

## RESOURCES FOR PARENTS



### CRISIS

- Suicide Prevention Lifeline - National 24/7 | 1-800-273-8255 - [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Crisis Connections - King County 24/7 | 206-461-3222 or 1-866-427-4747
- Crisis Text Line - National - 24/7 | Text 'HEAL' to 741741. [www.crisistextline.org/textline](http://www.crisistextline.org/textline)
- Crisis Lines in Washington State | <https://goo.gl/Fmdaiq> WA State Dept of Social & Health Services

### BULLYING | EATING DISORDERS

- Cyberbullying, Info, How to Respond - [www.stopbullying.gov](http://www.stopbullying.gov)
- Eating Disorders - NEDA <https://www.nationaleatingdisorders.org/> / [www.proud2bme.org](http://www.proud2bme.org)
- KnowBullying, SAMHSA App - [www.store.samhsa.gov/apps/knowbullying](http://www.store.samhsa.gov/apps/knowbullying)
- Stop Bullying - [www.stopbullying.gov](http://www.stopbullying.gov)

### HOMELESSNESS | OTHER SUPPORTS

- Call 211 - A National Service available 24/7 - [www.211.org](http://www.211.org)
- Safe Place - Text "SAFE" + current location to 69866 - [www.nationalsafeplace.org](http://www.nationalsafeplace.org)

### LGBTQ

- Exploring your Gender Identity - [www.us.reachout.com](http://www.us.reachout.com)
- Trans Lifeline - 1-877-565-8860 - [www.translifeline.org](http://www.translifeline.org)
- Trevor Project - Text, chat - [www.thetrevorproject.org](http://www.thetrevorproject.org)

### MENTAL HEALTH & GRIEF

- Changes Parent Support Network - 1-888-468-2620 - <http://cpsn.org/>
- Eluna - <https://elunanetwork.org/about/>
- JED Foundation - [www.jedfoundation.org/what-we-do/teens-young-adults](http://www.jedfoundation.org/what-we-do/teens-young-adults)
- NAMI - [www.nami.org](http://www.nami.org)
- NIH - <https://www.nlm.nih.gov/index.shtml> / MentalHealth.gov - [www.mentalhealth.gov](http://www.mentalhealth.gov)
- Safe Crossings - <http://safecrossingsfoundation.org/>
- SAMHSA - [www.samhsa.org](http://www.samhsa.org)

### SUBSTANCE ABUSE

- Alcohol & Drug Abuse Institute (UW) - <http://adaiclearinghouse.net>
- Alcoholics & Narcotics Anonymous - 206-722-3700 / Al-Anon & Alateen - <https://al-anon.org/>
- Eluna - <https://elunanetwork.org/about/>
- Medicine Return - <http://www.takebackyourmeds.org> / Good Samaritan Law - <http://stopoverdose.org>
- Partnership for Drug-Free Kids - Text, call or email a specialist - [www.drugfree.org](http://www.drugfree.org)
- Start Talking Now - <https://www.starttalkingnow.org/>
- Talk, They Hear You - <https://www.samhsa.gov/underage-drinking> - Check out the interactive avatar app
- Washington Recovery Helpline - 1-866-789-1511 - [www.warecoveryhelpline.org](http://www.warecoveryhelpline.org)

### SUICIDE PREVENTION

- American Foundation for Suicide Prevention - <https://afsp.org/>
- Safer Homes Suicide Aware - [saferhomescoalition.org](http://saferhomescoalition.org)
- Society for the Prevention of Teen Suicide - <https://www.sptsusa.org/>
- Suicide Prevention Resource Center - <http://www.sprc.org/>