



Where to Turn For Teens

2020-2021
English & Spanish



teen link



1.866.TEENLINK(833.6546)

TEEN LINK BEGAN IN 1996, IN MEMORY OF AUDRA LETNES. AUDRA WAS ONLY 16 WHEN SHE WAS MURDERED BY HER BOYFRIEND AFTER SUFFERING HIS ABUSE FOR OVER A YEAR.

HER MOTHER, A CRISIS CLINIC (NOW CRISIS CONNECTIONS) EMPLOYEE, BECAME AWARE OF THE ABUSE AND TRIED TO FIND HELP FOR HER DAUGHTER.

UNFORTUNATELY, AUDRA HAD DIFFICULTY CONNECTING WITH ADULT-ORIENTED SERVICES THAT WERE AVAILABLE TO HER AT THE TIME. LIKE SO MANY YOUNG PEOPLE, AUDRA STRUGGLED WITH OPENING UP IN THE ADULT-LED PROGRAMS THAT WERE AVAILABLE, AND THERE WERE NO PEER-TO-PEER SUPPORT SERVICES FOR TEENS BY TEENS THAT SHE COULD ACCESS.

BECAUSE SHE WORKED WITH CRISIS LINES, AUDRA'S MOTHER KNEW THE POWER OF MAKING JUST ONE MEANINGFUL CONNECTION WITH A STRANGER IN NEED. SHE WANTED TO CREATE A PROGRAM TO HELP PREVENT SIMILAR TRAGEDIES FROM HAPPENING TO OTHER CHILDREN IN THE FUTURE. SHE WORKED WITH CRISIS CONNECTIONS TO DEVELOP THE TEEN LINK PROGRAM AND HELP LINE, A SAFE PLACE FOR ANY YOUNG PERSON TO CONNECT WITH A PEER FOR EMOTIONAL SUPPORT AND COMMUNITY RESOURCES TO HELP WITH WHATEVER COMES UP IN THEIR LIVES. TODAY, TEEN LINK CONTINUES TO OPERATE THIS HELP LINE FOR YOUNG PEOPLE THROUGHOUT WASHINGTON, TAKING CALLS, TEXTS, AND CHATS FROM TEENS IN NEED OF SUPPORT.

talk it out: evenings 6-10pm
1.866.TEENLINK • www.TEENLINK.org

Where to Turn for Teens (WTTFT) is a resource guide that was created specifically for youth who are seeking personal empowerment with the support of others. The agencies listed provide a wide variety of services. The goal of WTTFT is to make sure teens are aware of the many youth-friendly resources that exist to serve their unique needs.

Using Your WTTFT Guide:

There are two ways to look up information in WTTFT—the Table of Contents and the Index. The Table of Contents is helpful if you know the type of services you are seeking. If you already know the name of the agency, using the alphabetically-arranged Index can be quicker.

You will find a symbol next to each agency name. The symbol designates the region the agency serves as follows:

- 📍 King County
- 📍 Snohomish County
- 📍 Pierce County
- 📍 All of Washington State

Tips for Dealing with Agencies/Organizations:

Before calling agencies, it is a good idea to have a list of questions that you hope to have answered. Some important questions to ask are:

- What area do you serve?
- When are you open?
- Where are you located?
- Do I need parental consent?
- Is there a cost for your services?
- What is the availability and accessibility of resources?

A Note on COVID-19:

All resources we've listed were up to date as of June 2020. However, public health orders to limit non-essential services have caused many programs to close or be put on hold. It is best to call each resource to clarify which services are currently available.

Transportation: If you do not have transportation available to get to appointments and are enrolled in Apple Health in Washington State, you may qualify for free non-emergency transportation services. Find more information for your area here:

www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/transportation-services-non-emergency

Translation Services: If you prefer to receive services in a language other than English, look for the (🇺🇸) symbol indicating the agency provides translation. If you are enrolled in Apple Health, you can also visit the Health Care Authority website to arrange services for medical appointments:

www.hca.wa.gov/about-hca/interpreter-services

There is a **Notes** section at the back of the book where you can write the name of the person you spoke with and any information you receive.

If you reach voicemail, speak slowly and clearly when leaving a message. Be sure to include your full name, phone number, and a brief explanation of your questions/concerns.

If this feels overwhelming and you're not sure where to start, call us at Teen Link and we can help you navigate the process. You don't have to do it alone!

(To access the Spanish version of Where To Turn For Teens, close the booklet, and flip it over. The Spanish version is still read from left to right.)

introduction.....	4
about teen link.....	5

Physical & Mental Health Needs

alcohol, drugs, & substance use.....	9
counseling & mental health.....	11
eating disorders.....	14
grief & loss.....	15
physical health concerns.....	16
sexual health.....	17
suicide & self-harm (nonsuicidal self-injury).....	20

Critical Needs

abuse and maltreatment of minors.....	23
bullying & cyberbullying.....	24
dating & domestic violence.....	25
rape & sexual harassment/assault.....	27
legal services & community support for youth.....	29
shelter, food, & hygiene.....	31

Supportive Services

culturally inclusive agencies.....	34
education.....	35
employment & job training.....	37
LGBTQIA+.....	38
people with disabilities.....	40
volunteer opportunities & recreation.....	41
notes.....	45
index.....	48

The goal of Teen Link is to empower youth by supporting them in making healthy decisions. However, if you are having an emergency, please call 911.

Teen Link Help Line 1.866.TEENLINK (1.866.833.6546)

Teen Link is a confidential, non-judgmental telephone help line answered by teens each evening from 6-10pm. Teen volunteers are trained to listen to your concerns and talk with you about whatever is on your mind. No issue is too big or too small. Phone workers also have access to an extensive database of resources and can give you information on agencies serving youth in Washington State, as well as how to choose which one to use. After hours, callers have the option of talking to the WA Recovery Help Line, King County Crisis Line, or leaving a message on the Teen Link voicemail. When leaving a message, please include your name, phone number, and information about your concerns. To respect confidentiality, Teen Link phone workers will not leave a message when calling back unless you specify that it is okay to do so.

Teen Link Chat & Text

In addition to our telephone help line, Teen Link offers Teen Link Chat through our website at www.teenlink.org and Teen Link Text by texting **1.866.833.6546**. Much like the phone line, teens can use Teen Link Chat and Text to seek support from our teen volunteers on a variety of issues, including bullying, drug and alcohol concerns, relationships, stress, and other issues. Teen Link accepts chats and texts from 6-9:30pm every day of the week. Teen Link Chat works best on a computer.

King County 2-1-1

You can call 211 to find resources online for teens who want to find out more about health and human services throughout Washington State. To search for resources online, visit www.wa211.org.

Teen Link Substance Use Prevention Line (2-10 pm M-F)

If a teen or an adult concerned about a teen has questions or concerns about drug use, they can now call, chat, or text to connect directly with a Teen Link Substance Use Prevention Clinician. Our staff are able to assist callers with strategies to prevent teen drug use, access to drug education materials, referrals to treatment, organizing outreach, drug education clinics, and more. To reach us, simply call or text **1.866.833.6546** or chat by going to www.teenlink.org and clicking on the "Chat" page.

WA Recovery Help Line

As part of the Washington Recovery Line, the Teen Link Substance Use Prevention Line provides support to youth and adults across Washington State who have questions about substance abuse, problem gambling, or mental health. Call them at **1.866.789.1511** or see the "Alcohol, Drugs, & Substance Use" section for more information.

Suicide Prevention Training for Students

Crisis Connections offers this training in King County and surrounding areas by qualified trainers. It includes information on youth suicide and an overview of local resources. These trainings help teens identify warning signs, talk directly about suicide, and support themselves and others who may be dealing with a mental health challenge. Students are encouraged to talk openly about stress, coping, depression, and suicidal behavior. To schedule a training or get more information, please call Crisis Connections at **206.204.9520**. These trainings can also be delivered virtually.

Where to Turn for Teens (WTTFT)

Where to Turn for Teens is updated annually and published in September. This resource guide is an effective way to connect young adults with agencies serving youth.

If you:

- are interested in ordering WTTFT, or
- work for an agency listed in WTTFT and need to update your information

Please email info@crisisconnections.org or call **206.461.3210**.

Teen Link Volunteer Opportunities

Volunteering is a great way to develop leadership skills, learn about community resources, and connect with other youth. For more information about volunteering, call **1.866.833.6546** between 6-10pm or visit our website.

Volunteer Positions

Youth Outreach Specialist (13-19) - Represent Teen Link in your school/community.

Youth Crisis Specialist (15-19) - Provide emotional support and referrals to teens who call the help line or use Teen Link Chat or Text.

Peer Advisory Committee (15-19) – Be part of Teen Link’s future by keeping the program youth-driven and relevant to youth experiences.

Youth Crisis Mentor (20+) – Coach teen volunteers during calls, chats, and text. Offer guidance on engaging callers, debrief after calls have ended, and ensure appropriate protocols are followed.

Internship/Externship

Adults (18+) can gain agency and practice experience as either a phone worker or mentor. This experience can count towards clinical or service hours needed to obtain an undergraduate or graduate-level degree in programs related to psychology, mental health, and social work. Email teenlink@crisisconnections.org for details.



DID YOU KNOW THAT THE PERCENTAGE OF TEENS REPORTING CIGARETTE USE IS HALF OF WHAT IT WAS A DECADE AGO. ON THE OTHER HAND, VAPING RATES HAVE INCREASED SIGNIFICANTLY AND MANY PEOPLE ARE UNINFORMED ABOUT THE HEALTH RISKS?
- 2018 WA STATE HEALTH YOUTH SURVEY

For more information on drugs and alcohol and how they affect your brain and body, check out the National Institute on Drug Abuse for Teens at teens.drugabuse.gov. For information related to marijuana use and prevention, visit www.youcanwa.org.

Signs that someone’s substance use may be a problem:

- Using more than planned
- Spending more time drinking or using
- Blacking out or having trouble remembering things

In association with the WA Recovery Help Line, Teen Link provides help to teens struggling with alcohol, drugs, and gambling. Call **1.866.833.6546** or chat by going to www.teenlink.org and clicking on the Chat page between 2-10pm (M-F) to speak with our Substance Use Prevention Clinician, or call the WA Recovery Help Line 24 hours a day at **1.866.789.1511**.

Counseling/Treatment

- ☎☎ Center for Human Services♥.....206.362.7282
www.chs-nw.org
- ☎ Center for Multicultural Health♥206.461.6910
cschc.org
- ☎ Community Counseling Institute.....866.213.1818
www.cciwa.org
- ☎ Compass Health♥.....844.822.7609
www.compasshealth.org
- ☎☎☎☎ Evergreen Council of Problem Gambling.....800.547.6133
www.evergreencpg.org

☎ King County Needle Exchange.....	206.263.2000, opt. 2
www.kingcounty.gov/needle	
☎☎☎ North America Syringe Exchange Network.....	253.272.4857
www.nasen.org	
☎☎ Ryther♥.....	206.525.5050
www.ryther.org	
☎ Sound.....	206.302.2300
www.sound.health	
☎ Therapeutic Health Services♥.....	206.322.7676
www.ths-wa.org	
☎.....	425.263.3006
☎☎☎☎ Wraparound/WISe♥.....	www.hca.wa.gov
<i>Please see page 12 for program details.</i>	

Support Groups

☎ Alateen & Alanon.....	206.625.0000
www.seattle-al-anon.org	
☎ Alateen & Alanon.....	1.800.726.8094
www.al-anon-pierce-wa.org	
☎ Alateen & Alanon.....	425.348.7828
www.dist23.org	
☎ Alcoholics Anonymous.....	206.587.2838
www.seattleaa.org ☎ 425.252.2525, www.snocoaa.org	
☎☎☎☎ Evergreen Council on Problem Gambling..	1.800.547.6133
www.evergreencpg.org	
☎ Gamblers Anonymous	1.855.222.5542
www.gamblersanonymous.org	
☎☎☎☎ Marijuana Anonymous.....	206.414.9270
www.madistrict4.org	
☎ Narcotics Anonymous	206.790.8888
www.seattlena.org	
☎ Narcotics Anonymous.....	253.531.8792
www.pcana.org ☎ 425.609.6170, www.everettwana.org	
☎ Puget Sound Alcoholics Anonymous.....	253.474.8897
www.pugetsoundaa.org	
☎☎☎☎ Wraparound/WISe♥.....	www.hca.wa.gov
<i>Please see page 12 for program details.</i>	



DO YOU KNOW THAT IN WASHINGTON STATE, YOUTH MAY ACCESS CONFIDENTIAL COUNSELING AT AGE 13 WITHOUT PARENT/GUARDIAN CONSENT? THE FOLLOWING AGENCIES PROVIDE MENTAL AND BEHAVIORAL HEALTH SERVICES FOR YOUTH.

☎☎☎ Compass Health♥.....	844.822.7609
www.compasshealth.org	
☎☎ Center for Human Services♥.....	206.362.7282
www.chs-nw.org	
☎☎ Consejo Counseling & Referral Service♥.....	206.461.4880
www.consejocounseling.org <i>Culturally competent behavioral health services for the Latinx community</i>	
☎ Greater Lakes Mental Health Care♥.....	253.581.7020
www.glmhc.org	
☎ HopeSparks Family Services♥.....	253.565.4484
www.hopesparks.org	
☎ Friends of Youth.....	425.392.6367
www.friendsofyouth.org	

Youth And Family Counseling Services

☎ Kent Youth & Family Services.....	253.859.0300
www.kyfs.org	
☎ Mercer Island Youth & Family Services.....	206.275.7611
www.miyfs.org	
☎ MultiCare- Behavioral Health♥.....	253.445.8120
www.multicare.org/behavioral-health	
☎ Navos-Ruth Dykeman Youth & Family Services♥.....	206.248.8226
www.navos.org/get-help/children-youth-families	
☎ Northshore Youth & Family Services.....	425.485.6541
www.northshoreyouthandfamilyservices.org	
☎ Pearl Counseling Associates.....	253.752.1860
www.pearlcounseling.com	
☎☎ Pioneer Counseling♥.....	253.274.0484
www.pioneerhumanservices.org	
☎ Renton Area Youth & Family Services.....	425.271.5600
www.rays.org	
☎☎ Ryther♥.....	206.525.5050
www.ryther.org	
☎ YMCA Social Impact Center.....	253.939.2202

www.seattlemca.org/social-impact-center

☎☎☎☎Sea Mar Community Health Center♥

www.seamar.org

Seattle.....206.658.2175

Tacoma.....253.280.9830

Everett.....425.312.0277

Multiple locations; see website for more

☎Sound206.302.2300

www.sound.health

☎Southeast Youth & Family Services♥.....206.721.5542

www.seyfs.org

☎Southwest Youth & Family Services♥.....206.937.7680

www.swyfs.org

☎☎Therapeutic Health Services♥.....206.322.7676

www.ths-wa.org

☎Valley Cities Behavioral Health Care.....253.833.7444

www.valleycities.org

☎Vashon Youth & Family Services♥.....206.463.5511

www.vyfs.org

☎You Grow Girl206.417.9904

www.yourowgirl.org

☎Youth Eastside Services♥.....425.747.4937

www.youtheastsideservices.org

The following directories can be used to search for a licensed counselor anywhere in Washington State. You can filter your search by zip code, insurance, primary concerns, gender, ethnicity, and more:

☎Counseling Washington♥.....www.counselingwashington.com

☎Psychology Today♥.....www.psychologytoday.com

☎☎☎☎Wrap around with Intensive Services (WISE)♥

Wraparound is a team planning process for youth with complex needs and their families. It is designed to help youth stay in their homes and communities. In receiving this extra support, many are able to successfully managing complex situations. You may be a good fit if you are under 21 years old and are enrolled in two or more of the following services: mental health, substance use, special education, Children's Administration, Juvenile Justice, or Developmental Disabilities Administration.

A team of relevant individuals (family, service providers, school staff, community members, and natural supports) is created to support the youth from all sides Visit www.kingcounty.gov/wraparoundwise to learn more about program eligibility. To request a referral, you can call the King County Behavioral Health and Recovery Division at **206.263.9000** or the agency serving your school district:

Lake Washington, Northshore, and Shoreline

☎☎Center for Human Services.....206.362.7282

Seattle, Bellevue, Redmond, Mercer Island, Highline, Renton, Tuwila, Vashon

☎Sound.....206.451.9544

Kent, Enumclaw, Federal Way, and Auburn

☎Valley Cities Behavioral Health.....206.408.5246

Other King County

☎Childhaven♥.....206.957.4841 (*for youth under 6*)

☎Ryther♥.....206.517.0234

☎Seneca♥.....206.490.0985

☎Therapeutic Health Services♥.....425.322.7676

☎YMCA♥.....206.327.1271

☎You Grow Girl!.....206.643.9622

☎Pierce County Wraparound/WiSe♥.....253.759.9544

☎Snohomish County Wraparound/WiSe♥.....425.349.8337

☎24-Hour Crisis Line♥.....1.866.427. Crisis(4747)

www.crisisconnections.org/24-hour-crisis-line/

☎☎☎☎National Suicide Prevention Lifeline♥.....

1.800.273.TALK (7255) www.suicidepreventionlifeline.org/

☎☎☎☎Teen Link♥.....1.866.TEENLINK (833.6546)

www.teenlink.org

☎☎☎☎WA Warm Line♥1.877.500.WARM (9276)

www.crisisconnections.org *Peer-to-peer support for people living with emotional and mental health challenges*

☎Bellevue Parent/Teen Mediation Program.....425.452.4091

Teen Link and the 24-Hour Crisis Line do not provide ongoing counseling. However, callers can use both lines to gain additional support between counseling appointments.



DID YOU KNOW THAT IN THE UNITED STATES, THIRTY MILLION PEOPLE SUFFER FROM A CLINICALLY SIGNIFICANT EATING DISORDER AT SOME POINT IN THEIR LIVES, INCLUDING ANOREXIA, BULIMIA, BINGE EATING DISORDER, OR OTHER ASSOCIATED DIETARY CONDITIONS.

- NATIONAL EATING DISORDERS ASSOCIATION

Eating disorders are serious but treatable conditions that involve extreme emotions and behaviors surrounding food and weight or shape. They can arise from psychological, emotional, social, and familial situations, but they have no single reason or cause. Eating disorders can become life threatening, so getting professional help is important. The following agencies provide support for people who are dealing with an eating disorder.

- ☎☎☎Center for Discovery.....877.554.0563
www.centerfordiscovery.com *Support groups for teens and family/friends*
- ☎The Emily Program.....1.888.364.5977
www.emilyprogram.com *Inpatient and outpatient eating disorder treatment facility*
- ☎☎☎☎Eating Disorders Anonymous.....
www.eatingdisordersanonymous.org
- ☎☎☎☎National Eating Disorders Association♥
1.800.931.2237,www.nationaleatingdisorders.org *Education, advocacy, treatment and prevention, text 'NEDA' to 741741*
- ☎Opal Food+Body Wisdom.....206.926.9087
www.opalfoodandbody.com
- ☎☎☎☎Overeaters Anonymous.....206.264.5045
www.seattleoa.org
- ☎The Center - A Place of Hope...1.888.771.5166
www.aplaceofhope.com
Inpatient eating disorder treatment facility



DID YOU KNOW THAT 1 IN 5 CHILDREN WILL EXPERIENCE THE DEATH OF SOMEONE CLOSE TO THEM BY AGE 18.

-JOURNAL OF DEATH AND DYING

Dealing with the loss of a loved one is a difficult process. Often times, the loss can feel overwhelming and seem too much to bear. It may result in emotions such as sadness, shock, or anger, and in physical sensations such as breathlessness and lack of energy. While these are all common reactions to grief and loss, seeking additional support and resources can help you manage some of the feelings that you're dealing with. These are some agencies and programs that have been developed for individuals that are dealing with a loss.

- ☎Bridges Center for Grieving Children♥.....253.403.1966
www.marybridge.org/services/bridges-center-for-grieving-children/
- ☎☎☎☎Crisis Connection Cares.....www.crisisconnections.org/survivors-of-suicide-support-groups/cc-cares/
Support for survivors of suicide loss
- ☎☎☎Eluna.....206.298.1217
www.elunanetwork.org *Grief camps and programs*
- ☎Evergreen Health♥.....425.899.1077
www.evergreenhealth.com/grief
- ☎Providence Grief Support Services♥.....206.749.7702
washington.providence.org/locationsdirectory/g/providence-grief-support-services-of-king-county☎425.261.4807,
washington.providence.org/locations-directory/g/providence-grief-support-services-of-snohomish-county
- ☎☎Safe Crossings♥.....206.749.7723
washington.providence.org/services-directory/services/safe-crossings-childrens-grief-program *Grief support program*
- ☎The Healing Center.....206.523.1206
www.healingcenterseattle.org
- ☎Wild Grief360.358.3213
wildgrief.org *Hiking groups for people to process their grief*

Affordable health care options are available to youth. If you are 14 years-old or older and do not want a parent or guardian to know you are seeking services, make sure to ask the agencies about their policies regarding confidentiality.

- 📍45th Street Clinic.....206.633.7650
www.neighborcare.org
Homeless youth clinic. Call or visit to make an appointment.
- 📍Center for Multicultural Health♥.....206.461.6910
cschc.org
- 📍Community Health Care.....253.722.2161
www.comhealth.org
- 📍UW Youth Clinic.....206.299.1636
www.uwyouthclinic.org
Tuesday: 6-9 pm. Accessible to ages 26 and under. No appointment necessary!
- 📍Community Health Center of Snohomish County♥.....425.789.3789, www.chcso.org
- 📍Neighborhood Clinic♥.....253.627.6353
www.neighborhoodcliniactacoma.org
- 📍Safe Harbor Free Clinic.....425.870.7384
www.safeharborfreeclinic.org

Consulting Nurse Line

- 📍Evergreen Health425.899.3000 Opt. 2

Doctor Appointments at Public Health - Seattle & King Co.

- 📍Columbia Public Health♥.....206.296.4650
- 📍Downtown Public Health♥.....206.477.8300
- 📍Eastgate Public Health♥.....206.477.8000
- 📍North Seattle Public Health♥.....206.296.4990

School-based health centers are an additional option for students. Visit your school's health center or talk with your school nurse for more information.





DID YOU KNOW THAT OVER 20% OF TEENS IN THE U.S. GET PREGNANT AT LEAST ONCE BY THE AGE OF 20. MANY OF THESE PREGNANCIES ARE UNPLANNED, BEARING HEALTH AND SOCIOECONOMIC RISKS FOR TEENS AND THEIR COMMUNITIES.

-THE NATIONAL CAMPAIGN TO PREVENT TEEN PREGNANCY





Birth Control & Pregnancy

You are the only person who gets to decide when you are ready to become sexually active. Being proactive with your partner in discussing birth control and sexual health is an important part of a safe and healthy relationship. If you think you may be pregnant, it's important to make an appointment to get tested by a health care professional as home pregnancy kits are not always accurate. In Washington State, minors of any age do not need a parent or legal guardian's permission to access birth control or pregnancy or abortion related services. If you are pregnant, seek emotional support from someone you trust, and talk with a medical professional about your options.

- 📍📍📍📍All-Options.....1.888.493.0092
www.all-options.org *Pregnancy counseling talkline*
- 📍📍Cedar River Clinic♥.....1.800.572.4223
www.cedarriverclinics.org *Clinic offering reproductive healthcare, abortions, and birth control*
- 📍Center for Multicultural Health♥.....206.461.6910
cschc.org
- 📍Maternal Child Outreach Team (MCOT)♥.....253.798.6403
www.tpchd.org/healthy-people/family-health
- 📍📍📍📍Open Adoption & Family Services♥.....1.800.772.1115
Text "open" to 971.266.0924 for text support, chat support available at www.openadopt.org
- 📍📍📍📍Planned Parenthood♥.....1.800.769.0045
www.plannedparenthood.org
- 📍📍📍📍Help Me Grow WA♥.....1.800.322.2588
www.parenthelp123.org
- 📍Teen Pregnancy & Parenting Clinic♥.....206.326.2656
(up to age 21)
- 📍Step by Step Family Support Center.....253.896.0903
www.stepbystepfamily.org *Teen clinics at public health*











 Seattle-King County Teen Clinics 
www.teenclinic.com *Free and confidential birth control methods, pregnancy testing, STI testing and treatment, and free condoms for youth*























To schedule an appointment or ask for walk-in hours, call:

-  Auburn Public Health206.477.0600
-  Eastgate Public Health.....206.477.8000
-  Federal Way Public Health.....206.477.6800
-  Kent Public Health.....206.477.6950

STI (Sexually Transmitted Infection) Testing, Treatment, and Information

Many teens may be unaware of the dangers associated with sexually transmitted infections (STIs) and how to prevent or identify them. Talking with your partner about STIs and getting testing regularly are important parts of being sexually active. Myths exist regarding all STIs, so it is important to learn the facts before potentially putting yourself and others at risk. In Washington State, teens 14 years and older do not need a parent or legal guardian’s permission to receive STI testing or treatment.

-   Cedar River Clinics.....1.800.572.4223
www.cedarriverclinics.org 
-  Center for Multicultural Health.....206.461.6910
cschc.org
-  Community Health Care.....253.722.2161
www.commhealth.org
-  Community Health Center of Snohomish County 
 425.789.3789, www.chcsno.org
-  Entre Hermanos 206.322.7700
entrehermanos.org
-  Gay City.....206.860.6969
www.gaycity.org/wellness

-  Lifelong AIDS Alliance206.957.1600
www.lifelong.org
 -  Neighborcare Health 206.548.5710
neighborcare.org
 -  Pierce County Aids Foundation (PCAF)253.597.4803
 (Tacoma) & 360.352.237 (Olympia), www.pcaf-wa.org
 -    Planned Parenthood 1.800.769.0045
www.plannedparenthood.org
 -  Public Health STD Clinic at Harborview 206.744.3590
www.kingcounty.gov/depts/health/communicable-diseases/hiv-std/patients/clinic.aspx
 -    Safer STD Testing.....888.331.0485
www.saferstdtesting.com
 -    SeaMar Community Health Centers 
www.seamar.org
 -  Snohomish Health District STD/HIV Program.....425.339.5261
www.snohd.org/185/Sexually-Trasmitted-Diseases
 -  Tacoma-Pierce County Health Department 253.798.3805
www.tpchd.org/healthy-people/sexually-transmitted-diseases
 -  Teen Clinics at Public Health-Seattle & King County 
www.teenclinic.com
 -  “Who Does What” for STD/HIV 206.263.2000
www.kingcounty.gov/hiv/who
- See also physical health concerns on page 16*



DID YOU KNOW THAT THERE ARE ALMOST TWO SUICIDE DEATHS EVERY WEEK FOR PEOPLE UNDER THE AGE OF 19 IN WASHINGTON STATE.

~WA DEPARTMENT OF HEALTH

Suicide - Warning Signs for Suicide Include:

- Changes in eating and sleeping patterns
- Dropping hints, talking about suicide, or making a plan
- Talking about feeling hopeless, trapped, or like a burden
- Withdrawing or isolating from close friends and family
- Giving away prized possessions
- Being very obsessive and perfectionistic
- Acting anxious or agitated
- Engaging in risky behaviors (driving recklessly, increased substance use, etc.)

Consider The Following Questions To Help You Determine The Urgency:

1. How many warning signs are present?
2. How long have the warning signs been present?
3. How extreme or severe are the warning signs?

If you are concerned that you or someone you know may be suicidal, it is important to address the situation immediately. Mentioning suicide will not give the person the idea or push them over the edge. They may feel relieved that someone is willing to talk about what they're thinking and feeling. Sharing your concerns can prevent a suicide attempt from occurring and can save a life.

How To Help - Step One Is A Great Way To Ask About Any Issue

1. Show you care
 - Talk to the person you are concerned about in a caring manner
 - Be specific about the warning signs you have noticed
 - Listen without judgement suicide & self-harm (nonsuicidal self-injury)

2. Ask the question directly
 - "Are you thinking about suicide/killing yourself?"
3. Talk to an adult you trust
 - It is important that you do not keep this secret for someone. If someone is talking about being suicidal, they are asking for help.

These are some initial steps toward ongoing mental health care. Every situation regarding suicide is different. Call Teen Link @ **1.866.833.6546** to talk to a trained phone worker in more detail about how to get help. If you need immediate crisis intervention services or feel like you need to talk to someone right away, these are numbers you can call to discuss your concerns:

- 📞 24-Hour Crisis Line♥️.....1.866.4CRISIS
www.crisisconnections.org/24-hour-crisis-line/
- 📞📞📞 Boys Town National Hotline♥️.....1.800.448.3000
www.yourlifeyourvoice.org
- 📞 Children's Crisis Response Outreach Service (CCORS)♥️.....206.461.3222
www.seattlemca.org/accelerator/familysupport/ccors
- 📞 Crisis Outreach Team (MCOT) - Compass Health♥️1.800.584.3578 www.compasshealth.org/services/mcot
- 📞📞📞 Crisis Text Line.....741741 *Text-based support. Text "hello"*
- 📞 Forefront Suicide Prevention206.543.1016
www.intheforefront.org
- 📞📞📞 National Suicide Prevention Lifeline♥️.....1.800.273.8255
- 📞📞📞 National Suicide Prevention Lifeline Español ♥️1.800.628.9454,
- 📞 Pierce County Crisis Line♥️.....1.800.576.7764
- 📞📞📞 Society for the Prevention of Teen Suicide
www.sptsusa.org
- 📞📞📞 The Trevor Project1.866.488.7386
www.thetrevorproject.org
24-Hour help line with a focus on LGBTQIA+ youth
- 📞📞📞 Trans Lifeline.....1.877.565.8860
www.translifeline.org
- 📞 Volunteers of America Western WA♥️.....1.800.584.3578
imhurting.org *24/7 Crisis phone line & chat.*

Self-Harm (Nonsuicidal Self-Injury)

Some people experiencing mental challenges such as depression or anxiety turn to self-harm as a way of releasing and managing emotions. In most cases, these actions are not done as suicide attempts but as coping methods for people to help manage the mental pain they are feeling. Some people self-harm to numb their feelings while others may harm themselves to feel something. Cutting, scratching, and burning are common ways people will harm themselves, but self-harm includes any intentional act that a person does to hurt their body. Finding alternatives to self-harm can be challenging, but journaling about the emotions and events that lead to the behaviors can help a person understand why they do it, what other activities could help satisfy those emotional needs, and how to talk to someone about getting support. Creative outlets like drawing and painting can also be helpful ways of expressing and describing feelings.

When talking to someone about self-harm, it's important to stay focused on the harmful behavior itself and not jump to conclusions about suicide. For example, it is more beneficial to ask about what specific actions and events trigger their urges to self-harm than to ask if they harm themselves because they're suicidal. If you have any questions or concerns about self-harm, give us a call or text at **1.866.833.6546**.

In addition to the helplines listed above, the follow resources can help provide support and referrals.

- ☎️ Adolescent Self Injury Foundation.....
www.adolescentselfinjuryfoundation.com
- ☎️ National Eating Disorders Association Helpline♥️
1.800.931.2237
- ☎️ SAFE (Self Abuse Finally Ends) Alternatives.....1.800.366.8288
www.selfinjury.com
- ☎️ Self-Injury Outreach & Support.....www.sioutreach.org
- ☎️ To Write Love on Her Arms.....www.twloha.com

Online resource and support page



DID YOU KNOW THAT IN SOME STATES, "MALTREATMENT" REFERS TO NEGLECT AND ABANDONMENT AND TERM "ABUSE" IS USED FOR ACTS THAT CAUSE INJURY.

Approximately 5 children die every day due to abuse. Individuals under 18 are at an increased risk of experiencing abuse and maltreatment when parental/guardian relationships are unhealthy as well as when people with substance use and/or psychological disorders are a part of home life. Abuse and maltreatment of a minor is classified as increased behavior towards a minor that entails substantial risk of causing harm to one's person.

- There are four primary types of child abuse:
- Physical abuse
 - Emotional/Psychological abuse
 - Sexual abuse
 - Neglect

Neglect is the most common form of child abuse, accounting for more than 75% of all cases of child maltreatment. Neglect is also one of the most difficult forms to evidence of and respond to. No minor deserves to experience abuse or maltreatment.

- ☎️☎️☎️☎️ Childhelp USA1.800.422.4453
www.childhelp.org
- ☎️ Dawson Place Child Advocacy Center♥️425.789.3000
www.dawsonplace.org
- ☎️ Mary Bridge's Child Abuse Intervention Department♥️
253.403.1478, www.marybridge.org/services/child-abuse-intervention-department-caid/
- ☎️ Police Department Emergency Number♥️9.1.1
- ☎️☎️☎️☎️ Washington State DSHS - End Harm Child Protective Services♥️1.866.363.4276
www.dshs.wa.gov/report-abuse-and-neglect



WHEN BYSTANDERS INTERVENE ON BEHALF OF SOMEONE BEING BULLIED AT SCHOOL, THE BULLYING STOPS OVER 50% OF THE TIME.

-STOPBULLYING.GOV

Bullying is harmful behavior that not only hurts people in the present but can also have long-lasting, negative effects on everyone involved. About 20% of students report experiencing bullying or feeling unsafe at schools in Washington State. Cyberbullying can worsen these problems as bullies can antagonize their victims outside of school and anonymously. As of January 2020, Washington State law prohibits electronic, written, verbal, or physical acts of harassment, intimidation, and bullying (HIB) in schools that do one or more of the following:

- Physically harm a student or damage the student's property
- Have the effect of substantially interfering with a student's education
- Are so severe, persistent or pervasive that they create an intimidating or threatening educational environment
- Have the effect of substantially disrupting the orderly operation of the school

Schools in Washington State are required to create and follow procedures that will intervene on behalf of students who are experiencing bullying, so you can always start by speaking with a teacher, counselor, or administrator at your school. If you don't feel comfortable talking about it at school, give us a call at **1.866.833.6546** to connect with another teen or check out the resources below.

- ☑Crisis Text Line.....text 'HELLO' to 741741 www.crisistextline.org
- ☑PFLAG WA State Council.....www.pflagwsc.org
- ☑STOMP Out Bullyingwww.stompoutbullying.org
- ☑Washington State ACLU..... www.aclu-wa.org/pages/harassment-and-bullying

Information about bullying and reporting in Washington State



DID YOU KNOW THAT 77% OF RAPES ARE COMMITTED BY SOMEONE WHO IS KNOWN TO THE SURVIVOR?

Dating violence is a pattern of abusive behaviors such as emotional, verbal, psychological, physical, or sexual abuse by a romantic partner that is used to exert power and control. Dating violence tends to become more severe with time as the abuser tries to increase their power and control. There are many forms of dating abuse and unhealthy behaviors. Common types include:

Six Common Types Include:

- Physical abuse
- Emotional/Verbal abuse
- Sexual abuse
- Stalking
- Digital abuse/cyberbullying
- Financial abuse

Characteristics Of An Abuser Can Include:

- Blaming you for their own abusive behavior
- Seeing you as property or a sex object, rather than as a person
- Threatening to commit suicide or self-harm if you leave
- Having a bad and unpredictable temper
- Physical threats and actions that hurt you
- Threatening to harm or take away your children
- Constantly checking on you or monitoring you
- Controlling what you do, where you go, or what you wear
- Belittling comments

Characteristics Of Individuals Being Abused Can Include:

- Seeming afraid or anxious to please their partner
- Self-isolation or avoidance of gatherings
- Low self-esteem

Fear, threats, shame, and the belief that an abuser's behavior will change often contribute to the victim feeling unsure about talking to someone about their situation. It is important to remember that there is support available. No one deserves to feel unsafe in a romantic relationship.

- ☎☎☎ Abused Deaf Women's Advocacy Services (ADWAS)..... 206.812.1001 www.adwas.org
- ☎ Asian/Pacific Islander Chaya ♡ 877.922.4292 www.apichaya.org
- ☎ DAWN-Domestic Abuse Women's Network..... 425.656.7867 <https://dawnrising.org/> *Serves South King County*
- ☎ Lifewire..... 425.746.1940 www.lifewire.org *Serves East King County*
- ☎ New Beginnings..... 206.522.9472 *24hrs - serves North King County*
- ☎ Northwest Network of Bisexual, Trans, Lesbian, and Gay Survivors of Abuse ♡ 206.568.7777 www.nwnetwork.org
- ☎☎☎☎ Police Department Emergency Service ♡ 9.1.1
- ☎☎☎☎ Stronghearts Native Helpline..... 1.844.7NATIVE(762.8483) www.strongheartshelpline.org/
- ☎ Washington State Domestic Violence Hotline (serves south king county)..... 866.331.9474 or Text Loveis to 22522 www.loveisrespect.org *Serves South King County*
- ☎ YWCA Pierce County ♡ 253.272.4184 ext 211 or 253.383.2593 www.ywcapiercecounty.org
- ☎☎☎ YWCA Children's Domestic Violence Program..... 425.529.3785, ☎ 253.272.4184x254 www.ywcaworks.org



DID YOU KNOW: WASHINGTON STATE USES AT-RISK YOUTH (ARY) AND CHILD IN NEED OF SERVICES (CHINS) PETITIONS TO HELP YOUNG PEOPLE AND THEIR FAMILIES WORK THROUGH CONFLICT AND RECEIVE ADDITIONAL LEGAL SUPPORT.

Find out more about legal options at www.washingtonlawhelp.org/issues/youth-law-education/at-risk-children

Children and young adults who become involved in crime, domestic abuse, drugs and alcohol, early pregnancy, school-related problems, or suicide may find themselves without resources to help them recover, grow, and thrive. Terms such as at-risk, at-promise, upward, or opportunity youth are often used, but every young person deserves an opportunity at the life they desire. These resources can help connect youth experiencing these problems with the services they need.

- ☎ Atlantic Street Center..... www.atlanticstreetcenter.org *Family resource center, youth development, domestic violence support*
- ☎☎☎ Center for Children & Youth Justice..... 206.696.7503 ccyj.org
- ☎☎ Friends of Youth..... 425.869.6666 www.friendsofyouth.org
- ☎ YMCA Social Impact Center..... 253.939.2202 www.seattlemca.org/social-impact-center

Anger Management & Support for Drug/Alcohol Use

- ☎ Powerful Voices..... 206.860.1026 www.powerfulvoices.org
- ☎ Safe Futures Youth Center..... 206.938.9606 www.sfycc.net

Gang and Violence Prevention

- ☎ Safe Streets Campaign 253.272.6824 www.safest.org

- ☎YMCA of Pierce & Kitsap Counties.....253.841.9622
www.ymcapkc.org
- ☎YMCA of Snohomish County425.337.0123
www.ymca-snoco.org
- ☎You Grow Girl.....206.417.9904
www.yougrowgirl.org
- ☎Youth Eastside Services♥.....425.747.4937
www.youtheastsidesservices.org

Legal Services

Human and civil rights protect people long before they turn 18.

- ☎☎☎☎2-1-1♥.....2-1-1
Screens and refers to a range of legal service providers
 - ☎Eastside Legal Assistance Program♥.....425.747.7274
www.elap.org
 - ☎King County Bar Association Neighborhood Legal Clinics♥
206.267.7070 www.kcba.org
 - ☎King County Superior Court - Juvenile Court♥.....206.263.8634
www.kingcounty.gov/courts/superior-court/juvenile
 - ☎☎Legal Counsel for Youth & Children.....206.494.0323
lcycwa.org
 - ☎☎☎☎NW Justice Project♥.....1.888.201.1014
www.nwjustice.org/Legal_services_for_low-income_Washington_residents
 - ☎☎☎Team Child♥.....206.322.2444 press 0
www.teamchild.org
 - ☎☎☎☎Qlaw Legal Clinic♥.....
www qlawfoundation.org/lgbtq-legal-clinic.html *Focus on
LGBTQIA+ community*
 - ☎Snohomish County Legal Services♥.....1.888.201.1014
www.snocolegal.org
 - ☎Tacoma-Pierce County Bar Association253.383.3432
tpcba.com
 - ☎☎☎Washington Law Help♥.....www.washingtonlawhelp.org
 - ☎☎☎☎Wraparound/ WISE♥.....www.hca.wa.gov
- Please see page 12 for program details.*



DID YOU KNOW THAT EVERY 73 SECONDS, AN AMERICAN IS SEXUALLY ASSAULTED. -R.A.I.N.N

It is important to know that experiencing rape and/or sexual harassment/assault is not the fault of the survivor. There are many emotions and steps that accompany rape or sexual assault. Due to the often aggressive nature of the experience and the potential for sexually transmitted infections (STIs) or pregnancy, it is important for a survivor to follow up with the emergency department at their local hospital with 72 hours. To help the survivor navigate their options, such as evidence collection and more, a social worker will often be involved at the hospital. To provide the best evidence collection, the survivor should avoid showering or changing clothes prior to being cleaned. You do not have to do any part of the exam you do not want. Additionally, the doctor can discuss medications that are available to reduce the chances of contracting an STI or getting pregnant. If the survivor is under the age of 18, the law requires the police to be notified. However, going to the hospital and submitting a report do not necessarily mean that charges must be filed against the perpetrator or that participation in a legal case are required. Counselors at the hospital or at the above agencies can talk about available alternatives and help the survivor decide what the best choice is for them.

- ☎☎☎☎Emergency Number♥.....9.1.1
- ☎☎MultiCare Tacoma General Hospital♥.....253.403.1000
www.multicare.org/sexual-assault-services
- ☎☎☎☎Rape, Abuse & Incest National Network (R.A.I.N.N)
1.800.552.7103 www.rainn.org
- ☎Rebuilding Hope! Sexual Assault Center for Pierce County.....1.800.756.7273 www.sexualassaultcenter.com
- ☎Sex Trafficking and Exploitation Program♥253.444.5351
sexualassaultcenter.com

- ☎☎☎☎1 in 6.....1.877.628.1in6 (1466)
1in6.org
Education and resources for male survivors of sexual assault
- ☎Abused Deaf Women’s Advocacy Services (ADWAS).....
206.812.1001 www.adwas.org
- ☎Asian/Pacific Islander Chaya.....1.877.922.4292
www.apichaya.org *rape & sexual harassment / assault*
- ☎Dawson Place Child Advocacy Center♥.....425.789.3000
www.dawsonplace.org
- ☎Harborview Center for Sexual Assault & Traumatic Stress.....
206.744.1600 www.hcsats.org
- ☎King County Sexual Assault Resource Center♥.....1.888.99.VOICE
(6423) www.kcsarc.org
- ☎Legacy of Healing- Advocacy center & Safe House.....
360.716.4100 www.tulaliptribes-nsn.gov/dept/legacyofhealing
- ☎Mutlicare Tacoma General Hospital♥.....253.403.1000
www.multicare.org/sexual-assault-service
- ☎Sexual Assault Center for Pierce County.....1.800.756.7273
www.sexualassaultcenter.com
- ☎☎☎☎WA Coalition of Sexual Assault Programs..1.855.210.2087
www.wcsap.org/help/csap-by-city



DID YOU KNOW THAT YOUNG PEOPLE LEAVING THE FOSTER CARE SYSTEM ARE MORE LIKELY THAN THEIR PEERS TO EXPERIENCE HOMELESSNESS.

Homeless and runaway youth come from every socioeconomic, gender identity, educational level, and racial group in the United States. Minors experiencing homelessness do not typically choose to live on the streets. Many minors face a range of home dysfunction that challenges their emotional well-being, development, safety, and health, forcing them to live on the streets.

- ☎☎☎☎2-1-1.....2.1.1
Call for Assistance in Finding Shelter, Food, and other needs

Drop-in Centers & Shelters

Drop-in centers, homeless shelters, hot meal programs, case management, and other services are available to help youth take of themselves and get off the streets.

- ☎Camp Fire Orca.....253.597.6234
www.campfireorca.org/outreach-services *Outreach and support for youth ages 12-21*
- ☎CocoonHouse425.259.5802, www.cocoonhouse.org
- ☎Compass Health♥.....425.349.6800
www.compasshealth.org
- ☎Comprehensive Life Resources253.396.5800
www.comprehensiveliferesources.org
- ☎Friends of Youth♥425.298.4846
www.friendsofyouth.org *Outreach and Intake*
- ☎New Horizons Ministries206.374.0866
www.nhmin.org
- ☎Oasis Youth Center253.671.2838
www.oasisyouthcenter.org
- ☎Pierce County Alliance.....253.572.4750
www.piercecountyalliance.org/
- ☎Pierce County Day Centers.....
www.pchomeless.org/facilities/daycenters

☎ROOTS Young Adult Shelter.....	206.632.1635
www.rootsinfo.org Youth ages 18-25	
☎Street Youth Ministries.....	206.524.7301 x 112
www.streetyouthministries.org Youth ages 13-26	
☎Tacoma Rescue Mission.....	253.383.4493
www.trm.org/	
☎University District Youth Center.....	206.526.2992
www.youthcare.org/homeless-youth-services	
☎YMCA Social Impact Center.....	1.866.427.4747
www.seattlemca.org/social-impact-center	
☎Youthcare - The Shelter.....	1.800.495.7802
www.youthcare.org Youth ages 12-17	
☎YWCA Emergency Shelter.....	206.461.4882
www.ywcaworks.org Women over 18	

Transitional Housing

Transitional housing offers youth a safe place to live while they work toward acquiring necessary life skills, self-sufficiency, and gainful employment. Please be aware that programs often have wait lists for acceptance, and most programs require a referral from a case manager or shelter program. If you are looking for transitional housing, please call your local 2-1-1.

☎☎☎☎2-1-1.....2-1-1

Call for Assistance in Finding Shelter, Food, etc.

Regional Access Points are an entry point to Coordinated Entry for All in King County. They are typically resource centers where households experiencing homelessness can get help finding housing and other resources. Individuals and families experiencing homelessness may call ahead to schedule an appointment.

- ☎King County Regional Access Points:
- Seattle – 206.328.5900
 - Federal Way – 253.874.6718
 - Renton – 425.523.1377
 - North King County – 206.934.6160
 - East King County – 206.328.5900

Other Helpful Services

☎☎☎☎National Runaway Safeline (24 hrs).....1.800.RUNAWAY-
Confidential phone support for teens considering running away

☎King County Safe Place (24 hrs)1.800.422.TEEN(8336)

☎My Sister's Pantry.....253-627-1186, www.mysisterspantry.org/

☎☎☎☎National Safe Place (24 hrs)
www.nationalsafeplace.org *Immediate access to help and safety, with a focus on emergency shelter, for ages 12-17. Youth may text Safe Place directly or walk onto any King County bus or into a location with the Safe Place sign displayed and ask for help. Text "Safe" and your current location (street address, city, state) to 69866 for help via text.*

☎☎☎☎Northwest Harvest.....1.800.722.6924
northwestharvest.org *Food Bank with 375 locations throughout Washington*

☎Team Child206.322.2444 press 0
www.teamchild.org

☎Teen Feed (7 nights/week)206.522.4366
www.teenfeed.org

University District (Seattle) Meal Schedule:

Su,M,F @ University Lutheran Church, 1604 NE 50th St, Seattle NE 50th & 16th NE, youth use the red doors on 50th

Tu,W,Th @ University Congregational Church, 4515 16th Ave NE 16th NE & NE 45th, enter down the cement steps on Saturday

@ ROOTS Young Adult Shelter, 1415 Ne 43rd St Seattle – Alley at NE 43rd & 15th NE, enter through the blue door

Families and youth deserve to be met where they are. Families and youth from diverse racial and ethnic backgrounds face social issues that are impacted by cultural experiences and contribute to their ability and readiness to navigate life circumstances.

These agencies offer additional opportunities for cultural engagement.

- ✎ Asian Counseling & Referral Service♥206.695.7600
www.acrs.org
- ✎ Asia Pacific Cultural Center♥253-383-3900
www.asiapacificculturalcenter.org
- ✎ Asian/Pacific Islander Chaya♥877.922.4292
www.apichaya.org
- ✎ Catholic Community Services Southwest.....206.323.6336
ccsw.org/get-help/pierce-county/
- ✎ Center for Multicultural Health♥206.461.6910
cschc.org
- ✎ Centro Latino.....253.572.7747
www.clatino.org
- ✎ Chinese Information & Service Center♥206.624.5633
www.cisc-seattle.org
- ✎ Consejo Counseling & Referral Service♥253.414.7416
www.consejocounseling.org/
- ✎ El Centro de la Raza♥206.957.4634
www.elcentrodelaraza.org
- ✎ Filipino Community of Seattle♥206.722.9372
www.filcommsea.org
- ✎ Helping Link/Mot dau Noi♥206.568.5160
www.helpinglink.org
- ✎ Horn of Africa Services♥206.760.0550 x 104
www.hoas.org
- ✎ Jewish Family Service206.461.3240
www.jfsseattle.org
- ✎ La Esperanza♥425.248.4534
www.laesperanzahcs.org
- ✎ Refugee and Immigrant Services NW♥425.388.9307
www.risnw.org
- ✎ Therapeutic Health Services♥206.322.7676
www.ths-wa.org
- ✎ Tulalip Tribes.....360.716.4000
www.tulaliptribes-nsn.gov/
- ✎ United Indians of All tribes.....206.285.4425
www.unitedindians.org
- ✎ WAPI Community Services.....844.987.9274 wapiseattle.org



DID YOU KNOW THAT WITH SUPPORT FROM PARENTS/GUARDIANS, STUDENTS CAN OPT-OUT OF STANDARDIZED TESTING IN WASHINGTON STATE.

~OPT OUT WASHINGTON

Many teens have difficulties at school that are outside of their control and need more support for their education than what they can get at school. These agencies can provide a wide range of services to help support young people with their education goals, including tutoring, testing for learning disabilities, support for English Language Learners (ELL), and alternatives to traditional graduation, such as the General Education Development (GED) test. Open Doors programs provide graduation and GED support to people up to 21 years old. (OSP)

You can also call your local 2-1-1 for referrals in addition to contacting any of the following organizations:

- ✎ El Centro de la Raza♥206.957.4634
www.elcentrodelaraza.org
- ✎ Goodwill Everett Job Training & Education Center.....425.267.971, www.everettthelplink.org/everett-south-job-training-education-center
- ✎ Goodwill King County Job Training & Education Center.....206.860.5791
www.seattlegoodwill.org/job-training-and-education
- ✎ Goodwill of the Olympics and Rainier Region.....253.573.6500
www.goodwillwa.org/training/youth
- ✎ Greater Seattle Bureau of Fearless Ideas206.725.2625
www.fearlessideas.org *After-school tutoring & creative writing workshops*
- ✎ iGrad253.373.4723
www.Kent.k12.wa.us/IG
Program for youth who have left school or are considering leaving
- ✎ Learning Disabilities Association of WA.....425.882.0820
www.ldawa.org
- ✎ Refugee & Immigrant Services NW♥425.388.9307
www.risnw.org

- ☎ Northwest Education Access.....206.523.6200
www.seattleeducationaccess.org
- ☎ YMCA of Greater Seattle.....206.749.7550
www.seattlemca.org *GED services*

Additional services may also be available through your local library:

- ☎ King County Library System♥.....1.800.462.9600
www.kcls.org
- ☎ Seattle Public Library System♥.....206.386.4636
www.spl.org
- ☎ Pierce County Library System♥.....253.548.3323
www.piercecountylibrary.org
- ☎ Sno-Isle Libraries♥ (Snohomish & Island Counties).....
360.651.7000, www.sno-isle.org/



DID YOU KNOW THAT PEOPLE UNDER THE AGE OF 18 CAN WORK UNDER THE FOLLOWING CONDITIONS WHILE AT SCHOOL: 14-15 YEARS OLD UP TO 3 HOURS ON A SCHOOL DAY. 16-17 YEARS OLD UP TO 4 HOURS ON A SCHOOL DAY.

- ☎☎☎ AmeriCorps National Service.....1.800.942.2677
www.nationalservice.gov
- ☎ Bellevue Parks and Community Services - Well-KEPT.....
425.452.4195
- ☎ Boy Scouts of America Pacific Harbors Council ...253.502.4640
www.pacificharbors.org
- ☎ El Centro de la Raza♥.....206.957.4634
www.elcentrodelaraza.org
- ☎ FareStart.....206.443.1233
www.farestart.org *Offers job training for youth living without shelter*
- ☎ Goodwill Marysville Job Training & Education Center.....
360.657.4058, TEXT 206.510.5689
- ☎ Job Corps.....206.622.6593
www.jobcorps.gov
- ☎ King County Career Launch Pad.....206.263.8244
reopp.org/career-launchpad *Youth ages 16-24*
- ☎ Seattle Youth Employment Program 206.386.1375
- ☎ The REACH Center.....253.573.6590
www.reachtacoma.org
- ☎ Tilth Alliance Youth Garden Works.....206.633.0451 x 119
www.seattletilth.org/sygv
- ☎ Teens in Public Service.....206.985.4647
www.teensinpublicservice.org
- ☎ WA State Dept. of Labor & Industries - Teen Workers
Information.....www.lni.wa.gov/workplacerrights/teenworkers
- ☎ Worksource Youth Center.....425.374.8351
- ☎☎☎ Year Up.....206.441.4465
www.yearup.org *Youth ages 18-24*
- ☎ You Grow Girl.....206.417.9904
www.yougrowgirl.org
- ☎ YouthForce206.436.1843
www.teenjobs.org



LGBTQIA+ YOUTH WHO HAVE REPORTED HAVING AT LEAST ONE ACCEPTING ADULT IN THEIR LIFE WERE 40% LESS LIKELY TO HAVE REPORTED A RECENT SUICIDE ATTEMPT.

-THE TREVOR PROJECT

Questioning one's gender and sexual identity is a normal part of adolescence and growing up. Finding supportive people and groups can be difficult, and Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, and Asexual (LGBTQIA+) people are frequent targets of discrimination, violence, and bullying/harassment. The resources below are available to provide a safe environment of understanding and information as well as promote gender and sexual acceptance.

☎️ Center for Multicultural Health ♥️206.461.6910
cshc.org

☎️ Gay City206.323.LGBT
www.gaycity.org

LGBTQIA+ resources and referral help line

☎️ Health Education Youth Outreach (HEYO)206.957.1639
www.lifelong.org/heyo *Community building to empower LGBTQIA+ youth & destigmatize HIV*

☎️ Ingersoll Gender Centerwww.ingersollgendercenter.org
Transgender variant support

☎️ Lambert House206.322.2515
www.lamberthouse.org

☎️ Northwest Network of Bisexual, Trans, Lesbian & Gay Survivors of Abuse206.568.7777
www.nwnetwork.org

☎️ Parents, Families & Friends of Lesbians & Gays (PFLAG Seattle Chapter)206.325.7724
www.pflagseattle.org

☎️ Queer Trans Youth Music Project (QTYMP)
www.qtymp.org *LGBTQIA+ led music, empowerment, and social justice programs*

☎️ Seattle Counseling Service (18+) ♥️206.323.1768
www.seattlecounseling.org

☎️☎️☎️☎️ Trans Lifeline ♥️1.877.565.8860
www.translifeline.org

Crisis Line for those who are trans, struggling with, or questioning their gender identity

☎️ Youth Eastside Services - B-Glad425.747.4937
www.youtheastideservices.org

Support Groups

☎️ GLOBE425.242.6188
www.globeyouth.com

☎️ PFLAG-Snohomish County
www.pflag.org/chapter/pflag-everett

☎️ Oasis Youth Center253.671.2838
www.oasisyouthcenter.org

☎️ Rainbow Center 253.383.2318
www.rainbowcntr.org

The Americans with Disabilities Act of 1990 guarantees equal access in employment, public accommodation, transportation, telecommunications, and state and local government. Call the numbers below for support, referrals, or information about available services.

- ☎ Abused Deaf Women's Advocacy Services (ADWAS).....206.812.1001 www.adwas.org
 - ☎ Alliance of People with disAbilities.....www.disabilitypride.org
Seattle206.545.7055
Redmond.....425.998.5839
 - ☎☎☎☎The Arc of WA888.754.8798
www.arcwa.org
 - ☎☎☎☎Brain Injury Alliance of WA♥.....877.982.4292
www.biawa.org
 - ☎ Center for Children with Special Needs..... 206.987.3736
www.cshcn.org
 - ☎ Center for Independence.....253.582.1253
 - ☎ Center for Independence.....360.393.3890
www.centerforindependence.org
 - ☎ Children & Youth with Special Health Care Needs.....425.339.8652 www.snohd.org/268/Children-With-Special-Needs
 - ☎☎☎☎Disability Rights WA1.800.562.2702
www.disabilityrightswa.org
 - ☎☎☎Hearing, Speech and Deaf Center♥.....206.323.5770
www.hsdc.org
 - ☎ Pierce County Coalition for Developmental Disabilities.....253.564.0707, www.pc2online.org
 - ☎☎☎☎WA Elks Therapy Program for Children.....253.472.6223
www.waelks.net
 - ☎☎☎☎WA State Dept. of Services for the Blind...1.800.552.7103
dsb.wa.gov
 - ☎☎☎Vadis♥.....253.863.5173
www.vadis.org *Employment support for people with disabilities & facing homelessness*
 - ☎☎☎☎Wraparound/WISE♥.....www.hca.wa.gov
- Please see page 12 for program details.



DID YOU KNOW THAT PEOPLE WITH HIGH SCHOOL LEADERSHIP EXPERIENCE ARE PAID UP TO 33% MORE THAN THOSE WITHOUT IT. THIS WAGE PREMIUM IS SIMILAR TO ONE ASSOCIATED WITH A COLLEGE DEGREE.

-HARVARD BUSINESS REVIEW

For teens especially, volunteer work can help broaden their horizons, meet new friends, experience different cultures, or learn a new language, all while contributing to society's needs.

Volunteer Opportunities

- ☎☎☎☎Boys & Girls Clubs of WA State♥
www.washingtonclubs.org *After-school and summer camp/activities volunteer programs*
- ☎ Camp Fire Central Puget Sound.....206.461.8550
www.campfireseattle.org
Leadership camps, activities, and workshops
- ☎ Camp Fire Orca253.597.6234
www.campfireorca.org
- ☎ Camp Fire Snohomish County.....425.258.5437
campfiresnoco.org/camp
- ☎ City of Mercer Island.....206.275.7755
www.mercergov.org/voice-8-week-summer-volunteer-program
- ☎ CORE(Creating Open Roads to Equity)♥.....
www.getconnected.uwsc.org
Connect to a variety of community volunteer opportunities
- ☎ Corporation For National & Community Service♥206.607.2603 www.nationalservice.gov/programs
Paid service corps and programs
- ☎ Families Unlimited Network253.460.3134
www.familiesunlimitednetwork.org/volunteer
Foodbank and after-school program volunteer opportunities
- ☎ Harbor WildWatch253.514.0187
www.harborwildwatch.org/programs/youth-programs
Interactive environmental education volunteer opportunities
- ☎ Seattle Young People's Project253.234.7649
[Community organizing volunteer opportunities](http://www.communityorganizingvolunteeropportunities.org)

Volunteer & Recreation Opportunities

- ♻️ Teen Link ♥ 1.866.TEENLINK(833.6545)
www.teenlink.org
Community outreach and awareness for teens needing emotional support
- ♻️ The Vera Project 206.956.8372
www.theveraproject.org
Theater, music, and art volunteering opportunities
- ♻️ United Way Volunteering..... 206.461.3700
www.uwkc.org/volunteer
- ♻️ United Way Pierce County..... 253.272.4263
www.uwpc.org/volunteer-0
- ♻️ Volunteers of America Western Washington ♥..... 425.259.3191
www.voaww.org/volunteer
- ♻️ Wilderness Inner-City Leadership Developments (WILD)..... 206.623.5132 www.interimicda.org/whatwedo/wild
Environmental justice, gardening, and activism volunteer opportunities
- ♻️ Young Women Empowered 206.519.2426
www.youngwomenempowered.org/getinvolved
Group leadership camps & activities
- ♻️ YMCA of Greater Seattle ♥..... 206.749.7550 / 7540
www.seattlemca.org
Community and service corps programs/volunteer activities
- ♻️ YWCA..... 206.461.4888
www.ywcaworks.org
Community service & volunteer programs
- ♻️ ZooCorps 206.548.2450
www.zoo.org/volunteer *Volunteer zoo ambassador opportunities*

If you'd like to learn a new skill or participate in a group program, camps and workshops are a great way to get engaged and build meaningful relationships. Listed below are community and recreation centers, drop-in groups, classes, and sports leagues for youth that are located throughout the Puget Sound area.

- ♻️ ArtSpotStudio..... 206.713.8297
www.artspotstudio.net/tweenteen-workshops
Art camps/workshops for age 10-18 (all ability levels)
- ♻️ Bikeworks..... 206.257.5895
www.bikeworks.org
Bicycle repair classes, riding clubs, camps, and giveaways
- ♻️♻️♻️ Boys & Girls Clubs of WA State ♥.....
www.washingtonclubs.org *After-school and summer programs*
- ♻️♻️♻️ Camp to Belong 360.731.7268
www.campbelongwa.org
Summer camp program to reunite siblings in foster care
- ♻️ Coyote Central 206.323.7276
www.coyotecentral.org
Applied learning through skills-based workshops
- ♻️ Garfield Teen Life Center..... 206.684.4550
Teen resource center
- ♻️♻️♻️ Girl Scouts of Western WA..... 1.800.541.9852
www.girlscoutswa.org
- ♻️ Tacoma Urban League..... 253.383.2007
thetacomaurbanleague.org/programs
Mentorship programs for youth of color
- ♻️ Kent Youth & Family Services 253.859.0300
www.kyfs.org
Operates multiple youth centers in the Kent area
- ♻️ Kirkland Teen Union Building (KTUB) 425.822.3088
www.ymcaktub.org *Teen resource center*
- ♻️ Old Firehouse Teen Center 425.556.2370
Drop-in Center - you must be enrolled in high school to attend
- ♻️ Powerful Voices 206.860.1026
www.powerfulvoices.org
Cultural enrichment, employment and advocate programs for young WOC
- ♻️♻️♻️ Reader's Circle www.readerscircle.org
Online book clubs
- ♻️ Sanctuary Art Center..... 206.522.6256
www.sanctuaryartcenter.org *Art drop-in center focused on street-involved youth, ages 13-25*

- Classes, camps/activities, and centers for community engagement*
- ☎Sanctuary Art Center.....206.522.6256
www.sanctuaryartcenter.org
 - Art drop-in center focused on street-involved youth, ages 13-25*
 - ☎Seattle Parks & Recreation.....206.684.4075
www.seattle.gov/parks
 - Classes, camps/activities, and centers for community engagement*
 - ☎Tacoma Youth Theatre253.677.0531
www.tacomayouththeatre.org
 - ☎The Club Teen Center425.429.3203
www.bgcbellevue.org/programs/teens
 - ☎The First Tee of South Puget Sound253.267.0026
www.firstteesouthpugetsound.org/programs
 - Golf youth programs/activities*
 - ☎☎☎☎WA State Parks & Recreation♥.....hparks.state.wa.us
 - ☎YMCA of Greater Seattle♥.....206.749.7550
www.seattlemca.org
 - ☎YMCA of Pierce & Kitsap Counties♥.....253.841.9622
www.yמצapkc.org
 - ☎YMCA of Snohomish County.....425.337.0123
www.yמצa-snocо.org
 - ☎Youth Councilwww.snohomishwa.gov/691/Youth-Council
 - Local government youth council programs*
 - ☎Youth Enrichment Services
snohomishcountywa.gov/3645/youth-enrichment-services
 - Resources and programs for court-involved youth*
 - ☎Youth in Focus206.723.1479
www.youthinfoocus.org
 - Art and photography education courses and camps*

For more information regarding other recreation options, contact your local parks and recreation department.

1in6: 30
 2-1-1: 6,28,31,32
 24-Hour Crisis Line: 13,21
 45th Street Clinic: 16

A

Abused Deaf Women's Advocacy Services (ADWAS): 26, 30, 40
 Adolescent Self Injury Foundation, 22
 Abuse & Incest National Network (R.A.I.N.N.): 29
 Alateen & Alanon: 10
 Alcoholics Anonymous: 10
 Alliance of People with disAbilities: 40
 All-Options: 17
 AmeriCorps National Service: 37
 ArtSpotStudio: 43
 Asian Counseling & Referral Service: 34
 Asian/Pacific Islander Chaya: 26, 30, 34
 Asia Pacific Cultural Center: 34
 Atlantic Street Center: 27
 Auburn Public Health: 18

B

Bellevue Parent/Teen Mediation Program: 13
 Bellevue Parks and Community Services - Well-KEPT: 37
 Bikeworks: 43
 Boy Scouts of America Pacific Harbors Council: 37
 Boys & Girls Clubs of WA State: 41, 43
 Boys Town National Hotline: 21
 Brain Injury Alliance of WA: 40
 Bridges Center for Grieving Children: 15

C

Camp Fire Central Puget Sound: 41
 Camp Fire Snohomish County: 42
 Camp Fire Orca: 41
 Camp to Belong: 43

Cedar River Clinics: 18
 Center for Children with Special Needs: 40
 Center for Discovery: 14
 Center for Human Services: 11,9,13
 Center for Independence: 40
 Center for Multicultural Health: 9, 16, 17, 18, 34, 38
 Centro Latino: 34
 Children's Crisis Response Outreach Service (CCORS): 21
 Children & Youth with Special Health Care Needs: 40
 Childhelp USA: 23
 Chinese Information & Service Center: 34
 City of Mercer Island: 41
 CocoonHouse: 31
 Columbia Public Health: 16
 Community Counseling Institute: 9
 Community Health Care: 16, 18
 Community Health Center of Snohomish County: 16, 18
 Compass Health: 11, 9, 21, 31
 Comprehensive Life Resources: 31
 Consejo Counseling & Referral Service: 11, 34
 CORE (Creating Open Roads to Equity): 41
 Corporation for National & Community Service: 41
 Counseling Washington: 12
 Coyote Central: 43
 Crisis Connection Cares: 15
 Crisis Connections: 2, 7, 8, ,13, 15, 21
 Crisis Text Line: 21, 24
 Crisis Outreach Team (MCOT) - Compass Health: 21

D

Dawson Place Child Advocacy Center: 23, 30
 Disability Rights WA: 40
 Domestic Abuse Women's Network (DAWN): 26
 Downtown Public Health: 16

E

Eastgate Public Health: 16, 18

Eastside Legal Assistance Program: 28
 Eating Disorders Anonymous: 14
 Education: 35
 El Centro de la Raza: 34, 35, 37
 Eluna: 15
 Entre Hermanos: 18
 Evergreen Council on Problem Gambling: 10
 Evergreen Health: 15,16

F

Families & Friends of Lesbians & Gays (PFLAG): 38
 Families Unlimited Network: 41
 FareStart: 37
 Federal Way Public Health: 18
 Forefront Suicide Prevention: 21
 Friends of Youth: 11, 27, 31

G

Gamblers Anonymous: 10
 Garfield Teen Life Center: 43
 Gay City: 18, 38
 Girl Scouts of Western WA: 43
 GLOBE: 39
 Goodwill Everett Job Training & Education Center: 35
 Goodwill King County Job Training & Education Center: 35
 Goodwill Marysville Job Training & Education Center: 37
 Goodwill of the Olympics and Rainier Region: 35
 Greater Lakes Mental Health Care: 11
 Greater Seattle Bureau of Fearless Ideas: 35

H

Harborview Center for Sexual Assault & Traumatic Stress: 30
 Harbor WildWatch: 41
 HopeSparks Family Services: 11
 Health Education Youth Outreach (HEYO): 38
 Hearing, Speech, and Deaf Center: 40
 Helping Link/Mot Dau Noi: 34
 HopeSparks: 11

Horn of Africa Services: 34

I

iGrad: 35
 Ingersoll Gender Center: 38

J

Job Corps: 37

K

Kent Public Health: 18
 Kent Youth & Family Services: 11, 43
 King County 2-1-1: 6
 King County Bar Association Neighborhood Legal Cliics: 28
 King County Behavioral Health and Recovery Division: 13
 King County Career Launch Pad: 37
 King County Library System: 36
 King County Needle Exchange Schedule: 10
 King County Regional Access Points: 33
 King County Safe Place: 33
 King County Sexual Assault Resource Center: 30
 King County Superior Court - Juvenile Court: 28
 Kirkland Teen Union Building (KTUB): 43

L

La Esperanza: 34
 Lambert House: 38
 Learning Disabilities Association of WA: 35
 Lifelong AIDS Alliance: 19
 Lifewire: 26

M

Mary Bridge's Child Abuse Intervention Department: 23
 Maternal Child Outreach Team (MCOT): 17
 Mercer Island Youth & Family Services: 11
 MultiCare: 11, 29, 30
 My Sister's Pantry: 33

N

Narcotics Anonymous: 10
 National Eating Disorders Association: 14, 22
 National Runaway Safeline: 33
 National Safe Place: 33
 National Suicide Prevention Lifeline: 13, 21
 Navos-Ruth Dykeman Youth & Family Services: 11
 Neighborcare Health: 19
 Neighborhood Clinic: 16
 New Beginnings: 26
 New Horizons Ministries: 31
 North America Syringe Exchange Network: 10
 North Seattle Public Health: 16
 Northshore Youth & Family Services: 11
 Northwest Harvest: 33
 Northwest Education Access: 36
 Northwest Network of Bisexual, Trans, Lesbian & Gay Survivors of Abuse: 26, 38
 NW Justice Project: 28

O

Oasis Youth Center: 31, 39
 Old Firehouse Teen Center: 43
 Open Adoption & Family Services: 17
 Overeaters Anonymous: 14

P

Pearl Counseling Associates: 11
 PFLAG-Snohomish County: 39
 PFLAG WA State Council: 24
 Pierce County Aids Foundation (PCAF): 19
 Pierce County Alliance: 31
 Pierce County Coalition for Developmental Disabilities: 40
 Pierce County Crisis Line: 21
 Pierce County Day Centers: 31
 Pierce County Library System: 36
 Pierce Wraparound/WISe: 10, 12, 13, 28, 40

Pioneer Counseling Service: 11
 Planned Parenthood: 17, 19
 Police Department Emergency Number: 23
 Powerful Voices: 27, 43
 Providence Grief Support Services: 15
 Psychology Today: 12
 Public Health STD Clinic at Harborview: 19
 Puget Sound Alcoholics Anonymous: 10

Q

Qlaw Legal Clinic: 28
 Queer Trans Youth Music Project (QTYMP): 38

R

Rainbow Center: 39
 Rape, Abuse & Incest National Network: 29
 Reader's Circle: 43
 Rebuilding Hope: 29
 Refugee & Immigrant Services NW: 35
 Renton Area Youth & Family Services: 11
 ROOTS Young Adult Shelter: 31, 33
 Ryther: 10, 11, 13

S

Safe (Self Abuse Finally Ends): 22
 Safe Crossings: 15
 Safe Futures Youth Center: 27
 Safer STD Testing: 19
 Safe Streets Campaign: 27
 Sanctuary Art Center: 43, 44
 Sea Mar Community Health Center: 12
 Seattle Counseling Service: 38
 Seattle Parks & Recreation: 44
 Seattle Public Library System: 36
 Seattle, YMCA of Greater: 35,42,44
 Seattle Young People's Project: 41
 Seattle Youth Employment Program: 37
 Seattle-King County Teen Clinics: 18
 Seneca: 13

Sexual Assault Center for Pierce County: 30
 Snohomish County Legal Services: 28
 Snohomish Health District: 19
 Sno-Isle Libraries (Snohomish & Island Counties): 36
 Snohomish Wraparound/WISe: 10, 12, 13, 40
 Society for the Prevention of Teen Suicide: 21
 Sound: 10, 12, 13
 Southeast Youth & Family Services: 12
 South Sound 2-1-1: 28, 31, 32, 35
 Southwest Youth & Family Services: 12
 Stomp out bullying: 24
 Speech and Deaf Center: 40
 Step by Step Family Support Center: 17
 Street Youth Ministries: 32
 StrongHearts Native Helpline: 26
 Suicide Prevention Training for Students: 7

T

Tacoma Urban League: 43
 Tacoma-Pierce County Bar Association: 28
 Tacoma-Pierce County Health Department: 19
 Tacoma Rescue Mission: 32
 Tacoma Youth Theatre: 44
 Team Child: 28, 33
 Teen Clinics at Public Health-Seattle & King County: 19
 Teen Feed: 33
 Teen Link: 2, 4, 5, 7, 8, 13, 21, 42
 Teen Pregnancy & Parenting Clinic: 17
 Teens in Public Service: 37
 The Arc of WA: 40
 The Center A Place of Hope: 14
 The Club Teen Center: 44
 The Emily Program: 14
 The Healing Center: 15
 Therapeutic Health Services: 10, 12, 13, 34
 The REACH Center: 37
 The Trevor Project: 21
 The Vera Project: 42
 To Write Love on Her Arms: 22

Tilth Alliance Youth Garden Works: 37
 Trans: 21, 26, 38
 Trans Lifeline: 21, 39
 Tulalip Tribes: 34

U

United Way Volunteering: 42
 University District Youth Center: 32
 UW Youth Clinic: 16

V

Vadis: 40
 Valley Cities Behavioral Health Care: 12
 Vashon Youth & Family Services: 12
 Volunteers of America Western Washington: 42

W

WA Coalition of Sexual Assault Programs: 30
 WA Elks Therapy Program for Children: 40
 WAPI Community Services: 34
 WA Recovery Help Line: 6, 7, 9
 Washington Law Help: 28
 WA State Dept. of Labor & Industries: 37
 WA State Dept. of Services for the Blind: 40
 WA State Parks & Recreation: 44
 WA Warm Line: 13
 "Who Does What" for STD/HIV: 19
 Wilderness Inner-City Leadership Developments (WILD): 42
 Wild Grief: 15
 Worksource Youth Center: 37
 Wraparound/WISe: 10, 12, 13, 28, 40

Y

Year Up: 37
 YMCA of Greater Seattle: 36, 42, 44
 YMCA of Pierce & Kitsap Counties: 28, 44

YMCA of Snohomish County: 28, 44
YMCA Social Impact Center: 11, 27, 32
You Grow Girl: 12, 13, 28, 37
Young Women Empowered: 42
Youthcare - The Shelter: 32
Youth Council: 44
Youth Eastside Services: 12, 28, 39
Youth Enrichment Services: 44
YouthForce: 37
Youth in Focus: 44
YWCA Children's Domestic Violence Program: 26
YWCA Emergency Shelter: 32

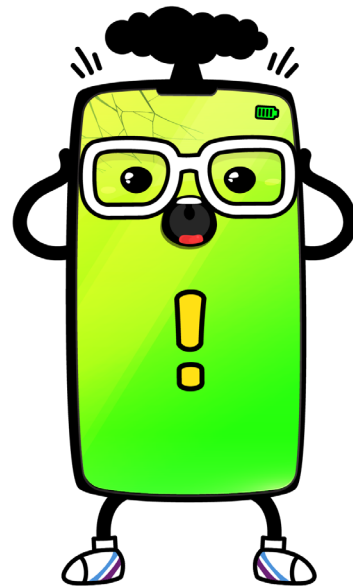
Z

ZooCorps: 42

This page marks the end of the English
Where To Turn for Teens Booklet.

[Click here](#) to flip the booklet for Spanish
translation.

[Haga clic
aquí para
voltear el
folleto de
traducción
al español](#)



<p>📍 Bikeworks.....206.257.5895 www.bikeworks.org Clases de reparación de bicicleta, clubes de contar, campamentos, y sorteos</p> <p>📍📍📍📍 Boys & Girls Clubs of WA State♥..... www.washingtonclubs.org <i>Programas después de escuela y veraniegos</i></p> <p>📍📍📍📍 Camp to Belong360.731.7268 www.campbelongwa.org <i>Programa de campamento de verano para reunir a hermanos en el cuidado de cría</i></p> <p>📍 Coyote Central206.323.7276 www.coyotecentral.org <i>Aprendizaje aplicado a través de talleres basados en habilidades</i></p> <p>📍 Garfield Teen Life Center.....206.684.4550 <i>Centro juvenil de recursos</i></p> <p>📍📍📍📍 Girl Scouts of Western WA.....1.800.541.9852 www.girlscoutswa.org</p> <p>📍 Tacoma Urban League.....253.383.2007 thetacomaurbanleague.org/programs <i>Programa de mentoría para la juventud de color</i></p> <p>📍 Kent Youth & Family Services253.859.0300 www.kyfs.org Opera multiple centros juveniles en el area de Kent</p> <p>📍 Kirkland Teen Union Building (KTUB)425.822.3088 www.ymcaaktub.org Centro juvenil de recursos</p> <p>📍 Old Firehouse Teen Center425.556.2370 <i>Centro de entrar cuando wuieras - debes estar Inscrito en la escuela secundaria para asistir</i></p> <p>📍 Powerful Voices.....206.860.1026 www.powerfulvoices.org <i>Enriquecimiento cultural, empleo y programa de abogacia para WOC joven</i></p> <p>📍📍📍📍 Reader's Circlewww.readerscircle.org <i>Clubes de libros en línea</i></p> <p>📍 Sanctuary Art Center.....206.522.6256 www.sanctuaryartcenter.org Centro de arte de entrar cuando quieras enfocado en la juventud involucrada en la calle, edades de 13-25</p>
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<p>📍 Seattle Parks & Recreation.....206.684.4075 www.seattle.gov/parks Clases, campamentos/actividades, y centros para la participación de la comunidad</p> <p>📍 Tacoma Youth Theatre.....253.677.0531 www.tacomayouththeatre.org</p> <p>📍 The Club Teen Center425.429.3203 www.bgcbellevue.org/programs/teens</p> <p>📍 The First Tee of South Puget Sound253.267.0026 www.firstteesouthpugetsound.org/programs <i>Programas/actividades juveniles de golf</i></p> <p>📍📍📍📍 WA State Parks & Recreation♥.....hparks.state.wa.us</p> <p>📍 YMCA of Greater Seattle♥.....206.749.7550 www.seattleyymca.org</p> <p>📍 YMCA of Pierce & Kitsap Counties♥.....253.841.9622 www.ymcapkc.org</p> <p>📍 YMCA of Snohomish County.....425.337.0123 www.ymca-snoc.org</p> <p>📍 Youth Council.....www.snohomishwa.gov/691/Youth-Council <i>Programas de consejo juveniles del gobierno local</i></p> <p>📍 Youth Enrichment Services..... www.snohomishcountywa.gov/3645/Youth-Enrichment-Services <i>Recursos y programas para la juventud involucrada con la corte</i></p> <p>📍 Youth in Focus.....206.723.1479 www.youthinfocus.org <i>Cursos educativos y campamentos de arte y fotografia</i></p>

Para más información con respecto a otras opciones, ponte en contacto con tu departamento de parques y recreación local.



PARA LOS JÓVENES ESPECIALMENTE, EL TRABAJO VOLUNTARIO PUEDE AYUDAR A EXPANDIR SUS HORIZONTES, CONOCER A NUEVOS AMIGOS, EXPERIMENTAR CULTURAS DIFERENTES, O APRENDER UN NUEVO IDIOMA, MIENTRAS TODO EL TIEMPO CONTRIBUYENDO A LAS NECESIDADES DE SOCIEDAD.

-VOLUNTEERMATCH.ORG

Oportunidades Voluntarias

- ☛☛☛☛Boys & Girls Clubs of WA State♥
www.washingtonclubs.org Programa de voluntariado de campamento/actividades después de escuela
- ☛Camp Fire206.461.8550
www.campfireseattle.org Campamentos actividades, y talleres de liderazgo
- ☛Camp Fire Orca253.597.6234
www.campfireorca.org
- ☛Camp Fire Snohomish County425.258.5437
camp-firesnoco.org/camp
- ☛City of Mercer Island.....206.275.7755
www.mercergov.org/voice
programa voluntariado de 8-semanas verano
- ☛CORE(Creating Open Roads to Equity)♥.....
www.getconnected.uwsc.org Conectate a una variedad de oportunidades de voluntariado comunitario
- ☛Corporation For National & Community Service♥.....
206.607.2603 www.nationalservice.gov/programs Programas pagados del cuerpo de servicio
- ☛Families Unlimited Network253.460.3134
www.familiesunlimitednetwork.org/volunteer
Banco de comida y programa de oportunidades voluntarias después de escuela
- ☛Harbor WildWatch253.514.0187
www.harborwildwatch.org/programs/youth-programs
Oportunidades interactivas de la educación ambiental
- ☛Seattle Young People's Project253.234.7649
Oportunidades voluntarias en organizando a la comunidad
- ☛Teen Link♥866.TEENLINK,(833.6546)
www.teenlink.org
Alcance y conciencia comunitaria para los jóvenes necesitado

- ☛The Vera Project.....206.956.8373
www.theveraproject.org Oportunidades voluntarias de teatro, musica, y arte el apoyo emocional
- ☛United Way Volunteering.....www.uwkc.org/volunteer
- ☛253.272.4263 www.uwpc.org/volunteer-0
- ☛Volunteers of America Western Washington♥.....425.259.3191
www.voaww.org/volunteer
- ☛Wilderness Inner-City Leadership Developments (WILD).....
206.623.5132 www.interimicda.org/whatwedo/wild Oportunidades voluntarias en la justicia ambiental, jardineria, y activismo
- ☛Young Women Empowered206.519.2426
www.youngwomenempowered.org/getinvolved
Campamentos y actividades de liderazgo de group
- ☛YMCA of Greater Seattle♥.....206.749.7550 / 7540
www.seattleyymca.org
Programas comunitarias y cuerpo de servicio/actividades
- ☛☛YWCA.....206.461.4888
www.ywcaworks.org
Programas voluntarias y servicio comunitario
- ☛ZooCorps206.548.2450
www.zoo.org/volunteer
Oportunidad voluntaria de embajador del zoológico

Campamentos Talleres, y Actividades

Si te gustaría aprender una nueva habilidad o participar en un programa grupal, los campamentos o talleres son una gran manera de involucrarte y construir relaciones interpersonales significativas. Listadas abajo hay centros comunitarios y recreacionales, grupos para entrar, clases, y ligas de deportes para la juventud que están ubicados en todo el área de Puget Sound.

- ☛Arts Corps206.722.5440
www.artscorps.org
Talleres/actividades de educación de arte
- ☛ArtSpotStudio.....206.713.8297
artspotstudio.net/tweenteen-workshops Campamentos/talleres de arte para edad de 10-18 (todos los niveles de habilidad)

- ☎☎☎☎ Trans Lifeline♥1.877.565.8860
www.translifeline.org *Crisis para aquellos que son trans, luchando con, o cuestionando su Identidad de género*
- ☎ Youth Eastside Services - B-Glad.....425.747.4937
www.youtheastideservices.org

Grupos de Apoyo

- ☎ GLOBE.....425.242.6188
www.globeyouth.com
- ☎ PFLAG-Snohomish County.....
www.pflag.org/chapter/pflag-everett
- ☎ Oasis Youth Center.....253.671.2838
www.oasisyouthcenter.org
- ☎ Rainbow Center..... 253.383.2318
www.rainbowcntr.org

El Americans with Disabilities Act of 1990 garantiza el acceso igual al empleo, acomodación pública, transportación, telecomunicaciones, y gobierno estatal y local. Llama a los números abajo para apoyo, referencias, o información sobre los servicios disponibles.

- ☎ Abused Deaf Women's Advocacy Services (ADWAS).....
 206.812.1001 www.adwas.org
- ☎ Alliance of People with disabilities.....www.disabilitypride.org
 -Seattle206.545.7055
 -Redmond.....425.998.5839
- ☎☎☎ The Arc of WA888.754.8798
www.arcwa.org
- ☎☎☎ Brain Injury Alliance of WA.....877.982.4292
www.biawa.org
- ☎ Center for Children with Special Needs.....206.987.3736
www.cshcn.org
- ☎☎☎ Center for Independence
www.centerforindependence.org..... ☎253.582.1253
 ☎(360) 393-3890,
- ☎ Children & Youth with Special Health Care Needs.....
 425.339.8652, www.snohd.org/268/Children-With-Special-Needs
- ☎☎☎ Disability Rights WA1.800.562.2702
www.disabilityrightswa.org
- ☎☎☎ Hearing, Speech and Deaf Center♥206.323.5770
www.hsdc.org
- ☎ Pierce County Coalition for Developmental Disabilities.....
 253.564.0707, www.pc2online.org
- ☎☎☎ WA Elks Therapy Program for Children253.472.6223
www.waelks.net
- ☎☎☎ WA State Dept. of Services for the Blind...1.800.552.7103
dsb.wa.gov
- ☎☎☎ Vadis♥253.863.5173
www.vadis.org
Apoyo de empleo para gente con discapacidades y enfrentando el vivir sin vivienda
- ☎☎☎ Wraparound/WISe♥www.hca.wa.gov
Por favor ver la página 107 para detalles del programa.

- ④WA State Dept.of Labor & Industries Information.....
www.lni.wa.gov/workplacerrights/teenworkers
- ④Worksource Youth Center.....425.374.8351
- ④④④Year Up.....206.441.4465
www.yearup.org
Youth ages 18-24
- ④You Grow Girl.....206.417.9904
www.yougrowgirl.org
- ④YouthForce206.436.1843
www.teen-jobs.org



JÓVENES LGBTQIA+ QUE HAN REPORTADO TENER AL MENOS A UN ADULTO ACEPTANTE EN SUS VIDAS ESTABAN EL 40% MENOS PROBABLES DE HABER REPORTADO UN ATENTO DE SUICIDIO RECIENTE.

-THE TREVOR PROJECT

Cuestionar el género y la identidad sexual de uno es una parte normal de la adolescencia y el de crecer. Encontrar a personas y grupos que apoyan puede ser difícil, y las personas Lesbianas, Gay, Bisexuales, Transgeneros, Queer or Cuestionando, Entre-sexo, y Asexual (LGBTQIA+) frecuentemente son blancos de la discriminación, la violencia, y el bullying/acoso. Los recursos abajo están disponibles para proveer un ambiente seguro de entender e información tal como promover la aceptación de género y sexual.

- ④Center for Multicultural Health♥.....206.461.6910
cschc.org
- ④Gay City.....206.323.LGBT
www.gaycity.org
Línea de ayuda de recursos y referencias de LGBTQIA+
- ④Health Education Youth Outreach (HEYO).....206.957.1639
www.lifelong.org/heyo *Construyendo comunidad para empoderar a jóvenes LGBTQIA+ y desestigmatizar el HIV*
- ④Ingersoll Gender Center.....www.ingersollgendercenter.org
Apoyo variante transgénero
- ④Lambert House.....206.322.2515
www.lamberthouse.org
- ④Northwest Network of Bisexual, Trans, Lesbian & Gay Survivors of Abuse206.568.7777
www.nwnetwork.org
- ④Parents, Families & Friends of Lesbians & Gays...206.325.7724
www.pflagseattle.org (PFLAG)
- ④Queer Trans Youth Music Project (QTYMP).....
seattleqtymp@gmail.com
Música guiada por LGBTQIA+, empoderamiento, y programas de justicia social
- ④Seattle Counseling Service♥(18+).206.323.1768
www.seattlecounseling.org

- ☑ Northwest Education Access.....206.523.6200
www.seattleeducationaccess.org
- ☑ YMCA of Greater Seattle.....206.749.7550
www.seattlemca.org
Servicios adicionales quizás también están disponibles a través de tu biblioteca local:
- ☑ King County Library System♥1.800.462.9600
www.kcls.org
- ☑ Seattle Public Library System♥206.386.4636
www.spl.org
- ☑ Pierce County Library System♥253.548.3323
www.piercecountylibrary.org
- ☑ Sno-Isle Libraries (Snohomish & Island Counties)♥
360.651.7000, www.sno-isle.org/



TARJAS: LAS PERSONAS BAJO LA EDAD DE 18 PUEDEN TRABAJAR BAJO LAS SIGUIENTES CONDICIONES MIENTRAS EN LA ESCUELA: 14-15 AÑOS DE EDAD HASTA 3 HORAS EN UN DÍA ESCOLAR. 16-17 AÑOS DE EDAD HASTA 4 HORAS EN UN DÍA ESCOLAR.

Al solicitar por un empleo, es importante tener lo siguiente disponible:

- ID tal como la licencia de manejo, ID escolar, Tarjeta de ID estatal, o pasaporte Y número/tarjeta de seguro social
- Domicilio y número de teléfono actual
- Nombre/información de contacto para 3 adultos que tú puedas enlistar como referencias

- ☑☑☑ AmeriCorps National Service.....1.800.942.2677
www.nationalservice.gov
- ☑ Bellevue Parks and Community Services - Well-KEPT.....425.452.4195
- ☑ Boy Scouts of America Pacific Harbors Council 253.502.4640
www.pacificarbors.org
- ☑ El Centro de la Raza♥206.957.4634
www.elcentrodelaraza.org
- ☑ FareStart.....206.443.1233
www.farestart.org
Ofrece entrenamiento de trabajo para la juventud viviendo sin hogar
- ☑ Goodwill Marysville Job Training & Education Center.....360.657.4058, TEXT 206.510.5689
- ☑ Job Corps.....206.622.6593
www.jobcorps.gov
- ☑ King County Career Launch Pad.....206.263.8244
reopp.org/career-launchpad Jóvenes edades 16-24
- ☑ Seattle Youth Employment Program.....206.386.1375
- ☑ The REACH Center.....253.573.6590
www.reachtacoma.org
- ☑ Tilth Alliance Youth Garden Works.....206.633.0451 x 119
www.seattletilth.org/sygv
- ☑ Teens in Public Service.....206.985.4647
www.teensinpublicservice.org

🇮🇸 Jewish Family Service.....	206.461.3240
www.jfsseattle.org	
🇸🇵 La Esperanza ♡.....	425.248.4534
www.laesperanzahcs.org	
🇸🇵 Therapeutic Health Services ♡.....	206.322.7676
www.ths-wa.org	
🇺🇸 United Indians of All Tribes.....	206.285.4425
www.unitedindians.org	
🇺🇸 Tulalip Tribes.....	360.716.4000
www.tulaliptribes-nsn.gov/	
🇺🇸 Refugee and Immigrant Services NW ♡.....	425.388.9307
risnw.org	
🇨🇳 Chinese Information & Service Center ♡.....	206.624.5633, www.cisc-seattle.org
🇨🇳 WAPI Community Services ♡.....	1.844.987.9274
wapiseattle.org	



SABIAS: CON EL APOYO DE LOS PADRES/GUARDIANES, LOS ESTUDIANTES PUEDEN OPTAR NO A LAS PRUEBAS ESTANDARIZADAS EN EL ESTADO DE WASHINGTON.

FYI: Los programas de Open Doors proveen graduación y apoyo de GED para personas hasta la edad de los 21. (OSP)

Muchos jóvenes tienen dificultades en la escuela que están fuera de su control y necesitan más apoyo para su educación de lo que agarran en la escuela. Estas agencias pueden proveer un gran rango de servicios para ayudar a apoyar a las gente joven con sus metas educativas, incluyendo tutoría, pruebas para discapacidades de aprendizaje, apoyo para Aprendizaje del Idioma Inglés(ELL), y alternativas a la graduation tradicional, tal como la prueba de Desarrollo de Educación General (GED) test.

También puedes llamar a tu 2-1-1 local para referencias en adición al ponerte en contacto con cualquiera de las siguientes organizaciones:

🇺🇸 Goodwill Everett Job Training & Education Center.....	425.267.9718
🇺🇸 Goodwill King County Job Training & Education Center.....	206.860.5791 www.seattlegoodwill.org/job-training-and-education
🇺🇸 Goodwill of the Olympics and Rainier Region.....	253.573.6500
www.goodwillwa.org/training/youth	
🇺🇸 Greater Seattle Bureau of Fearless Ideas	206.725.2625
www.fearlessideas.org	
<i>Tutoria despues de escuela y talleres de escritura creative</i>	
🇺🇸 iGrad	253.373.4723
www.Kent.k12.wa.us/IG Programa para la juventud que ha dejado la escuela o este considerando dejarla	
🇺🇸 Learning Disabilities Association of WA.....	425.882.0820
www.ldawa.org	
🇺🇸 Refugee & Immigrant Services NW ♡.....	425.388.9307
www.risnw.org	

Puntos de Acceso Regionales del Condado de King	
Seattle.....	206.328.5900
Federal Way.....	253.874.6718
Renton.....	425.523.1377
North King County	206.934.6160
East King County.....	206.328.5900

OTROS SERVICIOS SERVICIALES

- ☎☎☎☎National Runaway Safeline (24 hrs)1.800.RUNAWAY (786.8383) *Apoyo telefónico confidencial para los jóvenes considerando huir*
- ☎King County Safe Place (24 hrs)1.800.422.TEEN(8336)
- ☎My Sister's Pantry.....253-627-1186
www.mysisterspantry.org/ ☎☎☎☎National Safe Place (24 hrs)....
www.nationalsafeplace.org
- acceso inmediato para ayudar y seguridad, con un enfoque en albergue de emergencia, para edades 12-17. La juventud puede mandar mensaje de texto a Safe Place directamente o caminar dentro de cualquier bus del condado de King County o dentro de una ubicación con el cartel desplegado y preguntar por ayuda. Manda el mensaje de, texto "safe" y tu ubicación actual (domicilio de calle, ciudad, estado) al 69866 para ayuda v el mensaje de texto.*
- ☎☎☎☎Northwest Harvest.....1.800.722.6924
northwestharvest.org Banco de comida con 375 ubicaciones por todo en estado de Washington
- ☎Team Child.....206.322.2444 press 0
www.teamchild.org
- ☎Teen Feed (7 nights/week)206.522.4366
www.teenfeed.org

University District (Seattle) Meal Schedule:

Su,M,F @ University Lutheran Church, 1604 NE 50th St, Seattle NE 50th & 16th NE, la juventud usa las puertas rojas en 50th Tu,W,Th @ University Congregational Church, 4515 16th Ave NE 16th NE & NE 45th, entra abajo en los escalones de cemento Sa @ ROOTS Young Adult Shelter, 1415 NE 43rd St Seattle - Alley at NE 43rd & 15th NE, entera a través de la puerta azul

Las familias y la juventud merecen ser reunidos donde ellos están. Las familias y la juventud de diversos trasfondos raciales y étnicos enfrentan cuestiones sociales que están impactados por experiencias culturales y contribuye a su habilidad y preparación para navegar las circunstancias de la vida.

Estas agencias ofrecen oportunidades adicionales para involucramiento cultural. Ejemplos incluyen liderazgo juvenil, programas de desarrollo profesional, servicios para aprendices del Idioma Inglés(ELL), intérpretes, tratamiento de la salud de comportamiento, y más. Tu puedes ver sus páginas de la red para más información o llamar a Teen Link si tienes preguntas.

- ☎Asian/Pacific Islander Chaya♥.....877.922.4292
www.apichaya.org/
- ☎Asian Counseling & Referral Service206.695.7600
www.acrs.org
- ☎Asia Pacific Cultural Center.....253.383.3900
www.asiapacific-culturalcenter.org
- ☎☎Catholic Community Services Southwest.....206.323.6336
ccsww.org/get-help/pierce-county/
- ☎Centro Latino.....253.572.7747
www.clatino.org
- ☎Center for Multicultural Health♥.....206.461.6910
cschc.org ☎Centro Latino♥.....253.572.7747
www.clatino.org
- ☎Chinese Information & Service Center.....206.624.5633
www.cisc-seattle.org
- ☎☎Consejo Counseling & Referral Service♥206.461.4880
www.consejocounseling.org
- ☎El Centro de la Raza♥.....206.957.4634
www.elcentrodelaraza.org
- ☎Filipino Community of Seattle♥.....206.722.9372
www.filcommsea.org
- ☎Helping Link/Mot dau Noi.....206.568.5160
www.helpinglink.org
- ☎Horn of Africa Services♥.....206.760.0550 x 104
www.hoas.org



SABIAS: LA GENTE JOVEN SALIENDO DEL SISTEMA DE ACOGIDOS SON MÁS PROBABLES QUE SUS COMPAÑEROS A EXPERIMENTAR LA FALTA DE VIVIENDA.

La juventud con falta de vivienda y los que huyen vienen de cada nivel socioeconómico, identidad de género, nivel educativo, y de grupos raciales en los Estados Unidos. Los menores quienes experimentan la falta de vivienda típicamente no eligen vivir en las calles. Muchos menores se enfrentan a un rango de disfunción del hogar que desafía su desarrollo emocional, bienestar seguridad, y salud, forzandolos a vivir en las calles.

☎☎☎☎.....2-1-1 *Llame para asistencia en encontrar albergue, comida, y otras necesidades*

Centros De Entrada Sin Cita

Centros, de entrada sin cita, albergues para las personas sin vivienda, programas de comida caliente, manejo de casos, y otros servicios están disponibles para ayudar a la juventud tomar por sí mismo y salirse de las calles.

- ☎ Camp Fire Orca.....253.597.6234
www.campfireorca.org/outreach-services *Outreach and support La juventud dedes de 12-21*
- ☎ CocoonHouse425.259.5802
www.cocoonhouse.org
- ☎ Compass Health♥.....425.349.6800
www.compasshealth.org
- ☎ Comprehensive Life Resources253.396.5800
www.comprehensiveliferesources.org
- ☎ Friends of Youth♥.....425.298.4846
www.friendsofyouth.org *Outreach and Intake*
- ☎ New Horizons Ministries206.374.0866
www.nhmin.org
- ☎ Oasis Youth Center253.671.2838
www.oasisyouthcenter.org
- ☎ Pierce County Alliance.....253.572.4750
www.piercecountyalliance.org/
- ☎ Pierce County Day Centers.....
www.pchomeless.org/facilities/daycenters

- ☎ ROOTS Young Adult Shelter.....206.632.1635
www.rootsinfo.org *La juventud dedes de 18-25*
- ☎ Street Youth Ministries.....206.524.7301 x 112
www.streetyouthministries.org *La juventud dedes de 13-26*
- ☎ Tacoma Rescue Mission.....253.383.4493
www.trm.org/
- ☎ University District Youth Center.....206.526.2992
www.youthcare.org/homeless-youth-services
- ☎ YMCA Social Impact Center.....1.866.427.4747
www.seattleyymca.org/social-impact-center
- ☎ Youthcare - The Shelter.....1.800.495.7802
www.youthcare.org *La juventud dedes de 12-17*
- ☎ YWCA Emergency Shelter.....206.461.4882
www.ywcaworks.org *mujeres mayor a los 18*

Albergues

Los albergues operan en diferentes días y sirven a varias edades. El espacio es limitado, así que llama para determinar cuál albergue quizás pueda asistirte.

Vivienda Transitoria

La vivienda transitoria ofrece a la juventud un lugar seguro para vivir mientras trabajan hacia adquiriendo las habilidades de vida necesarias, la autosuficiencia, y el obtener empleo. Por favor sean cuidadosos que los programas seguidamente tienen listas de espera para la aceptación, y la mayoría de los programas requieren una forma de referencia de un administrador de casos o programa de albergue. Si estás buscando por vivienda transitoria, por favor llama a tu 2-1-1 local.

- ☎☎☎☎.....2-1-1♥ *Llame para asistencia en encontrar albergue, comida, etc.*

Puntos de Acceso Regionales son un punto de entrada a la Entrada Coordinada para Todos en el Condado de King. Son típicamente centros de recursos donde hogares experimentado el vivir sin vivienda pueden agarrar ayuda y otros recursos. Individuos y las familias experimentado el vivir sin vivienda pueden llamar por adelantado para hacer una cita.



SABÍAS: CADA 73 SEGUNDOS, UN ESTADOUNIDENSE ES AGREDIDO SEXUALMENTE.

-R.A.I.N.N

Es importante saber que el experimentar una violación y/o acoso sexual no es la culpa del sobreviviente. Hay muchas emociones y pasos que acompañan a la violación o al acoso sexual. Debido a la naturaleza agresiva a menudo de la experiencia y el potencial de las infecciones transmitidas sexualmente (STIs) o de embarazo, es importante para el sobreviviente hacer un seguimiento con el departamento de urgencias de su hospital local dentro de 72 horas. Para ayudar al sobreviviente navegar las opciones, tales como la colección de la evidencia y más, un trabajador social seguramente estará involucrado en el hospital. Para proveer la mejor colección de evidencia, el sobreviviente deberá evitar bañarse o cambiarse de ropa antes de ser limpiado. No tienes que hacer ninguna parte del examen que no quieras.

Adicionalmente, el médico puede discutir medicamentos que están disponibles para reducir las oportunidades de contraer un STI o quedar embarazada. Si el sobreviviente tiene la edad menor que los 18, la ley requiere que la policía sea notificada. Sin embargo, yendo al hospital y presentar un reporte no necesariamente significa que los cargos deben ser archivados en contra del perpetrador o que la participación en un caso legal es requerido. Consejeros en el hospital o en las agencias arriba pueden hablar sobre alternativas disponibles y ayudar al sobreviviente decidir cuál es la mejor opción para ellos.

☎☎☎☎1 in 6.....1.877.628.1in6(1466)

1in6.org

Educación y recursos para sobrevivientes masculinos del acoso sexual

Abused Deaf Women's Advocacy Services (ADWAS).....

206.812.1001, www.adwas.org

☎Asian/Pacific Islander Chaya.....877.922.4292

www.apichaya.org

- ☎Dawson Place Child Advocacy Center♥.....425.789.3000
www.dawson-place.org
- ☎Harborview Center for Sexual Assault & Traumatic Stress.....206.744.1600 www.hcsats.org
- ☎King County Sexual Assault Resource Center.....1.888.99.VOICE (6423) www.kcsarc.org
- ☎Legacy of Healing-Advocacy center & Safe House.....360.716.4100 www.tulaliptribes-nsn.gov/dept/legacyofhealing
- ☎☎MultiCare Tacoma General Hospital♥.....(253)-403-1000
www.multicare.org/sexual-assault-services
- ☎Pierce County Sexual Assault Unit
www.piercecounitywa.org/4109/Special-Assault-Unit
- ☎☎☎☎Police Department Emergency Number.....9-1-1
Página for el equipo de apoyo a la víctima
- ☎☎☎Rape, Abuse & Incest National Network (R.A.I.N.N.).....1.800.656.HOPE www.rainn.org
Línea rápida nacional del acoso sexual de 24-horas
- ☎Rebuilding Hope! Sexual Assault Center for Pierce County♥.....1.800.756-7273 www.sexualassaultcenter.com
- ☎Sex Trafficking and Exploitation Program♥.....253.444.5351
- ☎Sexual Assault Center for Pierce County♥.....1.800.756.7273
www.sexualassaultcenter.com
- ☎☎☎WA Coalition of Sexual Assault Programs.1.855.210.2087
www.wcsap.org/help/csap-by-city



SABTAS: EL ESTADO DE WASHINGTON USA LA JUVENTUD A-RIESGO (ARY) Y PETICIONES DE SERVICIOS DEL NIÑO EN NECESIDAD (CHINS) PARA AYUDAR A PERSONAS Y A SUS FAMILIAS A TRABAJAR A TRAVÉS DEL CONFLICTO Y RECIBIR APOYO LEGAL ADICIONAL.

Descubre más sobre las opciones legales en [washington-lawhelp.org/issues/youth-law-education/at-risk-children](http://www.washington-lawhelp.org/issues/youth-law-education/at-risk-children)
 Los niños y los adultos jóvenes que se involucran en el crimen, el abuso doméstico, las drogas y el alcohol, el embarazo temprano, problemas relacionados a la escuela, o el suicidio pudieran encontrarse sin recursos que les ayude a recuperarse, crecer, y prosperar. Los términos tales como a-riesgo, con-promesa, hacia arriba, o la juventud de oportunidad son usados usualmente, pero cada persona joven merece una oportunidad a la vida que merecen. Estos recursos pueden ayudar a conectar a la juventud experimentando estos problemas con los servicios que necesitan.

- 📍 Atlantic Street Center206.723.1301
www.atlanticstreetcenter.org
- 📍 Justice206.696.7503
ccyj.org
- 📍 Friends of Youth425.298.4846
www.friendsofyouth.org
- 📍 Legal Counsel for Youth and Children206.494.0323
lcywa.org
- 📍 NW Justice Project1.888.201.1014
nwjustice.org Servicios legales para residentes
- 📍 Powerful Voices206.860.1026
www.powerfulvoices.org
- 📍 Safe Futures Youth Center206.938.9606 press 0
www.sfyc.net
- 📍 YMCA Social Impact Center1.866.427.4747
www.seattleyymca.org/social-impact-center

Prevención de Pandillas y Violencia

- 📍 Safe Streets Campaign 253.272.6824
www.safest.org

- 📍 Team Child206.322.2444 press 0, www.teamchild.org
- 📍 YMCA of Greater Seattle206.749.7550, www.seattleyymca.org
- 📍 YMCA of Pierce & Kitsap Counties253.841.9622
www.ymcapk.org
- 📍 YMCA of Snohomish County425.337.0123
www.ymca-snoc.org
- 📍 You Grow Girl206.417.9904, www.yougrowgirl.org
- 📍 Youth Eastside Services425.747.4937
www.youtheastsideservices.org

Servicios Legales

Derechos humanos y civiles protegen a las personas antes de que cumplan 18.

- 📍 2-1-12.1.1 *Examina y refiere a un Rango de Proveedores de Servicios Legales*
 - 📍 Eastside Legal Assistance Program425.747.7274
www.elap.org
 - 📍 King County Bar Association Neighborhood Legal Clinics206.267.7070, www.kcba.org
 - 📍 King County Superior Court - Juvenile Court206.263.8634
www.kingcounty.gov/courts/superior-court/juvenile
 - 📍 Legal Counsel for Youth & Children206.494.0323
lcywa.org
 - 📍 NW Justice Project1.888.201.1014
www.nwjustice.org Servicios legales para residentes de bajos ingresos de Washington
 - 📍 Team Child206.322.2444 press 0
www.teamchild.org
 - 📍 Qlaw Legal Clinic
www qlawfoundation.org/lgbtq-legal-clinic.html El Enfoque en la Comunidad LGBTQIA+
 - 📍 Snohomish County Legal Services1.888.201.1014
www.snocolegal.org
 - 📍 Tacoma-Pierce County Bar Association253.383.3432
tpcba.com
 - 📍 Washington Law Helpwww.washingtonlawhelp.org
 - 📍 Wraparound/WISewww.hca.wa.gov
- Por favor vea la página 107 para los detalles del programa.



SABÍAS: ¿EL 77% DE VIOLACIONES SON COMETIDAS POR ALGUIEN A QUIEN EL SOBREVIVIENTE CONOCE?

La violencia al salir con alguien son unos patrones de comportamientos abusivos tales como abuso emocional, verbal, psicológico, físico, o sexual por un compañero romántico que esté usando para ejercer poder y control. Violencia al salir con alguien tiende a llegar a ser más severo con el tiempo ya que el abusador trata de incrementar su poder y control. Hay muchas formas del abuso al salir con alguien y los comportamientos no saludables.

Seis Tipos Comunes Incluyen:

- El Abuso físico
- El abuso emocional
- El abuso sexual
- El acecho
- El abuso digital/acoso cibernético
- El abuso financiero

Características De Un Abusador Pueden Incluir:

- El culparte a ti por su comportamiento abusivo
- Viendote como propiedad o un objeto de sexo, en vez de como una persona
- El amenazar con cometer suicidio autolesión si te vas
- Teniendo un temperamento malo e impredecible
- Amenazas físicas y acciones que te hieren
- Al amenazar que hiriera o se llevará a tus hijos
- Constantemente fijándose en ti o te monitorea
- Controlando lo que haces, a donde vas, o que te pones
- Comentarios de menosprecio

Características De Individuales Siendo Abusados Pueden Incluir:

- Aparentando estar con miedo de ansioso para complacer al compañero
- Auto-aislamiento o evitación de reuniones
- El autoestima bajo

Temor, amenazas, vergüenza, y la creencia de que el comportamiento del abusador cambiará seguido contribuye a la víctima sintiéndose insegura de hablar con alguien sobre la situación. Es importante recordar que hay apoyo disponible. Nadie merece sentirse inseguro en una relación romántica.

- 📍Asian/Pacific Islander Chaya♥.....877.922.4292
www.apichaya.org
- 📍Northwest Network of Bisexual, Trans, Lesbian, and Gay Survivors of Abuse♥.....206.568.7777
www.nwnetwork.org
- 📍DAWN-Domestic Abuse Women's Network.....425.656.7867
www.dawnrising.org/ *línea de ayuda sirviendo el condado del sur de king*
- 📍Washington State Domestic Violence Hotline.....866.331.9474
a manda el mensaje de texto "Lovers" al 22522,
www.loveisrespect.org
- 📍YWCA Pierce County♥.....253.727.4184 ext 211, or 253.383.2593, www.ywcapiercecounty.org
- 📍Lifewire(serves east king county).....425.746.1940
www.lifewire.org
Línea de ayuda sirviendo el condado del este de king
- 📍New Beginnings (24hrs) serves king county.....206.522.9472
- 📍📍📍Police Department Emergency Service♥.....9.1.1
- 📍Stronghearts Native Helpline.....1.844.7NATIVE(762.8483).....
www.strongheartshelpline.org/ *Apoyo y recursos para nativo americanos sobrevivientes de la violencia doméstica*
- 📍📍YWCA Children's Domestic Violence Program.....
📍425.529.3785 📍253.272.4184x254
www.ywcaworks.org/programs/childrens-domestic-violence-program



CUANDO LOS ESPECTADORES INTERVIENEN DE PARTE DE ALGUIEN QUE ESTÁ SIENDO INTIMIDADO EN LA ESCUELA, EL BULLYING SE DETIENE MÁS DEL 50% DEL TIEMPO?

~ STOPBULLYING.GOV

El acoso es comportamiento dañino que no solo le duele a la gente en el presente pero también puede tener efectos negativos duraderos sobre todos los que están involucrados. Aproximadamente el 20% de los estudiantes reportan haber experimentado bullying o sentirse inseguros en las escuelas en el estado de Washington. El acoso cibernético puede empeorar estos problemas ya que los matones pueden antagonizar a sus víctimas fuera de la escuela y anónimamente. A partir de enero del 2020, la ley del estado de Washington prohíbe actos de acoso electrónicos, escritos, verbales o actos físicos de acoso, intimidación, y bullying (HIB) en las escuelas que hagan uno o más de lo siguiente:

- Daño físico al estudiante o daño a la propiedad del estudiante
- Tener el efecto de interferir sustancialmente con la educación del estudiante
- Es tan severo, persistente o penetrante que ellos crean un ambiente intimidante o amenazador
- Tiene el efecto de interrumpir sustancialmente la operación de orden de la escuela

Las escuelas en el estado de Washington están requeridas a crear y seguir procedimientos que intervendrán de parte de los estudiantes que están experimentado el acoso, así que tu siempre puedes empezar a hablar con un profesor, consejero, o administrador en la escuela. Si no te sientes cómodo hablando de ello en la escuela, danos una llamada al **1.866.833.6546** para conectarte con otro joven o fijate en los recursos abajo.

☎☎☎☎Crisis Text Line.....www.crisistext.org

Apoyo basado en mensajes de texto. Manda en mensaje de texto "hello" to 741741

- ☎PFLAG WA State Council.....www.pflagwsc.org/youth/
Recursos anti-bullying para jóvenes LGBTQIA+
- ☎STOMP Out Bullyingwww.stompoutbullying.org
Centro de recursos en línea y línea de ayuda de charla
- ☎Washington State ACLU.....
www.aclu-wa.org/pages/harassment-and-bullying
Información sobre el acoso y reportando en el estado de Washington

Daño A Uno Mismo (Autolesión No-Suicida)

Algunas personas que experimentan desafíos mentales tales como la depresión o la ansiedad, recurren a la autolesión como manera de dejar ir y administrar emociones. En la mayoría de los casos, estas acciones no son hechas como actos de suicidio sino como métodos de hacer frente para ayudar a las personas a administrar su dolor mental que están sintiendo. Algunas personas se autolesionan para adormecer sus sentimientos mientras otros quizás se autolesionan para sentir algo. El cortarse, rasguñarse, y el quemarse son maneras comunes que las personas se auto lesionan, pero el daño a uno mismo incluye un acto intencional que la persona hace para dañarse el cuerpo. El encontrar alternativas al autolesión puede ser desafiante, pero el escribir sobre las emociones y los eventos que llevan a los comportamientos puede ayudar a la persona a entender el por qué lo hacen, qué otras actividades les pudieran ayudar a satisfacer sus necesidades emocionales, y cómo hablar con alguien acerca de obtener apoyo. Salidas creativas como el dibujar y el pintar pueden también ser maneras ayudadoras de expresión y descripción de los sentimientos. Al hablar con alguien sobre la autolesión, es importante mantenerse enfocado en el mismo comportamiento dañino y no brincar a conclusiones sobre el suicidio. Por ejemplo, es muy beneficioso preguntar sobre qué acciones y eventos específicos provocan el impulso a la autolesión que el preguntar si se dañan a ellos mismos porque están suicidas. Si tienes preguntas o preocupaciones sobre la autolesión, danos una llamada al **1.866.833.6546**.

- ☎️📞🌐 Adolescent Self Injury Foundation.....www.adolescentselfinjuryfoundation.com
- ☎️📞🌐 National Eating Disorders Association Helpline♥️ 1.800.931.2237
- ☎️📞🌐 National Suicide Prevention Lifeline♥️.....1.800.628.9454
- ☎️📞🌐 SAFE (Self Abuse Finally Ends) Alternatives.....1.800.366.8288
www.selfinjury.com
- ☎️📞🌐 Self-Injury Outreach & Support.....www.sioutrreach.org
- ☎️📞🌐 To Write Love on Her Arms.....www.twloha.com



SABIAS: APROXIMADAMENTE 5 NIÑOS MUEREN CADA DÍA DEBIDO AL ABUSO?

Individuos menores de 18 están a un riesgo aumentado de experiencia abuso y maltrato cuando las relaciones interpersonales entre los padres/guardianes no son saludables tanto como las personas con uso de sustancia y/o desórdenes psicológicos sean parte de la vida del hogar. El abuso y el maltrato de un menor está clasificada como comportamiento aumentado hacia el menor que implica un riesgo sustancial de causarse daño a uno mismo. Hay cuatro tipos principales del abuso de niños:

- Abuso físico • Abuso emocional/Psicológico
- Abuso Sexual • Negligencia

La negligencia es la forma más común del abuso del niño, representando más del 75% de todos los casos del maltrato del niño. La negligencia también es una de las formas más difíciles para la evidencia y para responder a. Ningún menor merece experimentar el abuso o el maltrato.

- ☎️📞🌐 Childhelp USA1.800.4ACHILD (422.4453)
www.childhelp.org
- ☎️📞🌐 Dawson Place Child Advocacy Center♥️.....425.789.3000
www.dawson-place.org
- ☎️📞🌐 Mary Bridge's Child Abuse Intervention Department♥️ 253.403.1478,
www.marybridge.org/services/child-abuse-intervention-department-caid/
- Police Department Emergency Number♥️9.1.1
- ☎️📞🌐 Washington State DSHS♥️866.ENDHARM(363.4276)
866.363.4276 www.dshs.wa.gov/report-abuse-and-neglect
End harm child protective services



CASI HAY DOS SUICIDIOS CADA SEMANA POR PERSONAS MENOR QUE LA EDAD DE 19 EN EL ESTADO DE WASHINGTON?

-WA DEPARTMENT OF HEALTH

Suicidio – Señales De Advertencia Para El Suicidio Incluyen:

- Cambios en los patrones de comer y de dormir
- Dejando pistas, hablando sobre el suicidio, o haciendo un plan
- Hablando del sentirse desesperanzados, atrapados, o como una carga
- Retirándose o aislandose de amigos cercanos y la familia
- Regalando las posesiones preciadas
- Siendo muy obsesivo y perfeccionista
- Actuando ansioso o agitado
- Participando en comportamientos riesgosos (manejando atrabancado, aumentando el uso de sustancias, etc.)

Considera Las Sigüientes Preguntas Para Ayudarte A Determinar La Urgencia:

1. ¿Cuántas señales de advertencia están presentes?
 2. ¿Cuánto tiempo han estado las señales de advertencia presentes?
 3. ¿Qué tan extremas o severas son las señales de advertencia?
- Si estás preocupado que tu o alguien quien tu conoces pudiera ser suicida, es importante abordar la situación inmediatamente. Mencionando el suicidio no le va a dar la idea a la persona o empujarlo a lanzarse al precipicio. Ellos se pudieran sentir aliviados de que alguien esté dispuesto a hablar sobre lo que están pensando y sintiendo. Compartiendo tus preocupaciones puede prevenir un intento de suicidio de ocurrir y puede salvar una vida.

Cómo Ayudar – El Paso Uno Es Una Gran Manera De Preguntar Sobre Cualquier Problema

1. Muestra que te importa
 - Habla con la persona con la cual te preocupa en una manera cariñosa

- Se especificó sobre las señales de advertencia que has notado
- Escucha sin hacer juicio
- 2. Haz la pregunta directamente
- “¿Estás pensando en suicidarte/matarte a ti mismo?”
- 3. Habla con un adulto de confianza

Estos son unos pasos iniciales hacia el cuidado de salud mental continuo. Cada situación con respecto al suicidio es diferente. Llama a Teen Link @ **1.866.833.6546** para hablar con un trabajador telefónico entrenado en más detalle para conseguir ayuda. Si necesitas servicios de crisis de intervenciones inmediatas o sientes que necesitas hablar con alguien de inmediato, estos son los numeros que tu puedes llamar para discutir tus preocupaciones:

- ☎ 24-Hour Crisis Line♥1.866.4CRISIS, www.crisisconnections.org
- ☎☎☎ Boys Town National Hotline♥1.800.448.3000
www.yourlifeyourvoice.org
- ☎ Children's Crisis Response Outreach Service (CCORS)♥206.461.3222 www.kingcounty.gov
- ☎ Crisis Outreach Team (MCOT) - Compass Health♥1.800.584.3578 www.compasshealth.org/services/mcot
- ☎☎☎ Crisis Text Line..741741, *Apoyo basado en mensajes de texto. Manda un mensaje de texto "hello" to 741741*
- ☎ Forefront Suicide Prevention.....206.543.1016
www.intheforefront.org
- ☎☎☎ National Suicide Prevention Lifeline♥1.800.273.8255
- ☎☎☎ National Suicide Prevention Lifeline en Español ♥1.800.628.9454,
- ☎ Pierce County Crisis Line♥1.800.576.7764
- ☎☎ Society for the Prevention of Teen Suicide.....
www.sptsusa.org
- ☎☎☎ The Trevor Project.....1.866.488.7386
www.thetrevorproject.org Línea de ayuda de 24-Horas con el enfoque en los jóvenes LGBT+
- ☎☎☎ Trans Lifeline♥1.877.565.8860
www.translifeline.org
- ☎ Volunteers of America Western WA♥1.800.584.3578
imhurting.org línea telefónica y de charla 24/7

- ☒ Teen Pregnancy & Parenting Clinic (up to age 21).....206.326.2656
- ☒ Step by Step Family Support Center.....253.896.0903
www.stepbystepfamily.org

Clinicas Juveniles En Public Health

- ☒ Seattle-King County Teen Clinics☒.....www.teenclinic.com
Metodos de control de natalidad gratis y confidencial, pruebas de embarazo , pruebas tratamiento de STI, y condones gratis para los jóvenes.

Para hacer una cita o preguntar de las horas de entrar sin cita en una de las siguientes clínicas, llama al:

- ☒ Auburn Public Health.....206.477.0600
- ☒ Eastgate Public Health.....206.477.8000
- ☒ Federal Way Public Health206.477.6800
- ☒ Kent Public Health.....206.477.6950

Sti (Infección Transmitida Sexualmente) Pruebas, Tratamiento, E Informacion

Muchos jóvenes pueden estar inconscientes de los peligros asociados con las infecciones transmitidas sexualmente (STIs) y como prevenir o identificarlas. Hablando con tu compañero sobre STIs y hacerse las pruebas regularmente son partes importantes al estar activo sexualmente. Mitos existen respecto a todas las STIs, así que es importante aprender los hechos antes de potencialmente ponerte a ti mismo y a otros en riesgo. En el estado de Washington, jóvenes de 14 años de edad o mayores no necesitan el permiso de un padre o guardián legal para recibir pruebas o tratamiento de STI.

- ☒☒ Cedar River Clinics☒.....1.800.572.4223
www.cedarriverclinics.org
- ☒ Center for Multicultural Health☒206.461.6910
cschc.org
- ☒ Community Health Care.....253.722.2161
www.commhealth.org

- ☒ Community Health Center of Snohomish County☒425.789.3789 www.chcsno.org
- ☒ Entre Hermanos☒206.322.7700
entrehermanos.org
- ☒ Gay City.....206.860.6969
www.gaycity.org/wellness
- ☒ LifelongAIDSAlliance.....206.957.1600
www.lifelong.org
- ☒ Neighborcare Health☒.....206.548.5710
neighborcare.org
- ☒ Pierce County Aids Foundation (PCAF)253.597.4803, (Tacoma) & 360.352.237 (Olympia),
www.pcaf-wa.org
- ☒☒☒ Planned Parenthood☒.....1.800.769.0045
www.plannedparenthood.org
- ☒ Public Health STD Clinic at Harborview☒.....206.744.3590
www.kingcounty.gov/depts/health/communicable-diseases/hiv-std/patients/clinic.aspx
- ☒☒☒ Safer STD Testing.....1.888.331.0485
www.saferstdtesting.com
- ☒☒☒ SeaMar Community Health Centers☒ ...www.seamar.org
- ☒ Snohomish Health District STD/HIV Program.....425.339.5261
www.snohd.org/185/Sexually-Transmitted-Diseases
- ☒ Tacoma-Pierce County Health Department☒.....253.798.3805
www.tpchd.org/healthy-people/sexually-transmitted-diseases
- ☒ Teen Clinics at Public Health-Seattle & King County☒
www.teenclinic.com
- ☒ “Who Does What” for STD/HIV☒206.263.2000
www.kingcounty.gov/hiv/who

Opciones de cuidado de salud gratuitas, de bajo-costo, y pague-lo-que-se-pueda están disponibles para los jóvenes. Si tienes 14 años de edad o eres mayor y no quieres a un padre o guardián que sepa que estás buscando servicios, asegúrate de preguntarle a las agencias sobre sus políticas respecto a la confidencialidad. Algunas clínicas pudieran requerir la información de seguro médico del padre para cuidado primario de salud aunque quizás no requieran esta información para los servicios del control de la natalidad y la salud sexual.

- ④45th Street Clinic.....206.633.7650
www.neighborcare.org *Clinica jóvenes sin hogar abierta los miércoles y jueves de 6-9pm. Accessible a las edades de 12-23. ¡No se necesita cita!*
 - ④Center for Multicultural Health♥.....206.461.6910
cschc.org ④Community Health Care.....253.722.2161
www.commhealth.org
 - ④UW Youth Clinic..... 206.299.1636
www.uwyouthclinic.org *martes: 6-9 p.m. Accessible a las edades de 26 y menor. ¡No se necesita cita!*
 - ④Community Health Center of Snohomish County♥425.789.3789 www.chcsno.org
 - ④Key Free Clinic.....253.358.5436
www.keyfreeclinic.org
 - ④Neighborhood Clinic♥.....253.627.6353
www.neighborhoodclinetactoma.org
 - ④SafeHarborFreeClinic.....425.870.7384
www.safeharborfreeclinic.org
- Línea De Consulta De Enfermera**
- ④Evergreen Health425.899.3000 opt. #2

Citas Medics En Public Health - Seattle & King County

- ④Columbia Public Health.....206.296.4650
- ④Downtown Public Health206.477.8300
- ④Eastgate Public Health206.477.8000
- ④North Seattle Public Health 206.296.4990

Centros de salud basados en la escuela son una opción adicional para los estudiantes. Visita el centro de salud de tu escuela o habla con la enfermera para más información.



DE ACUERDO AL NATIONAL CAMPAIGN TO PREVENT TEEN PREGNANCY, MÁS DEL 20% DE JÓVENES EN LOS U.S. SE EMBARAZAN AL MENOS UNA VEZ A LA EDAD DE 20. MUCHOS DE ESTOS EMBARAZOS NO SON PLANEADOS, TENIENDO RIESGOS DE SALUD Y SOCIOECONÓMICOS PARA LOS JÓVENES Y SUS COMUNIDADES?

~CONTROL DE NATALIDAD & EMBARAZO

Tu eres la única persona que decide cuando estas listo a estar activo sexualmente. El ser proactivo con tu compañero al discutir de control de natalidad y la salud sexual es una parte importante de una relación segura y saludable. Si piensas que quizás estás embarazada, es importante hacer una cita para que un profesional de cuidado de salud te examine ya que los kits para el hogar no son siempre precisos. En el estado de Washington, menores de edad no necesitan el permiso de un padre o guardian legal para acceder a control de natalidad o embarazo o servicios relacionados al aborto. Si estas embarazada, busca apoyo emocional de alguien en quien tú confíes, y habla con un profesional médico sobre tus opciones.

- ④④④All-Options.....1.888.493.0092
www.all-options.org *Línea para hablar de consejería de embarazo*
- ④④Cedar River Clinic♥.....1.800.572.4223
www.cedarriverclinics.org
Clinica ofreciendo cuidado de salud reproductiva, abortos, y control de natalidad
- ④Center for Multicultural Health♥.....206.461.6910
cschc.org
- ④Maternal Child Outreach Team (MCOT)♥.....253.798.6403
www.tpchd.org/healthy-people/family-health
- ④④④Open Adoption & Family Services♥.....1.800.772.1115
www.openadopt.org *Manda un mensaje de texto "open" al 971.266.0924 para apoyo por mensaje de texto, apoyo para charlar disponible en www.openadopt.org*
- ④④④Planned Parenthood♥.....www.plannedparenthood.org
Para hacer una cita o preguntar de las horas de entrar sin cita en una de las siguientes clínicas, llama al 1.800.769.0045
- ④④④Help Me Grow WA♥.....1.800.322.2588
parenthelp123.org



SABIAS: LOS DESÓRDENES ALIMENTARIOS AFECTAN A PERSONAS DE TODOS LOS GÉNEROS, EDADES, RAZAS, RELIGIONES, ORIENTACIONES SEXUALES, FORMA DE CUERPOS Y PESOS!

-NATIONAL EATING DISORDERS ASSOCIATION

Desordenes alimenticios son serios pero condiciones para tratarlas pueden involucrar emociones extremas en torno a la comida y el peso o la forma. Pueden surgir de situaciones psicológicas, emocionales, sociales, y familiares, pero no tienen razón o causa singular. Al controlar el consumo de la comida, las personas con desórdenes alimenticios pudieran intentar ganar control sobre factores como el auto estima bajo sentimientos de insuficiencia, y de ansiedad. Desórdenes alimenticios pueden convertirse en amenaza a la vida, así que agarrar ayuda profesional es importante. Las siguientes agencias proveen apoyo a personas que estén lidiando con un desorden alimenticio.

- ☎☎☎ Center for Discovery877.554.0563
www.centerfordiscovery.com Grupos de apoyo para los jóvenes y la familia/amigos
- ☎ The Emily Program.....1.888.364.5977
www.emilyprogram.com Instalación de tratamiento de desorden alimenticio de paciente interno y ambulatorio
- ☎☎☎☎ Eating Disorders Anonymous
www.eatingdisordersanonymous.org
- ☎☎☎☎ National Eating Disorders Association ♥...1.800.931.2237
www.nationaleatingdisorders.org educación, abogacia, tratamiento y prevención, manda un mensaje de texto 'NEDA' al 741741
- ☎☎☎☎ Overeaters Anonymous.....206.264.5045
www.seattleoa.org
- ☎ The Center A Place of Hope1.888.771.5166,
www.aplaceofhope.com
Instalación de tratamiento de desorden alimenticio de paciente interno



1 DE CADA 5 NIÑOS EXPERIMENTARAN LA MUERTE DE ALGUIEN CERCANOS A ELLOS A LOS 18 AÑOS DE EDAD?

-JOURNAL OF DEATH AND DYING

El lidiar con la pérdida de un ser amado es un proceso difícil. Muchas veces, la pérdida se puede sentir abrumadora y aparenta ser mucho el poder soportarlo. Quizás pueda resultar en emociones tales como la tristeza, shock, o enojo, y en sensaciones físicas tales como la disnea o la pérdida de la energía. Mientras que estas sean reacciones comunes de duelo y pérdida, el buscar apoyo adicional y recursos pueden ayudar a manejar algunos de los sentimientos con los que están lidiando. Estas son algunas agencias y programas que han sido desarrolladas para individuos que están lidiando con el duelo.

- ☎ Bridges Center for Grieving Children ♥253.403.1966
www.marybridge.org
- ☎☎☎☎ Crisis Connection Cares
www.crisisconnections.org/cc-cares Apoyo para sobrevivientes de la pérdida por suicidio
- ☎☎☎ Eluna.....206.298.1217
www.elunanetwork.org
Campamentos y programas de duelos
- ☎ Evergreen Health ♥425.899.1077
www.evergreenhealth.com/grief
- ☎ Providence Grief Support Services ♥206.749.7702
washington.providence.org/locations-directory/g/providence-grief-support-services-of-king-county ☎ 425.261.4807
washington.providence.org/locations-directory/g/providence-grief-support-services-of-snohomish-county
- ☎☎ Safe Crossings ♥206.749.7723
washington.providence.org/services-directory/services/s/safe-crossings-childrens-grief-program Programa de apoyo de duelo
- ☎ The Healing Center.....206.523.1206
www.healingcenterseattle.org
- ☎ Wild Grief360.358.3213
wildgrief.org Grupos de senderismo para que las personas procesen su duelo

exitosamente situaciones complejas.

Pudieras ser una buena un buen candidato si tienes menos de los 21 años de edad y estas inscrito en dos o más de los siguientes servicios: salud mental, uso de substancia, educación especial, Administración de Niños, Justicia Juvenil, o Administración del Desarrollo de Discapacidades. Un equipo de individuos relevantes (la familia, proveedores de servicio, personal escolar, miembros de la comunidad, y apoyos naturales) son creados para apoyar a la juventud por todos los lados.

Visita www.kingcounty.gov/wraparoundwise para aprender más sobre la elegibilidad del programa.

Para pedir una referencia, puedes llamar a King County Behavioral Health and Recovery Division al **206.263.9000** o la agencia que esté sirviendo al distrito escolar tuyo: Lake Washington, Northshore, and Shoreline

☎ Center for Human Services.....	206.362.7282
Seattle, Bellevue, Redmond, Mercer Island, Highline, Renton, Tukwila, and Vashon Island Sound.....	206.451.9544
☎ Valley Cities.....	206.408.5246
☎ Other King County	
Childhaven♥.....	206.957.4841
(para jóvenes menores de 6 años)	
Ryther♥.....	206.517.0234
Seneca♥.....	206.490.0985
Therapeutic Health Services♥.....	425.322.7676
YMCA♥.....	206.327.1271
You Grow Girl!.....	206.643.9622
☎ Pierce County Wraparound/WiSe.....	253.759.9544
☎ Snohomish County Wraparound/WiSe♥.....	425.349.8337

Teen Link y 24-Hour Crisis Line no proveen consejería continua. Aun así, los que llaman pueden usar ambas líneas para ganar apoyo adicional entre las citas de consejería. Los trabajadores telefónicos están entrenados profesionalmente para hablar con

el que llame sobre cualquier cosa que esté en su mente. Los que llaman discuten una variedad de problemas incluyendo la salud mental, las relaciones interpersonales, el acoso, el abuso, suicidio, y otras preocupaciones emocionales.

El WA Warm Line provee apoyo de compañero-a-compañero para personas viviendo con desafíos emocionales y mentales. Es contestado por adultos voluntarios entrenados.

☎ 24-Hour Crisis Line♥.....	1.866.4CRISIS
www.crisisconnections.org	
☎ 24/7 National Suicide Prevention Lifeline♥.....	1.800.273.TALK
☎ 24/7 National Suicide Prevention Lifeline en Español♥.....	1.888.628.9454
☎ 24/7 Teen Link♥.....	1.866.TEENLINK (833.6546)
www.teenlink.org	
☎ 24/7 WA Warm Line♥.....	1.877.500.WARM
www.crisisconnections.org	

Si tienes problema comunicándote con las personas a quien quieres, mediación está disponible para proveer un espacio seguro para hablar.

☎ Bellevue Parent/Teen Mediation Program.....	425.452.4091
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SABIA: EL ESTADO DE WASHINGTON, LOS JÓVENES PUEDEN ACCEDER A ASESORAMIENTO CONFIDENCIAL A LOS 13 AÑOS SIN EL CONSENTIMIENTO DE LOS PADRES / TUTORES? LAS SIGUIENTES AGENCIAS BRINDAN SERVICIOS DE SALUD MENTAL Y CONDUCTUAL PARA JÓVENES.

- ☎☎☎Compass Health♥.....844.822.7609
www.compasshealth.org
- ☎☎Center for Human Services♥.....206.362.7282
www.chs-nw.org
- ☎☎Consejo Counseling & Referral Service♥.....206.461.4880
www.consejocounseling.org *Servicios de comportamiento de salud para la comunidad Latin@/x*
- ☎Greater Lakes Mental Health Care♥.....253.581.7020
www.glmhc.org
- ☎HopeSparks Family Services♥.....253.565.4484
www.hopesparks.org
- ☎Friends of Youth.....425.392.6367
www.friendsofyouth.org *Servicios de consejería juveniles y de familia*
- ☎Kent Youth & Family Services253.859.0300
www.kyfs.org
- ☎Mercer Island Youth & Family Services.....206.275.7611
www.miyfs.org
- ☎MultiCare- Behavioral Health♥.....253.445.8120
www.multicare.org/behavioral-health
- ☎Navos-Ruth Dykeman Youth & Family Services♥.206.248.8226
www.navos.org/get-help/children-youth-families
- ☎Northshore Youth & Family Services.....425.485.6541
www.northshoreyouthandfamilyservices.org
- ☎PearlCounselingAssociates.....253.752.1860
www.pearlcounseling.com
- ☎☎Pioneer Counseling Service♥.....253.274.0484
www.pioneerhumanservices.org
- ☎YMCA Social Impact Center.....253.939.2202
<https://www.seattleyymca.org/social-impact-center>

- ☎Renton Area Youth & Family Services.....425.271.5600
www.rays.org
- ☎☎Ryther♥.....206.525.5050
www.ryther.org

Servicios de Consejería Juvenil y De Familia

- ☎☎☎Sea Mar Community Health Center♥....www.seamar.org
Seattle.....206.658.2175
Tacoma.....253.280.9830
Everett.....425.312.0277

Múltiples ubicaciones, ver la página de la red para más

- ☎Sound206.302.2300
www.sound.health
- ☎Southeast Youth & Family Services♥.....206.721.5542
www.seyfs.org
- ☎Southwest Youth & Family Services♥.....206.937.7680
www.swyfs.org
- ☎☎Therapeutic Health Services♥206.322.7676, www.ths-wa.org
- ☎Valley Cities Behavioral Health Care.....253.833.7444
www.valleycities.org
- ☎Vashon Youth & Family Services♥.....206.463.5511
www.vyfs.org
- ☎You Grow Girl206.417.9904
www.yougrowgirl.org
- ☎Youth Eastside Services♥.....425.747.4937
www.youtheastideservices.org

Los directorios a continuación pueden ser usados por un consejero licenciado en cualquier parte del estado de Washington. Puedes hacer tu búsqueda por código postal, seguro médico, primarios preocupaciones, género, etnicidad, y más:

- ☎Counseling Washington♥.....www.counselingwashington.com
- ☎Psychology Today♥.....www.psychologytoday.com

Wraparound with Intensive Services (WISE)♥

Wraparound es un equipo planeando procesos para la juventud con necesidades complejas y sus familias. Está diseñado para ayudar a la juventud quedarse en sus hogares y comunidades. Al recibir este apoyo extra, muchos son capaces de manejar



INVESTIGACIONES DEL ESTADO DE SALUD DEL ESTADO DE WASHINGTON MUESTRA QUE EL USO DE ALCOHOL JUVENIL ESTÁ EN UN BAJO DE TODOS LOS TIEMPOS Y EL PORCENTAJE DE JÓVENES REPORTANDO USO DE CIGARRILLOS ESTÁ A LA MITAD QUE HACE UNA DÉCADA. POR OTRA PARTE, LA TASA DE VAPEO HA INCREMENTADO SIGNIFICATIVAMENTE Y MUCHA GENTE ESTÁ MAL INFORMADA SOBRE LOS RIESGOS DE SALUD?

— ENCUESTA DE SALUD JUVENIL DE WA DEL 2013

Para más información sobre las drogas y el alcohol y cómo afectan la mente y el cuerpo, revisa el National Institute on Drug Abuse for Teens en **teens.drugabuse.gov**. Para más información relacionada al uso y la prevención de la to marihuana, revisa en **www.youcanwa.org**

Señales que el uso de sustancias en alguien pudiera ser un problema:

- Usando más de lo planeado
- Gastando más tiempo tomando o usando
- Perder el conocimiento o tener problemas recordando las cosas

En asociación con WA Recovery Help Line, Teen Link provee ayuda a jóvenes luchando con el alcohol, las drogas, y con apostar. Llama a **1.866.833.6546** o charla al ir a www.teenlink.org y hacer clic en la pagina de Chat de 2-10pm (M-F) para hablar con el Clínico de Prevención del Uso de Sustancia, o llama a WA Recovery Help Line 24 horas al día al **1.866.789.1511**.

Consejería/Tratamiento

- ☎☎☎ Center for Human Services♥206.362.722
www.chs-nw.org
- ☎☎☎ Center for Multicultural Health♥206.461.6910
www.cschc.org
- ☎☎☎ Community Counseling Insiteute.....866.213.1818
www.cciwa.org
- ☎☎☎ Compass Health♥844.822.7609
www.compasshealth.org

- ☎☎☎☎ Evergreen.....1.800.547.6133
www.evergreencpg.org Problem gambling help line
- ☎☎☎ King County Needle Exchange Schedule.....206.263.2000 opt.2
www.kingcounty.gov/needle
- ☎☎☎☎ North America Syringe Exchange Network.....253.272-4857
www.nasen.org
- ☎☎☎☎ Ryther.....206.525.5050
www.ryther.org
- ☎☎☎☎ Sound.....206.302.2300, www.sound.health
- ☎☎☎☎ Therapeutic Health Services♥206.322.7676
www.ths-wa.org ☎425.263.3006, www.ths-wa.org
- ☎☎☎☎ Wraparound/WISe♥www.hca.wa.gov
Por favor vea la página 107 para los detalles del programa.

Grupos De Apoyo

- ☎☎☎ Alateen & Alanon.....206.625.0000
www.seattle-al-anon.org
- ☎☎☎ Alateen & Alanon.....1.800.726.8094
www.al-anon-pierce-wa.org
- ☎☎☎ Alateen & Alanon.....425.348.7828
www.dist23.org
- ☎☎☎ Alcoholics Anonymous206.587.2838
www.seattlea.org ☎425.252.2525 www.snocoaa.org
- ☎☎☎☎ Evergreen Council on Problem Gambling..1.800.547.6133
www.evergreencpg.org
- ☎☎☎☎ Gamblers Anonymous1.855.222.5542
www.gamblersanonymous.org
- ☎☎☎☎ Marijuana Anonymous.....206.414.9270
www.madistrict4.org
- ☎☎☎☎ Narcotics Anonymous.....206.790.8888
www.seattlena.org ☎253.531.8792, www.pcana.org
☎425.609.6170,
www.everettwana.org
- ☎☎☎☎ Puget Sound Alcoholics Anonymous.....253.474.8897
www.pugetsoundaa.org
- ☎☎☎☎ Wraparound/WISe♥www.hca.wa.gov
Por favor vea la página 107 para los detalles del programa.

Connections al **206.204.9520**. Estos entrenamientos pueden ser entregados virtualmente.

A donde ir para jóvenes (WTTFT siglas en inglés)

A Donde Ir Para Jóvenes está actualizado anualmente y publicado en septiembre. Este guía de recurso en una manera efectiva de conectar a adultos jóvenes con agencias que sirven a los jóvenes. Si usted:

- está interesado en ordenar WTTFT,o
- trabaja para una agencia listada en WTTFT y necesita actualizar su información

Por favor mande un correo electrónico a **info@crisisconnections.org** o llame al **206.461.3210**

Oportunidades De Voluntariado En Teen Link

Hacer voluntariado es una gran manera de desarrollar las habilidades de liderazgo, aprender sobre los recursos de la comunidad, y conectarse con otros jóvenes. Para mas informacion sobre el voluntariado, llame al **1.866.833.6546** entre las 6-10pm o visite nuestra pagina web.

Posiciones De Voluntariado

Especialista De Alcance A Jóvenes (13-19) - Representas Teen Link en tu escuela/comunidad

Especialista De Crisis En Jóvenes (15-19) - Proveer apoyo emocional y referencias a jóvenes que llamen a la línea de ayuda o usen el Chat o Mensaje de Texto de Teen Link

Comité De Asesoramiento Entre Compañeros (15-19) – Ser parte del futuro de Teen Link's al mantener las experiencias del programa dirigidas por los jóvenes y relevante a las experiencias juveniles

Mentor De Crisis Juveniles (20+) – Entrenar a los voluntarios jóvenes durante las llamadas, los chats, o los mensajes de texto. Ofrecer guianza sobre maneras de mantener involucrados a los que llaman, tener una sesión informativa después de que las llamadas terminen, y asegurarse de que los protocolos apropiados sean seguidos.

Practicante/Experiencia De Practicante Externa

Adultos (18+) pueden obtener agencia y experiencia en la práctica ya sea como trabajador telefónico o mentor. Esta experiencia puede contar hacia las horas de clínica o servicio necesarias para obtener un título en programas de bachillerato o postgrado relacionado a la psicología, salud mental, y el trabajo social. Envíe un correo electrónico a **teenlink@crisisconnections.org** para mas detalles.

La meta de Teen Link es empoderar a los jóvenes al apoyar-los en haciendo decisiones saludables. Sin embargo, si estás teniendo una emergencia, por favor llama al 911.

Línea de Ayuda De Teen Link 1.866.TEENLINK (833.6546)

Teen Link es un teléfono que es línea de ayuda confidencial contestada por jóvenes cada tarde de 6-10pm. Jóvenes voluntarios están entrenados a escuchar tus preocupaciones y hablar contigo sobre lo que sea que esté en tu mente. Ningún problema es muy grande o muy pequeño. Trabajadores del teléfono tambien tienen acceso a una base de datos extensa de recursos y te pueden dar informacion sobre agencias que sirven a jóvenes en el estado de Washington, también el como elegir cual usar. Después de esas horas, las personas que llaman tienen la opción de hablar con la Línea de Ayuda WA Recovery, la Línea de Crisis de King County, o dejando un mensaje en el buzón de voz de Teen Link. Al dejar un mensaje, por favor incluye tu nombre, número telefónico, e información sobre tus preocupaciones. Para respetar la confidencialidad, los trabajadores de Teen Link no te dejarán un mensaje al regresar la llamada al menos que tu especifiques que este bien el hacerlo.

Teen Link Charla & Texto

Adicionalmente a la línea de ayuda, Teen Link ofrece Charla de Teen Link a través de la página de red en www.teenlink.org y Texto de Teen Link al mandar mensaje de texto al **1.866.833.6546**. Muy parecido a la línea telefónica, los jóvenes pueden usar la Charla Teen Link y Texto para buscar apoyo de nuestros jóvenes voluntarios en una variedad de problemas, incluyendo bullying, drogas y preocupaciones de alcohol, relaciones interpersonales, estrés, y otras preocupaciones. Teen Link acepta charlas y textos de 6-9:30pm cada día de la semana. La Charla de Teen Link trabaja mejor en el computador.

Condado De King 2-1-1

Tu puedes llamar al 211 para encontrar recursos en línea para jóvenes que quieran descubrir más sobre los servicios humanos y de salud en todo el estado de Washington.

Para la búsqueda de recursos en línea, visita www.wa211.org.

Línea De Prevención De Uso De Teen Link (2-10 pm Lunes-viernes)

Si un joven o un adulto preocupado por un joven tiene preguntas o preocupaciones sobre el abuso de drogas, ellos ahora pueden hablar, chatear, o mandar mensajes de texto para conectarse directamente con un Clínico de Prevención del Uso de Sustancias en Teen Link. Nuestro personal puede asistir a personas que llaman con estrategias para prevenir el uso de drogas en los jóvenes, acceder a materiales educativos sobre las drogas, referencias para tratamiento, organizando alcance, clínicas de educación de drogas, y más. Para conectarse con nosotros, simplemente llame o mande mensaje de texto al **1.866.833.6546** o chatee al ir a www.teenlink.org y oprimiendo en la página "Chat".

Línea De Ayuda De Recuperación De WA

Como parte de la línea de recuperación de Washington, la línea de prevención de uso de sustancias de Teen Link provee apoyo para jóvenes y adultos que tengan preguntas sobre el abuso de sustancias, problemas al apostar, o la salud mental en todo el estado de Washington. Llameles al **1.866.789.1511** o vea la sección "Alcohol, Drogas, y Uso de Sustancia" para más información.

Entrenamiento En La Prevención Del Suicidio Para Estudiantes

Crisis Connections ofrece este entrenamiento en el condado de King y en las áreas vecinas para entrenadores calificados. Incluye información sobre suicidio en los jóvenes y una visión general de recursos locales. Estos entrenamientos identifican señales de precaución, hablan directamente sobre el suicidio, y como se apoya a uno mismo y a otros que puedan estar lidiando con un desafío de salud mental. Estudiantes están alentados a hablar abiertamente sobre el estrés, como hacer frente, la depresión, y el comportamiento suicida. Para programar un entrenamiento o agarrar más información, por favor llame a Crisis

clarificar cuáles servicios están disponibles actualmente.

Transportación: Si no tienes transporte disponible para llegar a tus citas y estás inscrito en Apple Health en el estado de Washington, quizás puedas calificar para servicios de transporte gratis que no sean de emergencia. Encuentra más información para tu área aquí:

<https://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/transportation-services-non-emergency>

Servicios De Traducción: Si prefieres recibir servicios en algún otro idioma que el inglés, busca el símbolo (🗣️) indicando que la agencia provee traducción. Si estás inscrito en Apple Health, también puedes visitar la página red de Health Care Authority para arreglar servicios para citas médicas:

www.hca.wa.gov/billers-providers-partners/programs-and-services-interpret-services

Hay una sección de Notas por el lado trasero donde puedes escribir el nombre de la persona con la que hablaste y cualquier información que recibiste.

Si llegas al mensaje de voz, habla lentamente y claramente cuando estés dejando un mensaje. Asegúrate de incluir tu nombre completo, número telefónico, y una explicación breve de tus preguntas/preocupaciones.

Si esto se siente abrumador y no estás seguro dónde empezar, llama a Teen Link y te podemos ayudar a navegar el proceso. ¡No tienes que hacerlo solo!

(Para acceder a la versión en inglés de Where To Turn For Teens, cierre el folleto y gírelo. La versión en inglés todavía se lee de izquierda a derecha.)

introduccion.....	115
sobre teen link.....	113

Necesidades Físicas y De Salud Mental

alcohol, drogas, & uso de sustancia.....	109
consejería y salud mental.....	107
desordenes alimenticios.....	103
dolor y perdida.....	102
preocupación de salud física	101
salud sexual.....	100
suicidio y daño a uno mismo (autolesión no de manera de suicidio).....	97

Necesidades Críticas

abuso y maltrato de menores.....	94
bullying & acoso cibernético.....	93
citas & violencia doméstica.....	91
violación & acoso/asalto sexual.....	89
servicios legales & apoyo comunitario para jóvenes.....	87
albergue, comida, e higiene.....	85

Servicio De Apoyo

agencias de inclusividad cultural.....	82
educación.....	80
empleo & formación profesional.....	78
LGBTQIA+.....	76
personas con discapacidades.....	74
oportunidades de voluntariado y recreación.....	73
notas.....	69
Índice.....	66

TEEN LINK COMENZÓ EN 1996, EN MEMORIA DE AUDRA LETNES. AUDRA SOLO TENÍA 16 CUANDO ELLA FUE ASESINADA POR SU NOVIO DESPUÉS DE SUFRIR SU ABUSO POR MÁS DE UN AÑO. SU MADRE, UNA EMPLEADA EN ESE TIEMPO DE CRISIS CLINIC (AHORA CONNECTIONS), SE DIO CUENTA DEL ABUSO Y TRATO DE ENCONTRAR AYUDA PARA SU HIJA. DESAFORTUNADAMENTE, AUDRA TUVO DIFICULTAD CONECTÁNDOSE CON SERVICIOS ORIENTADOS PARA ADULTOS QUE FUESEN DISPONIBLE A ELLA EN ESA ÉPOCA. COMO TANTA GENTE JOVEN, AUDRA LUCHÓ PARA COMPARTIR EN LOS PROGRAMAS DISPONIBLES QUE FUERON GUIADOS POR ADULTOS, Y NO HABÍA SERVICIOS DE APOYO DE COMPAÑERO A COMPAÑERO POR JOVENES PARA JOVENES QUE ELLA PUDIERA ACCEDER.

YA QUE ELLA TRABAJABA CON LÍNEAS DE CRISIS, LA MADRE DE AUDRA SABÍA DEL PODER AL HACER SOLO UNA CONEXIÓN SIGNIFICATIVA CON UN EXTRAÑO EN NECESIDAD. QUERÍA CREAR UN PROGRAMA PARA AYUDAR A PREVENIR TRAGEDIAS SIMILARES A QUE OCURRIEREN CON OTROS NIÑOS EN EL FUTURO. ELLA TRABAJÓ CON CRISIS CONNECTIONS PARA DESARROLLAR EL PROGRAMA Y LÍNEA DE AYUDA TEEN LINK, UN LUGAR SEGURO PARA CUALQUIER PERSONA JOVEN PARA CONECTARSE CON UN COMPAÑERO PARA APOYO EMOCIONAL Y RECURSOS DE LA COMUNIDAD PARA AYUDAR CON CUALQUIER COSA QUE SE VENGA EN SUS VIDAS. HOY, TEEN LINK CONTINÚA OPERANDO ESTA LÍNEA DE AYUDA PARA PERSONAS JÓVENES EN TODO WASHINGTON, TOMANDO LLAMADAS, TEXTOS, Y CHARLAS DE JÓVENES EN NECESIDAD DE APOYO.

HABLA
TARDES DE 6-10PM
1.866.TEENLINK • WWW.TEENLINK.ORG

A donde ir para jóvenes (WTTFT siglas en inglés) es un a guía de recurso que fue específicamente creado para jóvenes que estén en la búsqueda de empoderamiento personal con el apoyo de otros. Las agencias listadas proveen una gran variedad de servicios. La meta de WTTFT es de asegurarse que los jóvenes sean conscientes de los muchos recursos amigables para los jóvenes que existen para servir sus necesidades únicas.

Usando tu Guía WTTFT:

Hay dos maneras de buscar información en WTTFT—la Tabla de Contenidos y el Índice. La Tabla de Contenidos es de ayuda si sabes cual tipo de servicios estas buscando. Si ya sabes el nombre de la agencia, usando el Índice que esta arreglada de manera alfabética puede ser más rápido. Vas a encontrar un símbolo al lado del nombre de cada agencia. El símbolo designa la región donde la agencia sirve a continuación:

- 📍 Condado de King 📍 Condado de Snohomish
- 📍 Condado de Pierce 📍 Todo el estado Washington

Consejos para Lidar con Agencias/Organizaciones:

Antes de llamar a las agencias, es una buena idea tener una lista de preguntas que esperas que te respondan. Algunas preguntas importantes para preguntar son:

- ¿Cuál area sirven?
- ¿Cuándo están abiertos?
- ¿Donde están localizados?
- ¿Necesito el consentimiento paternal?
- ¿Hay algún cobro por sus servicios?
- ¿Disponibilidad y accesibilidad de los recursos?

Una Nota de COVID-19:

Todos los recursos que hemos listado estan al dia a partir de junio 2020. Sin embargo, las órdenes de salud pública para limitar servicios no- esenciales han causado muchos programas a cerrar o estar en espera. Es mejor hablarle a cada recurso para

special thanks

BOEING EMPLOYEE COMMUNITY
FUND

EXCHANGE CLUB OF HIGHLINE.

NESHOLM FAMILY FOUNDATION

NORDSTROM CARES



Crisis Connections Contact Info:

24-Hour Crisis Line

1.866.4CRISIS (427.4747)
206.461.3222

King County 2-1-1

2-1-1, 1.800.621.4636
206.461.3200
206.461.3610 TTY

WA Recovery Help Line

1.866.789.1511
www.warecoveryhelpline.org

WA Warm Line

1.877.500.WARM (9276)
206.933.7001

Community Resources Online

www.211kingcounty.org



Financial support is always necessary. If you would like to make a gift to Teen Link, you may send it to Crisis Connections:
2901 3rd Avenue, Suite 100
Seattle, WA 98121

To order copies, contact us at **206.333.8706** or info@crisisconnections.org

and all of the volunteers / staff who make this possible!

866.TEENLINK

how to reach us:

1.866.TEENLINK(833.6546)

206.461.4922 www.teenlink.org

Evenings 6-10pm

a program of:



**crisis
connections**
support • resources • training
formerly known as crisis clinic