

WHERE TO TURN FOR TEENS

2014-2015 EDITION

TEEN
LINK

TALK IT OUT





HOW TEEN LINK BEGAN:

Teen Link began in 1996, after the tragic death of Audra Letnes, the daughter of a Crisis Clinic employee. Audra was only 16 when she was murdered by her boyfriend who had been abusing her for over a year.

Aware of what was happening, her mother tried to get her help, but Audra had difficulty connecting with the services that were available at the time. Like many youth, Audra wasn't comfortable opening up to the adult-led programs and none of the services provided peer-to-peer support.

Because of her experience working at Crisis Clinic, Audra's mother knew the power of making one meaningful connection. As a way to ensure this type of tragedy could be prevented in the future, she worked together with Crisis Clinic to develop the Teen Link program in Audra's memory, a safe place for any young person to connect with other youth for resources and emotional support for whatever comes up in their lives. Today, Teen Link answers calls and online chats from teens needing support and also makes youth suicide prevention presentations at schools throughout King County.



INTRODUCTION

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 in the WTTFT can link youth to organizations that 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 individual needs.

Using Your WTTFT Guide:

There are two ways to look up information in the 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 a quicker, more efficient way to search.

Tips for Dealing with Agencies/Organizations:

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

- What area do you serve?
- When are you open?
- Where are you located?
- Do I need parental consent?

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

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ABOUT TEEN LINK

The goal of Teen Link is to empower youth by supporting them as they make healthy decisions.

Teen Link Help Line 1-866-TEENLINK (833-6546)

Teen Link is a confidential, anonymous and non-judgmental telephone help line answered by teens each evening from 6-10 pm. Teen volunteers are trained to listen to your concerns and to 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 and can give you information on agencies serving youth in the King County area.

After hours, callers have the option of being transferred to the Washington Recovery Help 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. Because of 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

In addition to our telephone help line, Teen Link offers **Teen Link Chat**, available through our website at www.866TEENLINK.org. Much like the line, teens can use Teen Link Chat to seek support from our teen volunteers on a variety of issues, including bullying, drug and alcohol concerns, relationships, stress and other teen issues. Teen Link accepts chats from 6-9:30 pm every day of the week. Teen Link Chat does not work well on cell phones, so we ask that you log on with a computer to chat with us.

Online resources are available to teens who want to use the Internet to find out more about health and human services in King County. To search, access Community Resources Online at www.211kingcounty.org.

Washington Recovery Help Line

Teen Link provides support to youth across Washington State who have questions about substance abuse, problem gambling or mental health. See the "Alcohol & Drugs" section for more information.

Youth Suicide Prevention Presentations (YSPPs)

Teen Link also offers Youth Suicide Prevention Presentations to schools and agencies serving youth in King County. The curriculum is presented

by trained Teen Link staff and may also be co-facilitated by a professionally trained youth volunteer. YSPPs include an overview of the Teen Link program and statistics on youth suicide in a discussion-based model. Students are encouraged to talk openly about stress, coping mechanisms, warning signs and methods of intervention with someone who may be considering suicide.

If you are interested in scheduling a YSP, please contact the Crisis Clinic business office at (206) 461-3210.

Where to Turn for Teens (WTTFTs)

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 in the area. If you are interested in ordering WTTFTs, please call 1(866) TEENLINK between the hours of 6-10 pm or (206) 461-3210, M-F, 9 am-5 pm.

Teen Link Volunteer Opportunities

Volunteering with Teen Link is a great way to develop leadership skills, learn about community resources and get connected with other youth. For more in-depth information about volunteer requirements, call 1(866) TEENLINK between 6-10 pm or check out our website.

Volunteer Positions

Outreach Worker:

School & Community Liaison

Represent Teen Link in your school and community.

Youth Suicide Speakers Bureau Teen Educator

Be paired with an adult trainer to give Youth Suicide Prevention Presentations (YSPPs) at schools and youth-serving community agencies throughout King County.

Phone Worker

Provide emotional support and referrals to other teens who call the Teen Link help line or log onto Teen Link Chat.

Peer Advisory Board Member

Be part of planning Teen Link's future by helping to ensure that the Teen Link program remains youth-driven and attentive to the needs of young people.

ALCOHOL, DRUGS & ADDICTION

According to research by the National Institute on Alcohol Abuse and Alcoholism, adolescents who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.

Warning signs of alcohol and drug dependency/abuse include:

- Getting drunk/high frequently
- Lying about alcohol/drug use
- Blacking out and experiencing lapses in memory
- Believing that alcohol/drugs are necessary to have fun

☛ *For tips on how to help someone who you think may be abusing alcohol and/or drugs, please see page 25.*

In association with the Washington Recovery Help Line, Teen Link provides help to teens struggling with alcohol, drugs and gambling. Call 1(866)TEENLINK for help between 6-10 pm or call the Washington Recovery Help Line 24 hours/day at 1(866) 789-1511.

COUNSELING

Evergreen 1(800) 547-6133, www.evergreencpg.org
Gambling

Therapeutic Health Services..... (206) 322-7676

King County Needle Exchange Schedule (206) 296-4649
[www.kingcounty.gov/healthservices/health/communicable/hiv/
resources/needle.aspx](http://www.kingcounty.gov/healthservices/health/communicable/hiv/resources/needle.aspx)

SUPPORT GROUPS

Alateen & Alanon..... (206) 625-0000, www.seattle-al-anon.org

Alcoholics Anonymous.....(206) 587-2838, www.seattleaa.org

Gambling Anonymous www.gamblersanonymous.org

Marijuana Anonymous.....(206) 414-9270, www.madistrict4.org

Narcotics Anonymous (206) 790-8888, www.seattlena.org

AT-RISK YOUTH

Children and young adults who are prone to becoming involved in crime, domestic abuse, drugs and alcohol, early pregnancy, school-related problems and suicide are defined as at-risk youth. In response to growing youth crime and violence rates, many programs have been developed for at-risk youth. Here are some agencies and programs where teens can participate in recreation, education and community-based activities without fear of violence.

- Atlantic Street Center..... (206) 329-2050, www.atlanticstreet.org
- Auburn Youth Resources (253) 939-2202, www.ayr4kids.org
Anger management, drug & alcohol support
- Friends of Youth (425) 298-4846, www.friendsofyouth.org
- Powerful Voices (206) 860-1026, www.powerfulvoices.org
- Safe Futures Youth Center..... (206) 938-9606, www.sfyc.net
Gang & violence prevention
- Team Child call 2-1-1 for screening, www.teamchild.org
- YMCA of Greater Seattle (206) 382-5003, www.seattleyymca.org
- YMCA Alive & Free..... (206) 382-5013
- Youth Eastside Services....(425) 747-4937, www.youtheastsideservices.org
Anger management groups

BIRTH CONTROL/PREGNANCY

According to the National Campaign to Prevent Teen Pregnancy, 3 out of 10 girls in the U.S. get pregnant at least once by the age of 20.

Because a woman can get pregnant at any time of the month, abstinence (not having sex) is the only 100% effective method of birth control. 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,

teens 13 years and older do not need a parent's/legal guardian's permission to be tested for pregnancy or STDs, or to access birth control methods. If you are pregnant, seek emotional support from someone you trust and talk with a medical professional about your options. Birth control and sexual health services may also be available at the school-based health centers listed on page 17.


- Cedar River Clinic..... 1(800) 572-4223, www.cedarriverclinics.org
- Emergency Contraception Line1(888) NOT2LATE, www.not-2-late.com
Recorded line
- Open Adoption & Family Services (24 hrs)...1(800) 772-1115
Text "open" to (971) 266-0924 for text support, www.openadopt.org
- Planned Parenthood www.plannedparenthood.org/ppgnw
To schedule an appointment or ask for walk-in hours at one of the following clinics, call 1(800) 769-0045:
Bellevue, Capitol Hill (Seattle), Federal Way, Kent Valley, Northgate (Seattle), University District (Seattle)

TEEN CLINICS AT PUBLIC HEALTH-SEATTLE & KING COUNTY

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

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

- Auburn Public Health (206) 477-0600
- Columbia Public Health (206) 296-4650
- Eastgate Public Health..... (206) 296-9770
- Federal Way Public Health..... (206) 477-6800
- Kent Public Health (206) 477-6950
- North Seattle Public Health (206) 296-4990
- White Center Public Health (206) 477-0000

 For the consulting nurse line, please see Health Concerns on page 16.

CHILD ABUSE

Children who experience child abuse and neglect are 25% more likely to experience teen pregnancy and 9 times more likely to become involved in criminal activity.

~CHILDHELP

There are four primary types of child abuse:

- Physical abuse
- Emotional abuse
- Sexual abuse
- Neglect

While the first two categories get the most attention, neglect is the most common form of child abuse, accounting for more than 75% of all cases of child maltreatment. No child or youth deserves to be abused.

Childhelp USA - National Child Abuse Hotline.....	1(800) 422-4453
End Harm - Child Protective Services (24 hrs).....	1(866) ENDHARM
Police Department Emergency Number.....	911

COUNSELING

Confidential, low-cost counseling and support groups are available throughout King County. Talking about your problems with a professional or seeking support from others can help you deal with your feelings in a healthy way. In Washington State, youth may access confidential counseling at age 13 without parent/guardian consent.

Auburn Youth Resources	(253) 939-2202, www.ayr4kids.org
Consejo Counseling & Referral Service.....	(206) 461-4880 www.consejocounseling.org
Friends of Youth.....	(425) 392-6367, www.friendsofyouth.org
Kent Youth & Family Services	(253) 859-0300, www.kyfs.org

Mercer Island Youth & Family Services	(206) 275-7742 www.mercergov.org/yfs
Navos-Ruth Dykeman Youth & Family Services.....	(206) 248-8226 www.navos.org/services/outpatient-programs/children-youth-families
Northshore Youth & Family Services	(425) 485-6541
Renton Area Youth & Family Services.....	(425) 271-5600
Southeast Youth & Family Services	(206) 721-5542, www.sevfy.org
Southwest Youth & Family Services	(206) 937-7680, www.swyfs.org
Therapeutic Health Services.....	(206) 322-7676
Valley Cities Counseling & Consultation	(253) 939-4055 www.valleycities.org
Vashon Youth & Family Services.....	(206) 463-5511, www.vyfs.org
Youth Eastside Services.....	(425) 747-4937, www.youtheastideservices.org

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. Phone workers are professionally trained to talk to a caller about whatever is on their mind. Although some callers discuss topics as serious as suicide, callers also use the line to talk about topics such as relationships, mental health, abuse and other emotional concerns.

24-Hour Crisis Line	1(866) 4CRISIS
Teen Link.....	1(866) TEENLINK, www.866TEENLINK.org

If you are having trouble communicating with people you care about, mediation is available to provide a safe space to talk.

Bellevue Parent/Teen Mediation Program	(425) 452-4091
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CULTURALLY SPECIFIC AGENCIES

Many agencies are designed to serve and empower specific ethnic/cultural groups. These agencies offer youth leadership and job readiness programs, services for ELL (English Language Learners), interpreters and more. It is best to call each agency and ask about the services they provide.

- Asian Counseling & Referral Service.....(206) 695-7600, www.acrs.org
- Asian/Pacific Islander Chaya..... 1(877) 922-4292, www.apichaya.org
- Chinese Information & Service Center.....(206) 624-5633, www.cisc-seattle.org
- El Centro de la Raza(206) 392-9442, www.elcentrodelaraza.org
- Filipino Community of Seattle.....(206) 722-9372, www.fcseattle.org
- Helping Link/Mot Dau Noi.....(206) 568-5160, www.helpinglink.org
- Horn of Africa Services(206) 760-0550, www.hoas.org
- Jewish Family Service(206) 461-3240, www.jfsseattle.org
- OneAmerica.....(206) 723-2203, www.wearoneamerica.org
- United Indians of All Tribes(206) 285-4425, www.unitedindians.org

DATING & DOMESTIC VIOLENCE

Estimates from national studies of teen dating indicate that 1 in 4 teen relationships involve violence.


Dating violence is any form of emotional, verbal, psychological, physical or sexual abuse by a romantic partner. Victims often experience abuse that gets more severe over time as the abuser tries to control or dominate them.

Characteristics of an abusive relationship can include:

- Jealousy and possessiveness
- Name-calling and put-downs

- Pressure to engage in activities (sexual or other)
- Physical threats to hurt you or themselves
- Choking, hitting or other injurious behavior

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 his or her situation. It is important to remember that there is support available. No one deserves to feel unsafe in a romantic relationship.

 *For tips on how to help someone who you think may be in an abusive relationship, please see page 25.*


- Asian/Pacific Islander Chaya..... 1(877) 922-4292, www.apichaya.org
- Consejo Counseling & Referral Service
 - Teen Advocacy Program(206) 461-4880, www.consejocounseling.org
- Domestic Abuse Women’s Network (DAWN)
 - Advocacy & Crisis Hotline (24 hrs)..... 1(877) 465-7234, www.dawnonline.org
- Domestic Violence Recorded Information Line.....(206) 205-5555
- Lifewire (24 hrs).....1(800) 827-8840, www.lifewire.org
- NW Network of Bisexual, Trans, Lesbian & Gay
 - Survivors of Abuse(206) 568-7777, www.nwnetwork.org
- Police Department Emergency Number.....911
- Washington State Domestic Violence Hotline (24 hrs)..... 1(800) 562-6025
- Youth Eastside Services - Dating Violence Program(425) 747-4937
 - www.youtheastideservices.org
- YWCA Children’s Domestic Violence Program
 - Seattle.....(206) 568-7845
 - South King County.....(425) 226-1266 ext. 1017

EATING DISORDERS

20 million females and 10 million males 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 involve extreme emotions and behaviors surrounding food and weight issues. They can arise from psychological, emotional, social and familial situations, but have no one reason or cause. By controlling food intake, people with eating disorders attempt to gain control over factors such as low self-esteem, feelings of inadequacy and anxiety. Eating disorders can become life threatening, so getting professional help is important.

 For tips on how to help someone who you think may have an eating disorder, please see page 25.

- Center for Discovery 1(866) 267-6151
Support groups for teens and family/friends
- Children's Hospital 1(866) 987-2000, www.seattlechildrens.org
- Eating Disorders Anonymous www.eatingdisordersanonymous.org
- Eating Disorders Northwest www.eatingdisordersnw.org
Education and support groups for ages 17 and older
- Group Health Adolescent Center (425) 562-1350
www.ghc.org/provider/teencenter.jhtml
Outpatient services, counseling and treatment
- National Eating Disorders Association..... 1(800) 931-2237
www.nationaleatingdisorders.org
Education, advocacy and prevention
- Overeaters Anonymous (206) 264-5045, www.seattleoa.org

EDUCATION

Only 76% of all Washington State public school students from the class of 2013 graduated from high school in 4 years.

~ WA STATE OFFICE OF SUPERINTENDENT OF PUBLIC INSTRUCTION

Many teens have difficulties at school and need more support for their education. There are many agencies that offer tutoring programs, testing for learning disabilities, referrals for ELL (English Language Learners) and information about the GED (General Education Development) Certificate.

For tutoring, ESL and GED referrals, call King County 2-1-1 or call:

- Learning Disabilities Association of Washington..... (425) 882-0820
www.ldawa.org
- Seattle Education Access (206) 523-6200
www.seattleeducationaccess.org
- YouthSource (206) 205-3510

For computer resources, call Quick Info at the library nearest you:

- King County Library System 1(800) 462-9600, www.kcls.org
- Seattle Public Library System (206) 386-4636, www.spl.org
- YouthSource (206) 477-7010
GED Program

EMPLOYMENT & JOB TRAINING

The Washington State Department of Labor and Industries estimates that 80% of all teens hold a job at some time during high school.

- If you are 14 or 15 years old, you can work no more than three hours on a school day.
- If you are 16 years or older, you can work no more than four hours on a school day.

- If you are 18 years or older, you may perform any job with no restrictions.

When applying for a job it is important to have the following information available:

- Social Security number
- Current address and phone number
- Name and contact information for adults/professionals who you can use as references

AmeriCorps National Service	1(800) 942-2677, www.americorps.gov
Bellevue Parks and Community Services - Well-Kept.....	(425) 452-4195
Seattle Youth Employment Program	(206) 386-1375
Job Corps.....	(206) 622-6593, www.jobcorps.dol.gov
Seattle Youth Garden Works.....	(206) 633-0451 ext. 101 www.seattletilth.org/sygw
Teens in Public Service	(206) 985-4647 www.teensinpublicservice.org
WA State Department of Labor and Industries Teen Workers Information http://www.lni.wa.gov/WorkplaceRights/TeenWorkers	
Year Up	(206) 441-4465, www.yearup.org <i>Youth ages 18-24</i>
YMCA of Greater Seattle	(206) 382-5013, www.seattleyymca.org <i>GED Services</i>
YouthForce.....	(206) 436-1843, www.teenjobs.org

GLBTQ

Gay, Lesbian, Bisexual, Transgender and Questioning (GLBTQ) youth are frequently targets of discrimination, violence and bullying/harassment both at school and in the community. Societal prejudice and disapproval from loved ones can be isolating and hurtful to teens that identify as GLBTQ. Support groups, drop-in centers, activities and counseling services are available to promote acceptance and provide a safe environment of understanding.

Gay City Health Project.....	(206) 323-LGBT, www.gaycity.org <i>LGBT helpline</i>
Ingersoll Gender Center.....	www.ingersollcenter.org <i>Trans/Gender variant support</i>
Lambert House.....	(206) 322-2515, www.lamberthouse.org
Northwest Network of Bisexual, Trans, Lesbian & Gay Survivors of Abuse.....	(206) 568-7777, www.nwnetwork.org
Parents, Families & Friends of Lesbians & Gays (PFLAG).....	(206) 325-7724 www.seattle-pflag.org
Proud, Out and Wonderful (POW!).....	(206) 326-9112, navos.org/pow
Queer Youth Space	(206) 395-5501, www.queeryouthspace.org
Seattle Counseling Services for Sexual Minorities (18+).....	(206) 323-1768 www.seattlecounseling.org
iYo Soy!.....	(206) 322-7700, www.facebook.com/entrehermanos <i>Support group for LGBT Latino youth (16-25)</i>
Youth Eastside Services - B-Glad.....	(425) 747-4937 www.youtheastsideservices.org <i>Support group</i>

HEALTH CONCERNS

Free, low-cost and pay-what-you-can health care options are available to youth. If you do not want a parent or legal guardian to know you are seeking services, make sure to ask the agencies about their policies regarding confidentiality. Some clinics may require a parent's insurance information for primary health care even though they may not require this information for confidential birth control and sexual health services.

45th Street Clinic.....(206) 633-3350, www.neighborcare.org
Homeless Youth Clinic open on Wednesday and Thursday, 6-9 pm.
Accessible to ages 12-23. No appointment is necessary!
1629 N 45th St, Seattle


Country Doctor Free Clinic for Homeless Youth..... (206) 299-1600
www.countrydoctor.org
No appointment is necessary! Ages 12-23
Monday and Tuesday, 6-8:30 pm, 500 – 19th Ave E, Seattle

CONSULTING NURSE LINE

Swedish Medical Center..... (206) 215-2100

DOCTORS' APPOINTMENTS AT PUBLIC HEALTH - KING COUNTY

Columbia Public Health (206) 296-4650
Downtown Public Health (206) 296-4755
Eastgate Public Health..... (206) 296-9770
North Seattle Public Health (206) 296-4990

 For a full list of teen birth control/pregnancy/sexual health clinics, see pages 6-7.

School-based health centers are an additional option for students at the following schools:

Aki Kurose MS, Ballard HS, Chief Sealth HS, Cleveland HS, Denny MS, Franklin HS, Garfield HS, Ingraham HS, Kent Phoenix Academy, Madison MS, Madrona MS, Mercer MS, Nathan Hale HS, Rainier Beach HS, Roosevelt HS, Seattle World School, Washington MS, West Seattle HS.

HOMELESSNESS & RUNAWAYS

Current estimates suggest there are more than one and a half million children, teens and young adults trying to survive on U.S. streets today.

~ NATIONAL COALITION FOR THE HOMELESS

Runaway youth come from every socio-economic and racial group in America. More often than not, youth who are homeless have not chosen to live on the streets. Many homeless youth turn to the streets because of a combination of abuse, family problems and dysfunction within their homes that cause them to feel unsafe. Drop-in centers, homeless shelters, hot meal programs, case management and other services are available to help youth take care of themselves and/or get off the streets.

King County 2-1-1211 or 1(800) 621-4636
Call for assistance in finding shelter, food, etc.

DROP-IN CENTERS

Drop-in centers provide a variety of services to homeless youth. Services often include, but are not limited to, case management, laundry, showers, and hot meals. If you are unsure of specific services, call ahead to find out about individual programs.

New Horizons Ministries.....(206) 374-0866, www.nhmin.org
Peace for the Streets by Kids from the Streets..... (206) 726-8500
www.psk.org

Street Youth Ministries..... (206) 524-7301 ext 112
www.streetyouthministries.org
 University District Youth Center.....(206) 526-2992, www.ccsww.org
 YMCA Young Adult Services.....(206) 749-7550, www.ymcayas.org
 Youthcare - Orion Multi-Service Center (206) 622-5555
www.youthcare.org

SHELTERS

Shelters operate on different days and serve various ages. Space is limited so call to determine which shelter may be able to assist you.

Friends of Youth (425) 298-4846, www.friendsofyouth.org
Outreach and Intake
 Friends of Youth – Emergency Shelter (24 hrs).....(206) 236-KIDS
 Orion Center Shelter (18-24) (206) 622-5555
 ROOTS Young Adult Shelter (18-25) (206) 632-1635
www.rootsinfo.org
 South King County Youth Shelter (253) 833-5666
 The Landing (18-24) (425)449-3868
 Youthcare - The Shelter 1(800) 495-7802, www.youthcare.org
 YWCA Emergency Shelter (women 18+) (206) 461-4882
www.ywcaworks.org

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 require a referral from a case manager or shelter program.

Youth Housing Connection<http://ccsyhc.org/en/>
All transitional housing programs in King County are now screened through the Youth Housing Connection. Young adults ages 18-25 can visit the

website for screening locations in King County and drop-in hours or to make an appointment. You may also work with your case manager for additional options, if you are already enrolled in case management services.

Screening locations can be found at:

Auburn Youth Resources, Street Youth Ministries, New Horizons, Friends of Youth, ROOTS, Orion Center, Teen Feed, UDYC and YMCA Center for Youth Adults

OTHER HELPFUL SERVICES

National Runaway Safeline (24 hrs) 1(800) RUNAWAY
Anonymous and confidential support for runaway teens and teens considering running away.

National Safe Place (24 hrs) . . . 1(888) 290-7233, www.nationalsafeplace.org
*Text "Safe" and your current location (street address, city, state) to 69866 for text support.
 Immediate access to help and safety, with a focus on emergency shelter, for ages 12-17. Youth may call or 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.*

Team Child *call 2-1-1 for screening, www.teamchild.org*

Teen Feed (7 nights/week) (206) 229-0813, www.teenfeed.org

North King County meal schedule:

Sunday at Hillel Jewish Center: NE 50th & 17th, 7-8 pm

Mon/Fri at University Lutheran Church: NE 50th & 16th, 7-8 pm

Tues/Wed/Thurs at University Congregational Church: NE 45th & 16th, 7-8 pm

Saturday at ROOTS Young Adult Shelter: Alleyway between 43rd/NE 42nd and 15th & University, 7-8 pm

South King County meal schedule:

Thursday at Rainier Beach Community Center: 8825 Rainier Ave S., Seattle, 7-8 pm

Wednesday & Friday at 915 H St. SE, Auburn, 7-8 pm

☛ *For health care options, please see Health Concerns on page 16.*

LEADERSHIP & VOLUNTEER

OPPORTUNITIES

Volunteering helps to create a stable and cohesive society, increases social harmony among diverse individuals who volunteer together and promotes an individual volunteer's good health and emotional well-being.

~ INDEPENDENT SECTOR

- American Red Cross..... (206) 323-2345, www.redcross.org/wa/seattle
- Boys & Girls Clubs of King County (206) 436-1800, www.positiveplace.org
- Camp Fire Boys & Girls..... 1(800) 451-CAMP, www.campfire-usa.org
- InterIm Community Development Association - Wilderness Inner-city
- Peace for the Streets by Kids from the Streets..... (206) 726-8500
www.psk.org
- Seattle Young People's Project..... (206) 860-9606, www.sypp.org
- Teen Link..... 1(866) TEENLINK, www.866TEENLINK.org
- United Way Volunteer Center..... <http://www.uwkc.org/ways-to-volunteer>
- The Vera Project (206) 956-8372, www.theveraproject.org
- YMCA of Greater Seattle (206) 382-5013, www.seattleyymca.org
- YWCA - Girls First..... (206) 568-7855, www.ywcaworks.org

LEGAL SERVICES & YOUTH RIGHTS

Despite what society and other members of the community may tell you, youth under age 18 do have rights. Specific agencies can provide you with more information about juvenile criminal laws, labor laws, educational rights and emancipation. These agencies advocate for youth and ensure that young adults are treated in a just and fair way.

- King County 2-1-1 2-1-1 or 1 (800) 621-4636
Screens and refers to a range of legal service providers

- King County Superior Court - Juvenile Court..... (206) 205-9500
www.kingcounty.gov/courts/juvenilecourt
- King County Bar Assn. Neighborhood Legal Clinics (206) 267-7070
www.kcba.org/pbs/NLC
- Qlaw Legal Clinic www.q-law.org
Focus on LGBT community
- Society of Counsel Representing Accused Persons (206) 322-8400
- Team Child *call 2-1-1 for screening, www.teamchild.org*
- Washington LawHelp..... www.washingtonlawhelp.org

PEOPLE WITH DISABILITIES

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.

- Alliance of People with disAbilities..... www.disabilitypride.org
Seattle..... (206) 545-7055
Bellevue (425) 558-0993
- Center for Children with Special Needs (206) 884-5735, www.cshcn.org
- Hearing, Speech and Deafness Center (206) 323-5770, www.hsd.org
- Washington State Dept. of Services for the Blind..... 1(800) 552-7103
www.dsb.wa.gov


RAPE & SEXUAL ASSAULT

By the age of 18, 1 of every 4 girls and 1 of every 6 boys has been sexually assaulted.

~ HARBORVIEW CENTER FOR SEXUAL ASSAULT AND TRAUMATIC STRESS

Due to the violence that often accompanies a rape or sexual assault, it is important for a victim to go to the emergency department of their local hospital to be examined. At the hospital, a social worker will discuss the victim's options, including evidence collection. Because of this, it is helpful if the victim does not shower, clean up or change clothes before having an exam, as doing so may remove any remaining evidence.

Additionally, the doctor can discuss medications that are available to reduce the chances of contracting a sexually transmitted infection (STI) or getting pregnant. If the victim is under the age of 18, the law requires the police to be notified. However, going to the hospital and submitting a report does not necessarily mean that charges must be filed against the perpetrator or that participation in a legal case must occur. Counselors can talk about available alternatives and help the victim decide what the best choice is going to be for the individual.


 *For tips on helping someone who you think may have been sexually assaulted or raped, please see page 25.*

- Asian/Pacific Islander Chaya.....(206) 325-0325, www.apichaya.org
- Harborview Center for Sexual Assault & Traumatic Stress.... (206) 744-1600
www.hcsats.org
- Incest Survivors Anonymous (18+)..... (206) 903-9427, www.siaawso.org
- King County Sexual Assault Resource Center
24-Hour Crisis Line..... 1(888) 99-VOICE, www.kcsarc.org
- Police Department Emergency Number.....911
Victim support team

RECREATION & YOUTH INVOLVEMENT

If you are bored and looking for a fun place to hang out after school or on the weekends, there are a number of places for you. Community and recreational centers, drop-in groups, classes and sports leagues for youth are located throughout King County.

- Arts Corps.....(206) 722-5440, www.artscorps.org
- Bikeworks(206) 695-2416, www.bikeworks.org
- Boys & Girls Clubs of King County(206) 436-1800
www.positiveplace.org
- Coyote Central.....(206) 323-7276, www.coyotecentral.org
- Garfield Teen Life Center.....(206) 684-4550
- Kent Youth & Family Services
Teen Drop-in Center.....(253) 859-0300, www.kyfs.org
- Kirkland Teen Union Building (KTUB).....(425) 822-3088, www.ktub.org
- Old Firehouse Teen Center.....(425)556-2370
Drop-in center with dinner served on Wednesday nights.
- Powerful Voices.....(206) 860-1026, www.powerfulvoices.org
- Sanctuary Arts Center ... (206) 522-6256, www.sanctuaryartcenter.org
Art drop-in center focused on street-involved youth
- Seattle Parks & Recreation.....(206) 684-4075, www.seattle.gov/parks
- The Club Teen Center(425) 429-3203
www.bgcbellevue.org/programs/teens
- Youth in Focus (ages 13-19)..... (206) 723-1479, www.youthinfocus.org

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

STDs (including HIV/AIDS)

Compared to older adults, sexually active adolescents and young adults are at a higher risk for acquiring STDs. Recent estimates suggest that 15-24 year olds acquire nearly half of all new STDs.

~ CENTER FOR DISEASE CONTROL

Many teens are unaware of the dangers associated with sexually transmitted diseases (STDs) and how to prevent or identify them. Talking with your partner about STDs and getting tested regularly are important parts of being sexually active. Myths exist regarding all STDs, but especially Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS). You cannot get HIV from hugging, drinking out of a shared glass or using a public toilet.

There are three primary ways of contracting HIV:

- Unprotected sex with an infected individual
- Sharing needles
- From mother to unborn child

- Lifelong AIDS Alliance.....(206) 328-8979, www.laa.org
- People of Color Against AIDS Network (POCAAN)..... (206) 322-7061
- Planned Parenthood
(see *Birth Control/Pregnancy, pages 6-7*)
- Public Health STD Clinic at Harborview (206) 744-3590
- Teen Clinics at Public Health-Seattle & King County.....www.teenclinic.com
(see *Birth Control/Pregnancy, pages 6-7 and Health Concerns, page 16*)
- Washington State HIV/AIDS Hotline.....1(800) 272-2437

SUICIDE

According to the Washington State Department of Health, 2 to 3 youth ages 15-24, commit suicide every week in Washington State.

Warning signs for suicide include:

- Changes in eating and sleeping patterns
- Dropping hints or talking about suicide; making a plan
- Giving away prized possessions
- Being very obsessive and perfectionistic
- Engaging in risky behaviors (driving recklessly, increased drug and alcohol use/abuse, etc.)

Consider the following questions to help you determine the urgency:

1. Are there three or more warning signs?
2. Have the warning signs been present two weeks or longer?
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. Talking about your concerns can prevent a suicide attempt from occurring and save a life.

HOW TO HELP

STEPS 1 & 3 CAN BE USED TO HELP A FRIEND IN ANY SITUATION

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 judgment

2. Ask the question directly
 - “Are you thinking of suicide?”
3. Talk to an adult you trust

These are the initial steps toward ongoing mental health care. Every situation regarding suicide is different. Call 1(866) TEENLINK 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.crisisclinic.org

National Suicide Prevention Lifeline 1(800) 273-TALK

The Trevor Project (24 hrs)..... 1(866) 4UTREVOR

www.thetrevorproject.org

Focus on GLBTQ individuals

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SPECIAL THANK YOU TO:

Aven Foundation

Cities & Municipalities of:

Auburn, Bellevue, Burien, Covington, Des Moines,
 Federal Way, Issaquah, Kenmore, Kirkland,
 Redmond, Renton, Sammamish, SeaTac, Seattle,
 Shoreline, and Tukwila.

Jeffris Wood Foundation

King County Mental Health, Chemical Abuse and Dependency Services Division

Schiff Foundation

United Way of King County

Wyman Youth Trust



PARTNER CONTACT INFO

24-Hour Crisis Line

1-866-4CRISIS (427-4747)
 (206) 461-3222
 (206) 461-3219 TTY

King County 2-1-1

2-1-1, 1-800-621-4636
 (206) 461-3200
 (206) 461-3610 TTY

WA Warm Line

1-877-500WARM (9276)
 (206) 933-7001

WA Recovery Help Line

1-866-789-1511
www.warecoveryhelpline.org

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 Clinic, 9725 3rd Avenue NE, Suite 300, Seattle, WA 98115. To order more copies, call 1(866)TEEN-LINK or email us at teenlink@crisisclinic.org.

[866]TEENLINK



HOW TO REACH US:
(866) TEENLINK (833-6546)
(206) 461-4922
(206) 461-3219 TTY
EVERY EVENING 6-10PM
WWW.866TEENLINK.ORG

Crisis  Clinic
Helping Youth in Distress



WWW.866TEENLINK.ORG

