



Community Resources

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

YOUTHLINE

Call 877-968-8491

Text teen2teen to 839863

Chat at www.oregonyouthline.org

A teen-to-teen crisis and help line

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. For info go to

<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

Individual/Family Counseling

Drug/Alcohol & Mental Health

www.youtheastideservices.org

(425) 747-4937

FRIENDS OF YOUTH

Drug/Alcohol & Mental Health

www.friendsofyouth.org

(425) 869-6490

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

- 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 www.youtheastideservices.org/adece to register or contact Andrea@youtheastideservices.org for questions.