



Community & Summer Resources 2021

Youth Support Groups, Help Lines, Programs & Counseling (Mental Health and Substance Use) & Activities in the Greater Seattle Area

YOUTHLINE

Call 877-968-8491

Text teen2teen to 839863

Chat at www.oregonyouthline.org

A teen-to-teen crisis and help line

24 HOUR CRISIS LINE

866-4CRISIS (1-866-427-4747)

(206) 461-3222

CRISIS TEXT LINE

<https://www.crisistextline.org/texting-in>

or text HOME to 741741

TEEN LINK (CALL OR CHAT ONLINE)

(206) 461-4922

www.866teenlink.org

SUICIDE LIFELINE

Call 800-273-8255 (24/7/365)

<https://suicidepreventionlifeline.org/>

TRANSGENDER SUICIDE LIFELINE

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

WASHINGTON RECOVERY HELPLINE

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

SAFE PLACE—TXT 4 HELP

A nationwide, 24 hour text-for-support service for teens in crisis and is FREE. For info go to

<http://nationalsafeplace.org/text-4-help>

Text the word "safe" & current location (city/state/zip) to 69866

ALATEEN/ALANON SUPPORT GROUPS

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

STANFORD NICOTINE PREVENTION TOOLKIT (FREE):

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

ADDICTIONS, DRUG & ALCOHOL INSTITUTE (U of W)

<https://adai.uw.edu>

YOUTH EASTSIDE SERVICES (425) 747-4937

Individual/Family Counseling
Mental Health & Substance Abuse
www.youtheastideservices.org

1-2 month wait list

FRIENDS OF YOUTH (425) 869-6490

Emergency Youth/Family Housing/Support
www.friendsofyouth.org

www.nida.nih.gov

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

www.drugfree.org

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

CHANGES PARENT SUPPORT NETWORK

Free support group for parents

<https://cpsn.org/>

PARTNERSHIP FOR DRUG FREE AMERICA

Parents Helpline-Speak to a Parent Specialist M-F 10am-6pm EST

1-855-Drugfree (1-855-378-4373)

INFLUENCE THE CHOICE www.influencethechoice.org

Community Parent Events, Educational Articles

ACRS THERAPY ASSOCIATES (206-695-7600)

(A program of Asian Counseling Referral Service)
Mental Health & Substance Abuse, Bellevue
No wait list

CONSEJO COUNSELING (206-461-4880) Bilingual

Mental Health & Substance Abuse, Bellevue
1-3 week wait list

SEAMAR COUNSELING (425-460-7114)

Mental Health & Substance Abuse, Bellevue

SOUND HEALTH (206-302-2300)

Mental Health & Substance Abuse, Bellevue
No wait list



YES' Toolbox—Building a Life Worth Living Webseries for Teens (no cost)

Start by building a foundation with *Mindfulness*, then establish your own shelter to weather the storms with *Distress Tolerance*, then discuss *Emotional Regulation* to feel more at home in your own head, and end the series looking outside ourselves with *Interpersonal Effectiveness* to link to our communities. Thursdays 4:30-5:30pm Click on link for previous webisode recordings and to join <https://www.youtheastideservices.org/toolbox/>

Wild Grief

Hiking & Backpacking for grieving teens (free summer programs) Click [HERE](#) for more information.

Camp Erin 2021

Camp Erin®-is a free, weekend, virtual camp for youth who are grieving the death of a significant person in their lives. Children and teens ages 6 to 17 (or 18 if still in school) attend a virtual camp experience that combines grief education and emotional support with fun, traditional camp activities. If you have any questions regarding camp please reach out to Nicole Sotkiewicz, Camp Erin Coordinator, [by email](#) or at [425-626-0550](tel:425-626-0550).

We are also available for no cost phone and telehealth childhood bereavement support through the [Safe Crossings Program](#). If you are interested in support, contact Amy Thompson at [206-749-7723](tel:206-749-7723) or [send a message](#).

Camp Mariposa

Camp Mariposa® is national addiction prevention and mentoring program for 9-12 year old youth who have been impacted by substance abuse in their families. Camp Mariposa® is offered free of charge to all families. (Call 425-349-8480) or click on link <https://www.compasshealth.org/services/camp-mariposa/>

Summer Guide 2021: Activities all around the greater Seattle Area from no cost to fees, check out the [LIST](#)

<https://www.seattle.gov/parks/find/teen-programs>

<https://www.redmond.gov/1452/Teen-Activities>

<https://secure.rec1.com/WA/city-of-kirkland/catalog>

<https://www.bellevuearts.org/programs-events/kids-family>

<https://www.bellevuearts.org/programs-events/teens>

https://www.tripadvisor.com/Attraction_Review-g58702-d108418-Reviews-Microsoft_Visitor_Center-Redmond_Washington.html

For questions or support, please call or email Andrea Frost at 425-747-4937 x2721 or andrea@youtheastideservices.org (encrypted email)