

<a href="#">Anxiety</a>	
<a href="#">Depression</a>	
<p><a href="#">Crisis Connection</a> serving the emotional and physical needs of individuals across Washington State. These programs include:</p> <ul style="list-style-type: none"> <li>● <a href="#">24-Hour Crisis Line</a></li> <li>● <a href="#">King County 2-1-1</a></li> <li>● <a href="#">Teen Link</a></li> <li>● <a href="#">WA Recovery Help Line</a></li> <li>● <a href="#">WA Warm Line</a></li> </ul>	1.866.427.4747
<p><a href="#">Teen Link</a> is a confidential and anonymous help line for teens. Trained teen volunteers are available to talk with you about any issue of concern. No issue is too big or too small!</p>	1.866.833.6546
<p><a href="#">Crisis Text Line</a> is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor.</p>	
<p><a href="#">Washington Recovery Help Line</a> is an anonymous and confidential help line that provides crisis intervention and referral services for Washington State residents.</p>	1.866.789.1511
<p><a href="#">Hopelink</a> serves homeless and low-income families, children, seniors and people with disabilities in King and Snohomish counties. You can also click on any of the services directly</p> <ul style="list-style-type: none"> <li>● <a href="#">Adult Education</a></li> <li>● <a href="#">Employment Programs</a></li> <li>● <a href="#">Energy</a></li> <li>● <a href="#">Financial Assistance</a></li> <li>● <a href="#">Financial Capabilities</a></li> <li>● <a href="#">Food Banks</a></li> <li>● <a href="#">Free Tax Help</a></li> <li>● <a href="#">Housing</a></li> <li>● <a href="#">Mobile Market</a></li> <li>● <a href="#">Transportation</a></li> </ul>	425.869.6000

<a href="#">Cocoon House</a> is to empower young people, families, and the community to break the cycle of homelessness through outreach, housing and prevention.	425.259.5802
<a href="#">Northshore Youth and Family Services</a> we are dedicated to providing professional, affordable, and culturally appropriate counseling services for individuals, couples, families and at-risk youth.	425.485.6541
<a href="#">King County Youth and Family Services</a> offers a number of specialized services and service providers for children and youth.	
<a href="#">Snohomish County Youth and Family Resources</a> offers a number of services for children, youth, and families.	
<a href="#">Common Sense Media</a> has been the leading source of entertainment and technology recommendations for families and schools. Every day, millions of parents and educators trust Common Sense reviews and advice to help them navigate the digital world with their kids.	

<a href="#">National Suicide Prevention Lifeline</a> is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.	1.800.273.8255
<a href="#">National Child Abuse Hotline (CHILD HELP)</a> Abuse can be found in different forms: physical, sexual, emotional, or neglect. If you see any signs of abuse, including yourself, call the 24-hour hotline. All calls are confidential.	1.800.422.4453
<a href="#">National Alanon / Alateen</a> Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. Alateen is a part of the Al-Anon Family Groups, is a fellowship of young people (mostly	1.888.425.2666

<p>teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not.</p>	
<p><a href="#">National Runaway Safeline</a> is the federally designated national runaway and homeless youth crisis hotline and online service in the United States. The mission of the National Runaway Safeline (NRS) is to keep America's runaway, homeless and at-risk youth safe and off the streets.</p>	1.800.231.6946
<p><a href="#">National Sexual Assault Hotline (RAINN)</a> RAINN (Rape, Abuse &amp; Incest National Network) is the nation's largest anti-sexual violence organization. RAINN operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.</p>	1.800.656.4673
<p><a href="#">National Domestic/Relationship Violence Hotline</a> operates 24/7 providing lifesaving tools, immediate support, crisis intervention information, educational services, and referral services in more than 200 languages to enable victims to find safety and live lives free of abuse.</p>	1.800.799.7233
<p><a href="#">Substance Abuse and Mental Health Services Administration</a> (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.</p>	1.800.662.4357
<p><a href="#">National Eating Disorder Association</a> (NEDA) is dedicated to supporting individuals and families affected by eating disorders and serves as a catalyst for prevention, cures and access to quality care.</p>	1.800.931.2237
<p><a href="#">National Stop Bullying Website</a> provides information from various government agencies on <a href="#">what bullying is</a>, <a href="#">what</a></p>	

<p><a href="#">cyberbullying is</a>, <a href="#">who is at risk</a>, and how you can <a href="#">prevent</a> and <a href="#">respond to bullying</a>.</p>	
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