



Community Resources 2022 - 2023

Youth Support & Programs, Counseling (Mental Health and Drug/Alcohol), Support Groups & Help Lines & Phone Apps

YOUTHLINE

Call 877-968-8491
Text teen2teen to 839863
A teen-to-teen crisis and help line

988 NEW Suicide & Crisis Lifeline

24 HOUR CRISIS LINE
866-4CRISIS (1-866-427-4747)
(206) 461-3222

CRISIS TEXT LINE

<https://www.crisistextline.org/texting-in>
or text HOME to 741741

TEEN LINK (CALL OR CHAT ONLINE)

(206) 461-4922
www.866teenlink.org

SUICIDE LIFELINE

Call 800-273-8255 (24/7/365)
<https://suicidepreventionlifeline.org/>

TRANSGENDER SUICIDE LIFELINE

877-565-8860 <https://www.translifeline.org/about>

WASHINGTON RECOVERY HELPLINE

<http://www.warecoveryhelpline.org/>

SAFE PLACE—TXT 4 HELP

A nationwide, 24 hour text-for-support service for teens in crisis and is FREE. <http://nationalsafeplace.org/text-4-help>
Text the word “safe” & current location (city/state/zip) to 69866

ALATEEN/ALANON SUPPORT GROUPS

(For youth or family members who are affected by a loved one’s substance use) www.wa-al-anon.org

STANFORD NICOTINE PREVENTION TOOLKIT (FREE):

<http://med.stanford.edu/tobaccopreventiontoolkit.html>

ADDICTIONS, DRUG & ALCOHOL INSTITUTE (U of W)

<https://adai.uw.edu>

YOUTH EASTSIDE SERVICES

Drug/Alcohol & Mental Health Counseling
www.youtheastideservices.org
(425) 747-4937

FRIENDS OF YOUTH

Drug/Alcohol & Mental Health
www.friendsofyouth.org
(425) 869-6490

www.youcanwa.org (website just for teens—supporting, encouraging, inspiring + other resources)

www.nida.nih.gov

Website for drug/alcohol/tobacco/nicotine Prevention & Educational information

www.drugfree.org

Informational website for parents including tool kits for conversations with your teen

CHANGES PARENT SUPPORT NETWORK

Free support group for parents
<https://cpsn.org/>

PARTNERSHIP FOR DRUG FREE AMERICA

Parents Helpline-Speak to a Parent Specialist M-F 10am-6pm EST
1-855-Drugfree (1-855-378-4373)

INFLUENCE THE CHOICE www.influencethechoice.org

Community Parent Events, Educational Articles

YES ALCOHOL DRUG EDUCATION CLASS (FREE)

For Parents/Caregivers & Teens to attend together
Offered virtually one Saturday per month starting again 10-1-22

- Learn the impacts of substance use on the developing body & brain
- Learn where and how to turn for help-drug/alcohol or mental health
- Teens will also learn to make more informed decisions for their futures regarding substance use

Go to <http://www.youtheastideservices.org/events> to register or contact andrea@youtheastideservices.org for questions



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Camp Erin (free grief camp for 5-17 year olds)

<https://safecrossingsfoundation.org/programs/camp-erin/>

Camp Mariposa (free camp for 9-12 year olds who are affected by a loved one's substance use or addiction)

<https://www.compasshealth.org/services/camp-mariposa/>

- ▶ **NAMI Seattle** – National Alliance on Mental Illness
 - ▶ Peer to peer education & support namiseattle.org
- ▶ **National Suicide Prevention Lifeline**
 - ▶ Suicidepreventionlifeline.org or 800-273-TALK (8255)
- ▶ <https://findtreatment.samhsa.gov/>
 - ▶ helps you locate mental health, substance use or other types of counseling services specific to

Tobacco/Nicotine Quit Line: 1-800-QUIT-NOW

- ▶ <https://smokefree.gov>
- ▶ www.cdc.gov/quit **1-(877) 981-5461**
- ▶ <https://teens.drugabuse.gov/>

Phone Apps to help with self-care and reduce stress, anxiety, and/or help to quit vaping

- ▶ **quitSTART (app)**
- ▶ **Headspace (app)**
- ▶ **Calm (app)**
- ▶ **Finch (app)**