



Community Resources

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

YOUTHLINE

Call 877-968-8491

Text teen2teen to 839863

Chat at www.oregonyouthline.org

A teen-to-teen crisis and help line

24 Hour Crisis Line

1-866-427-4747

(206) 461-3222

Teen Link (call or chat online)

(206) 461-4922

www.866teenlink.org

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 kids or family members who are affected by a family member's drug/alcohol use)

www.wa-al-anon.org

STANFORD TOBACCO/NICOTINE PREVENTION

FREE TOOL KIT:

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

SUICIDE LIFELINE

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

Youth Eastside Services

Individual/Family Counseling

Drug/Alcohol, Mental Health

www.youtheastsideservices.org

999 164th Ave NE

Bellevue, WA 98008

(425) 747-4937

Friends of Youth Counseling

Drug/Alcohol, Mental Health

www.friendsofyouth.org

(425) 869-6490

www.nida.nih.gov

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

www.drugfree.org

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

CHANGES Parent Support Network

Free support group for parents

www.cpsn.org

Partnership for a Drug-Free America

Parents Helpline-Speak to a Parent Specialist

M-F 10am-6pm EST

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