Community Resources 2026 - 2027
Mental Health, Substance Abuse & Other Support

SUICIDE & CRISIS LIFELINE: 988

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

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

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

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

Online mental health resource tailored to LWSD
https://lwsd.nexusforschools.com/

YOUTH EASTSIDE SERVICES
Drug/Alcohol & Mental Health Counseling
www.youtheastsideservices.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

NAMI Seattle – National Alliance on Mental Illness
Peer to peer education & support namiseattle.org

https://findtreatment.samhsa.gov/
helps you locate mental health, substance use or other types of counseling services specific to your needs

Parent Information on how to talk with your children:
"Ask The Question"
www.youtheastsideservices.org/askthequestion

Community Resources 2026 - 2027
Mental Health, Substance Abuse & Other Support

YES ALCOHOL DRUG EDUCATION CLASS FOR HIGH SCHOOL AGE STUDENTS (NO COST) (ADEC)

Parents/Caregivers & Teens attend together

Offered <u>virtually</u> one Saturday every other month during school year

- Learn the impacts of substance use on the developing body & brain
- Learn where and how to turn for help--drug/alcohol or mental health
- Learn how to make more informed decisions for your future—healthy coping, refusal & decision-making skills

TEAMS link will be sent to participants the week before class.

For questions about **High School ADEC** contact andrea.frost@youtheastsideservices.org

ALL CLASSES ARE FROM 9:30AM – 11:00AM

- Last ADEC of school year is June 13, 2026

Song for Charlie –the program is dedicated to raising awareness about 'fentapills' – fake pills made of fentanyl young people are accessing. www.songforcharlie.org

<u>Opiate/pain pill overdose help and prevention:</u>
Narcan/Naloxone free mail access through the People's Harm Reduction Alliance. Go to https://phra.org/naloxone

<u>Phone Apps to help with self-care and reduce stress, anxiety, and/or help to quit vaping/nicotine use</u>

- quitSTART
- Finch
- Smiling Mind

<u>Camp Erin</u> (free grief camp all year round for 5-17 year olds) https://safecrossingsfoundation.org/programs/camp-erin/

<u>Camp Mariposa</u> (free camp all year round for 9-12 year olds who are affected by a loved one's substance use or addiction) https://www.compasshealth.org/services/camp-mariposa/