



## Community & Summer Resources 2022

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

**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/>

#### **Greater Seattle area Summer guide 2022**

<https://www.seattletimes.com/life/your-guide-to-all-things-summer-in-seattle-2021-2/>

#### **Interactive Summer guide 2022 (choose categories)**

<https://projects.seattletimes.com/2022/seattle-summer-events-guide-art-exhibits-festivals-exercise-holiday-water-music-parades/>

- ▶ **NAMI Seattle** – National Alliance on Mental Illness
  - ▶ Peer to peer education & support [namiseattle.org](http://namiseattle.org)
- ▶ **National Suicide Prevention Lifeline**
  - ▶ [Suicidepreventionlifeline.org](http://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 your location
- ▶ **Tobacco/Nicotine Quit Line: 1-800-QUIT-NOW**
- ▶ <https://smokefree.gov>
- ▶ [www.cdc.gov/quit](http://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)**



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#### 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](http://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](http://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](http://www.youtheastideservices.org)  
(425) 747-4937

#### FRIENDS OF YOUTH

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

[www.youcanwa.org](http://www.youcanwa.org) (website just for teens—supporting, encouraging, inspiring + other resources)

#### [www.nida.nih.gov](http://www.nida.nih.gov)

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

#### [www.drugfree.org](http://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](http://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](mailto:andrea@youtheastideservices.org) for questions