



SOS - Help Links for Youth

If it is an Emergency, call 9-1-1

Do you need help, but don't know who to call? The links and numbers here give **immediate, anonymous, confidential** help and information. Many are local, Washington State resources and **local** or **toll-free** calls. Follow the links or call the numbers for information of help.

Do you need help and want to talk about something, but you're really not sure who to call?

Call Teen Link: **1.866.833.6546** or

Email: teenlink@crisisclinic.org and **ask for help.**

If you are comfortable doing so, **talk to someone** in your family, a favorite teacher, counselor, school nurse, principal, clergyman or other trusted adult.

Child Abuse:

[Washington Department of Social & Health Services](#) **1.866.363.5624 (1.800.ENDHARM)**

[ChildHelp](#) – National Child Abuse Hotline: **1.800.422.4453** (1.800.4-A-CHILD)

Cyberbullying/Digital Safety:

[Office of the Education Ombudsman \(OEO\)](#) - OEO Helpline: **1.866.297.2597**

Dating Abuse and Domestic Violence:

[National Domestic Violence Hotline](#) – **1.800.799.7233**; Text: *TELLNOW* to **85944**

[Love is Respect](#) - National Teen Dating Abuse Helpline: **1.866.331.9474**

[Rape, Abuse, Incest National Network \(RAINN\)](#) - Reporting Sexual Assault: **1.800.656.4673**

[Washington State Coalition Against Dating Violence \(WSCADV\)](#) - WSCADV Hotline: **800.562.6052**

Drugs/Alcohol:

[Drug Abuse Information](#) – National Institute of Health

Drug/Alcohol 24 hour Help Line: **1.800.563.1249**

Alcohol Drug Teen Help Line: **1.206.722.4222** or **1.877.345.8336**

Gambling:

[Washington Recovery](#) - Teen Link Help Line: **1.866.833.6546 (866.TEENLINK)**

[Evergreen \(WA\) Council on Problem Gambling](#): **1.800.547.6133**

Gangs: Call your local police department. Call **9-1-1**.

[Gangs in Schools](#)

Bremerton Police Department: **1.360.473.5299**

Lakewood Police Department: **1.253.830.5049**

Seattle Police Department: **1.206.296.2732**

Seattle/King County: **1.206.684.0930**

Tacoma Police Department: **1.253.594.7867**

Yakima Police Department: **1.509.575.6200**

Harassment, Bullying: Tell your teacher, counselor, parent, good friend.

[Office of the Education Ombudsman \(OEO\)](#) - OEO Helpline: **1.866.297.2597**

Health: Visit your school health clinic if your school has one. Talk to your school nurse.

[MedlinePlus – Teen Health](#)

[National Institutes of Health Teen’s Page](#)

Homeless: Call: **1.360.725.6050** or click for a local contact in WA: [Washington State Contacts](#)

[Boys Town \(For girls, too.\)](#) - National Hotline: **1.800.448.3000**

[Covenant House](#) - National Helpline: **1.888.999.9999**

In Case of Emergency (ICE) Numbers: Put ***your emergency contacts*** into your cell phone. Identify emergency contacts with “ICE”. For example, if you would call your grandmother in an emergency, save: ***“ICE Grandma.”***

Lesbian, Gay, Bisexual, Transgender Questions (LGBTQ):

[Safe Schools Coalition](#) - Safe Schools Hotline: **1.877.723.3723**

Safe Schools Hotline **Email:** intervention@safeschoolscoalition.org

[The Trevor Project](#) -The Trevor Lifeline: **1.866.488.7386**

[WA Gay, Lesbian, Straight Education Network \(GLSEN\)](#) - WA GLSEN: **206.330.2099** or **877.220.4213**

Pregnancy:

[LifeCall](#) – **Email:** lifecall@aol.com **1.800.662.2678**

[Planned Parenthood – NW](#) - Information Line: **1.800.230.7526**

Runaways: [National Runaway Switchboard](#) - National Helpline: **1.800.786-2929 (1.800.RUNAWAY)**

Self Harm: [Youth Suicide Prevention Program](#) - YSPP Helpline: **1.800.273.8255**

Sex/STD's:

[Planned Parenthood STD Info](#) - Information Line: **1.800.230.7526**

[Rape, Abuse, Incest National Network](#) - RAINN Reporting Sexual Assault: **1.800.656.4673**

Smoking/Tobacco:

[WA State Tobacco Quit Line](#) – **1.877.270.7867 (1.877.270.STOP)**

Suicide:

[Youth Suicide Prevention Program](#) - YSPP Helpline: **1.800.273.8255**

[ReachOut](#) - National Helpline: **1.800.448.3000**

[The Trevor Project](#) -The Trevor Lifeline: **1.866.488.7386**

Threats: Tell someone. Get help. Tell a parent, security, SRO, teacher, counselor, principal, the police or other trusted adult.

Call 9-1-1



For more information on these and other school safety issues, visit the School Safety Center at <http://www.k12.wa.us/SafetyCenter/default.aspx>

The purpose of this document is to provide immediate, confidential information to youths who need it. While all links, helplines and sources have been checked by professionals, OSPI is not responsible for the content of outside Web sites, nor is OSPI responsible for advice given by these resources.