6pm–10pm. Call or text 988 any time, day or night.

Check out these resources if you need more support:

●●●● Boys Town National Hotline ♡ 800.448.3000
yourlifeyourvoice.org

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

● Crisis Outreach Team (MCOT) - Compass Health ♡ ... 800.584.3578
compasshealth.org/services/mcot

●●●● Crisis Text Line 741741
Text-based support. Text "hello"

●●●● Forefront Suicide Prevention 206.543.1016
intheforefront.org

●●●● National Suicide Prevention Lifeline ♡ 988

●●●● National Suicide Prevention Lifeline Español ♥ 800.628.9454

● Pierce County Crisis Line ♥ 800.576.7764

●●●● Society for the Prevention of Teen Suicide ..... sptsusa.org

●●●● The Trevor Project 866.488.7386
thetrevorproject.org
24-Hour help line with a focus on LGBTQIA+ youth

●●●● Trans Lifeline 877.565.8860
translifeline.org

● Volunteers of America Western WA ♥ 800.584.3578
imhurting.org
24/7 Crisis phone line and chat

SELF-HARM

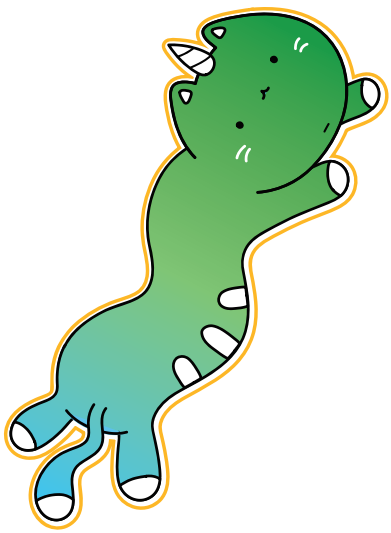
Some people experiencing mental challenges turn to self-harm as a way of releasing and managing emotions. Self-harm includes any intentional act that a person does to hurt their body. In most cases, these actions are not done as suicide attempts but as coping methods for people to help manage the emotional pain they are feeling. Everyone's needs are different, and finding alternatives to self-harm can be a process. 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.

Try a new way of releasing emotions:

- Journaling
- Drawing or painting
- Listening to music or creating music
- Squeezing a stres ball, putty, or another safe sensory object
- Holding something cool, such as a cold washcloth
- Taking a warm or cool shower
- Screaming into a pillow
- Ripping paper

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

- Adolescent Self Injury Foundation ..... adolescentselfinjuryfoundation.com
- National Eating Disorders Association Helpline 800.931.2237
- Self-Injury Outreach & Support ..... sioutreach.org
- 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."

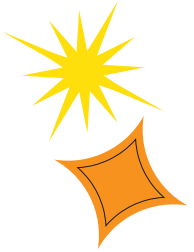
—MELODY BEATTIE



teenlink.org/support

If you want to talk about self-harm or ways to process tough emotions and experiences, reach out to Teen Link at 866-833-6546 everyday from 6pm-10pm. If you have any questions or concerns about self-harm for yourself or someone else, give us a text or call.

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 is anything that threatens the safety of a child.

There are four primary types of child abuse:

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

If you or a child you know is experiencing mistreatment by an adult, reach out for help by connecting with the resources below. For immediate, life-threatening situations, dial 911.

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.

●●●● Childhelp USA..... 800.422.4453
childhelp.org

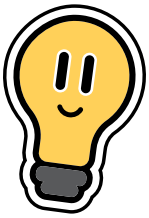
●●●● Dawson Place Child Advocacy Center..... 425.789.3000
dawsonplace.org

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

● Police Department Emergency Number..... 911

●●●● Washington State DSHS - End Harm
Child Protective Services..... 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

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:

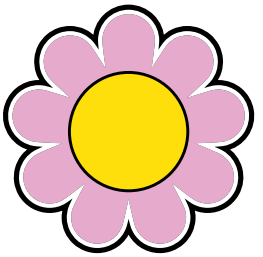
- Physically harm a student or damage the student's property
- Have the effect of substantially interfering with a student's education
- Are so severe, persistent, or pervasive that they create an intimidating or threatening educational environment
- Have the effect of substantially disrupting the orderly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

If you need to talk about bullying connect with Teen Link:
Text and Call: 866-833-6546
Chat: TeenLink.org/Chat

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.

- Crisis Text Line, text "HELLO" to 741741 ..... crisistextline.org
- PFLAG WA State Council ..... pflagwsc.org
  Youth/ anti-bullying resources for LGBTQ youth
- STOMP Out Bullying ..... stompoutbullying.org
  Online resource center and chat help line
- Washington State ACLU ..... 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

ABUSE CAN LOOK LIKE SOMEONE

- Blaming you for their behavior (Gaslighting)
- Threatening self-harm or suicide
- Having a bad temper
- Physical threats and actions
- Threatening to harm people you care about
- Controlling or monitoring what you do, who you see, where you go, or what you wear
- Name calling and other attempts to damage self-image

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.

●●● Abused Deaf Women's Advocacy Services (ADWAS) 206.812.1001
adwas.org

● Asian/Pacific Islander Chaya 877.922.4292
apichaya.org

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

● DV Hopeline 425.746.1940
dvhopeline.org

●●●● Police Department Emergency Service 911

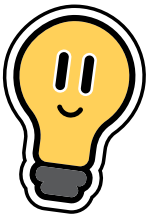
●●●● StrongHearts Native Helpline.. 1.844.7NATIVE(762.8483)
strongheartshelpline.org

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

● YWCA Pierce County 253-383-2593
ywcapiercecounty.org

●●● 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

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. 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.

- Atlantic Street Center ..... atlanticstreetcenter.org
  Family resource center, youth development, domestic violence support
- ●●● Center for Children & Youth Justice 206.696.7503
  http://ccyj.org/
- ●● Friends of Youth 425.869.6490
  friendsofyouth.org
- YMCA Social Impact Center .....
  seattleymca.org/social-impact-center

ANGER MANAGEMENT & SUPPORT FOR DRUG/ALCOHOL USE

- Powerful Voices 206.860.1026
  powerfulvoices.org
- Safe Futures Youth Center 206.938.9606
  sfyc.net

GANG AND VIOLENCE PREVENTION

● Safe Streets Campaign 253.272.6824
safest.org

● YMCA of Pierce & Kitsap Counties 253.841.9622
ymcapkc.org

● YMCA of Snohomish County 425.337.0123
ymca-snoco.org

● You Grow Girl 206.417.9904
yougrowgirl.org

● Youth Eastside Services 425.747.4937
youtheastsideservices.org

LEGAL SERVICES Human and civil rights protect people long before they turn 18

●●●● 211 211
Screens and refers to a range of legal service providers

● Eastside Legal Assistance Program ♥ 425.747.7274
elap.org

● King County Bar Association Neighborhood Legal Clinics ... 206.267.7070
kcba.org

● King County Superior Court - Juvenile Court ♥ 206.263.8634
kingcounty.gov/courts/superior-court/juvenile

●● Legal Counsel for Youth & Children 206.494.0323
lcycwa.org

●●●● NW Justice Project 888.201.1014
nwjustice.org
Legal services for low-income Washington residents

●●● Team Child ♥ ..... 206.322.2444 press 0
teamchild.org/find-help

●●●● QLaw Legal Clinic ♥ ..... qlawfoundation.org/lgbtq-legal-clinic.html *Focus on LGBTQIA+ community*

● Snohomish County Legal Services 425.258.9283
snocolegal.org

● Tacoma-Pierce County Bar Association 253.383.3432
tpcba.com

●●● Washington Law Help ..... washingtonlawhelp.org

●●●● 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.

●●●● Emergency Number ♡ 911
●● MultiCare Tacoma General Hospital ♡ 253.403.1000
multicare.org/sexual-assault-services

●●●● Rape, Abuse & Incest National Network (RAINN) 1.800.656.HOPE (4673)
rainn.org

● Rebuilding Hope! Sexual Assault Center for Pierce County . 1.800.756.7273
sexualassaultcenter.com

● Sex Trafficking and Exploitation Program..... 253.444.5351
http://sexualassaultcenter.com/step

●●●● 1 in 6 ..... 877.628.1466
1in6.org
Education and resources for male survivors of sexual assault

● Abused Deaf Women's Advocacy Services (ADWAS) 206.812.1001
adwas.org

● Asian/Pacific Islander Chaya 877.922.4292
apichaya.org
Resources for rape & sexual harassment / assault

● Dawson Place Child Advocacy Center..... 425.789.3000
dawsonplace.org

● Harborview Center for Sexual Assault & Traumatic Stress.. 206.744.1600
hcsats.org

● King County Sexual Assault Resource Center..... 425.226.5062
1.888.99.VOICE(86423) (recorded information)
kcsarc.org

● Legacy of Healing - Advocacy Center & Safe House...360.716.4100
tulaliptribes-nsn.gov/dept/legacyofhealing

●●●● WA Coalition of Sexual Assault Programs ...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: Search.Wa211.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.

●●●● 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.

● Camp Fire Orca 253.597.6234
campfireorca.org/outreach-services
Outreach and support for youth ages 12-21

● Cocoon House 425.259.5802
cocoonhouse.org

● Compass Health 425.349.6800
compasshealth.org

● Comprehensive Life Resources 253.396.5800
comprehensiveliferesources.org

● Friends of Youth 425.869.6490
friendsofyouth.org
Outreach and Intake

●●●● New Horizons Ministries 206.374.0866
nhmin.org

- Oasis Youth Center 253.671.2838
  oasisyouthcenter.org
- Pierce County Alliance 253.572.4750
  piercecountyalliance.org/youth-services
- Pierce County Day Centers .....
  pchomeless.org/facilities/daycenters
- ROOTS Young Adult Shelter 206.632.1635
  rootsinfo.org
  Youth ages 18-25
- Street Youth Ministries 206.524.7301
  symseattle.org
  Youth ages 13-26
- Tacoma Rescue Mission 253.383.4493
  trm.org/youth
- University District Youth Center 206.526.2992
  youthcare.org/homeless-youth-services
- YMCA Social Impact Center 206.382.5340
  seattleymca.org/social-impact-center
- YouthCare –The Shelter 800.495.7802
  youthcare.org
  Youth ages 12-17
- YWCA Emergency Shelter 206.461.4882
  ywcaworks.org
  Women over 18

TRANSITIONAL HOUSING

Transitional housing offers youth a safe place to live while they work toward acquiring necessary life skills, self-sufficiency, and gainful employment. Please be aware that programs often have 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.

- 211 211
  Call for assistance in finding shelter, food, and other needs

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.

● 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

●●●● National Runaway Safeline (24-hour) 800.RUNAWAY
Confidential phone support for teens considering running away

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

● My Sister's Pantry 253.627.1186
mysisterspantry.org

●●●● 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.

●●●● Northwest Harvest 800.722.6924
northwestharvest.org
Food Bank with 375 locations in Washington

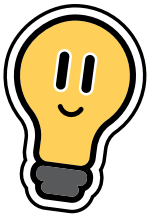
● Teen Feed (7 nights/week) 206.522.4366
teenfeed.org

Culturally Inclusive Agencies

Many families face discrimination against their racial, ethnic and cultural identities. People deserve support that meets them where they are and embraces their culture. These agencies offer opportunities for cultural engagement.

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

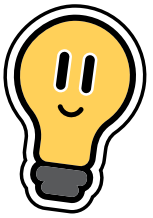
- El Centro de la Raza..... 206.717.0084
  elcentrodelaraza.org
- Goodwill Everett Job Training & Education Center425.267.9718
  everetthelplink.org/everett-south-job-training-education-center
- Goodwill King County Job Training & Education Center .....
  206.860.5791
  seattlegoodwill.org/job-training-and-education
- Goodwill of the Olympics and Rainier Region.253.573.6500
  goodwillwa.org/training/youth
- Greater Seattle Bureau of Fearless Ideas.....206.725.2625
  fearlessideas.org
  After-school tutoring & creative writing workshops
- iGrad..... 253.373.4723
  Kent.k12.wa.us/IG
  Program for youth who have left school or are considering leaving
- Learning Disabilities Association of WA..... 425.882.0820
  ldaamerica.org/category/your-voice-in-washington/

- Northwest Education Access 206.523.6200
  seattleeducationaccess.org
- YMCA of Greater Seattle 206.749.7550
  seattleymca.org
  GED services

Additional services may also be available through your local library

- King County Library System 800.462.9600
  kcls.org
- Seattle Public Library System 206.386.4636
  spl.org
- Pierce County Library System 253.548.3323
  piercecountylibrary.org
- 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?

●●● AmeriCorps National Service 800.942.2677
cdcac.org/americorps/

● Bellevue Parks and Community Services - Well-KEPT .....
425.452.4195

● Boys and Girls Clubs of South Puget Sound 253.502.4640
bgcsps.org

● El Centro de la Raza ♡ 206.717.0084
elcentrodelaraza.org

● FareStart..... 206.443.1233
farestart.org
Offers job training for youth without shelter

● Job Corps..... 800.733.5627
jobcorps.gov

● Reconnect to Opportunity 206.263.8244
reopp.org/
Youth ages 16-24

● Seattle Youth Employment Program 206.386.1375
https://seattle.gov/human-services/services-and-programs/youth-and-young-adults/seattle-youth-employment-program

● The REACH Center 253.573.6590
reachtacoma.org

● Tilth Alliance Youth Garden Works .....206.633.0451 x 900
tilthalliance.org

● Teens in Public Service.....206.985.4647
teensinpublicservice.org

● WA State Dept. of Labor & Industries – Teen Workers Information
lni.wa.gov/workplacerights/teenworkers

● Worksource 425.374.8351
worksourceonline.com/jobseeker/youth.html

●●● Year Up 206.441.4465
yearup.org
Youth ages 18-24

● You Grow Girl 206.417.9904
yougrowgirl.org

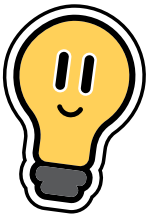
● YouthForce 206.436.1843
teenjobs.org

● Youth Aerospace Program Goodwill Marysville .....
goodwillaerospaceprogram.weebly.com/

LGBTQIA+

988 SUICIDE & CRISIS LIFELINE

988 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.

●●●● The Trevor Project 866.488.7386
thetrevorproject.org
Text 'Start' to 678-678

● Gay City 206.323.LGBT
gaycity.org
LGBTQIA+ resources and referral help line

● Health Education Youth Outreach (HEYO) 206.957.1639
lifelong.org
Community building to empower LGBTQIA+ youth and destigmatize HIV

● Ingersoll Gender Center .....
ingersollgendercenter.org
Transgender support

● Lambert House 206.322.2515
lamberthouse.org

● Parents, Families & Friends of Lesbians & Gays (PFLAG Seattle Chapter) 206.325.7724
pflagseattle.org

● Queer Trans Youth Music Project (QTYMP)
qtymp.org
LGBTQIA+ led music, empowerment, and social justice programs

●●●● Trans Lifeline 877.565.8860
translifeline.org
Crisis Line for those who are trans, struggling with, or questioning their gender identity

● Youth Eastside Services – B-Glad 425.747.4937
youtheastsideservices.org/services/community-based/bglad

SUPPORT GROUPS

● GLOBE 425.242.6188
globeyouth.com

● Kent Youth & Family Services (OKAY! Support Group) .....
kyfs.org/lgbtq

● Oasis Youth Center 253.671.2838
oasisyouthcenter.org

●●●● 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.

● Abused Deaf Women's Advocacy Services (ADWAS)..... 206.812.1001
http://adwas.org

●●●● The Arc of WA 888.754.8798
arcwa.org

●●●● Brain Injury Alliance of WA ♡..... 877.982.4292
biawa.org

● Center for Children with Special Needs 206.987.3736
cshcn.org

● Center for Independence..... 253.582.1253

● Center for Independence..... 360.393.3890
cfi-wa.org

● Children & Youth with Special Health Care Needs.....425.339.8652
snohd.org/268/Children-With-Special-Needs

●●●● Disability Rights..... 800.562.2702
disabilityrightswa.org

●●● Hearing, Speech and Deaf Center ♡..... 206.323.5770
hsdc.org

● Pierce County Coalition for Developmental Disabilities... 253.564.0707
pc2online.org

●●●● WA Elks Therapy Program for Children . 253.472.6223
waelks.net

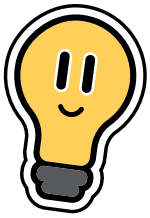
●●●● WA State Dept. of Services for the Blind... 800.552.7103
dsb.wa.gov

●●● Vadis ♡.....vadis.org 253.863.5173
Employment support for people with disabilities & facing homelessness

●●●● Wraparound/WISe ♡..... hca.wa.gov
Please see page 14 for program details

● 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

●●●● Boys & Girls Clubs of WA State ❤
washingtonclubs.org
After-school and summer camp/ activities volunteer programs

● Camp Fire Central Puget Sound 206.461.8550
campfireseattle.org
Leadership camps, activities, and workshops

● Camp Fire Orca 253.597.6234
campfireorca.org

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

● Camp Fire Snohomish County 425.258.5437
campfiresnoco.org/camp

● City of Mercer Island 206.275.7755
mercerisland.gov/yfs

● CORE (Creating Open Roads to Equity) 206.694.4500
youthcare.org
Connect to a variety of community volunteer opportunities

● AmeriCorps.....
americorps.gov/serve

● Families Unlimited Network 253.460.3134
familiesunlimitednetwork.org/volunteer
Foodbank and after-school program volunteer opportunities

● Harbor WildWatch 253.514.0187
harborwildwatch.org/programs/youth-programs
Interactive environmental education volunteer opportunities

● Teen Link 866.833.6545
teenlink.org
Community outreach and awareness for teens needing emotional support

● The Vera Project 206.956.8372
theveraproject.org
Theater, music, and art volunteering opportunities

● United Way King County 206.461.3700
uwkc.org/volunteer

● United Way Pierce County 253.272.4263
uwpc.org/volunteer-0

● Volunteers of America Western Washington 425.259.3191
voaww.org/volunteer

● Wilderness Inner-City Leadership Developments (WILD) .. 206.623.5132
interimcda.org/wild/
Environmental justice, gardening, and activism volunteer opportunities

● Young Women Empowered 206.519.2426
youngwomenempowered.org
Group leadership camps & activities

● YMCA of Greater Seattle ..... 206.749.7550 / 7540
seattleymca.org
Community and service corps programs/volunteer activities

●● YWCA 206.461.4888
ywcaworks.org
Community service & volunteer program

● Woodland Park Zoo Volunteer Program 206.548.2450
zoo.org/volunteer

Learn a new skill or participate in a group program, camps, and workshops. Check out community and recreation centers, drop-in groups, classes, and sports leagues for youth.

● ArtSpotStudio 206.713.8297
artspotstudio.net/tweenteen-workshops
Art camps/workshops for age 10-18 (all ability levels)

● Bikeworks 206.695.2741
bikeworks.org
Bicycle repair classes, riding clubs, camps, and giveaways

●●●● Boys & Girls Clubs of WA State ♡ 360.731.7268
washingtonclubs.org
After-school and summer programs

●●●● Sibling Strong 360.731.7268
sibling-strong.org
Summer camp program to reunite siblings in foster care

● Coyote Central 206.323.7276
coyotecentral.org
Applied learning through skills-based workshops

●●●● Garfield Teen Life Center 206.684.4550
Teen resource center

●●●● Girl Scouts of Western WA 800.541.9852
girlscoutsww.org

● Tacoma Urban League 253.383.2007
thetacomaurbanleague.org/programs
Mentorship programs for youth of color

● Kent Youth & Family Services 253.859.0300
kyfs.org

●●●● Kirkland Teen Union Building (KTUB) ... 425-587-3300
kirklandwa.gov/Government/Departments/Parks-and-Community-Services/Kirkland-Teen-Union-Building
Teen resource center

● Powerful Voices 206.860.1026
http://powerfulvoices.org
Cultural enrichment, employment, and advocate programs for young WOC

●●●● Reader's Circle ..... readerscircle.org
Online book clubs

● 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

● Seattle Parks & Recreation 206.684.4075
seattle.gov/parks
Classes, camps/activities, and centers for community engagement

● Seattle Teen Life Centers 206 684-7438
seattle.gov/parks/learning-and-childcare/teen-programs

● Tacoma Youth Theatre 253.677.0531
tacomayouththeatre.org

- The Club Teen Center 425.429.3203
  bgcbellevue.org/programs/teens
- First Tee - South Puget Sound .....
  firstteesouthpugetsound.org/programs
  Golf youth programs/activities
- Washington State Parks & Recreation ♥ .....
  parks.wa.gov
- YMCA of Greater Seattle ♥ 206.749.7550
  seattleymca.org
- YMCA of Pierce & Kitsap Counties ♥ 253.841.9622
  ymcapkc.org
- YMCA of Snohomish County 425.337.0123
  ymca-snoco.org
- Youth Council .....
  snohomishwa.gov/691/Youth-Council
  Local government youth council programs
- Youth Enrichment Services .....
  snohomishcountywa.gov/3645/youth-enrichment-services
  Resources and programs for court-involved youth
- 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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