

Westside Youth Guide



HEALTHY EMPOWERED YOUTH

Revised: June 2022

Introduction:

The Westside Youth Guide is a resource list created specifically for the West Seattle community. The goal of this guide is to make sure local teens, and those who care for them, are aware of the many youth-friendly resources that exist to serve their unique needs.

Tips for Contacting Agencies/Organizations:

Before calling or sending a message, it is a good idea to have a list of questions that you hope to have answered. Some important questions you might ask are:

- What area do you serve?
- When are you open?
- Where are you located? Do you provide online or telehealth programs?
- Is parental consent required?
- Is there a cost for your services?
- What is the availability and accessibility of resources?

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. If this feels overwhelming and you're not sure where to start, ask a trusted adult to help you navigate the process. You don't have to do it alone!

Acknowledgements:

The Westside Youth Guide was created by the Westside HEY (Healthy Empowered Youth) coalition. Their mission is to promote a healthy and safe community through collaboration, education, and empowerment so that Westside youth can thrive. This coalition is funded by a Drug Free Communities grant from the United States Centers for Disease Control and Prevention (CDC).

Please read more about the coalition at www.westsidehey.org. You can also contact their coalition coordinator, Donna Kelly, at dmkelly@seattleschools.org

Directory of Services (click to go directly to the page)

Anxiety (see Mental Health)

African American / Black Focused

Asian American / Pacific Islander Focused

Crisis

Depression (see Mental Health)

Eating Disorders

Employment

Food Services

Latinx Focused

LGBTQ+ Focused

Mental Health

Native American Focused

Physical Health

Recreation

Relationships, Dating Violence

Sexual Health

Substance Use

Suicide Prevention

Tutoring

Visually Impaired

Volunteering

Anxiety (see Mental Health)

African American / Black Focused

East African Community Services
7050 32nd Ave S.
Seattle, WA 98118
206-721-1119
www.eastafricans.org

Safe Futures Youth Center
6337 35th Ave SW
Seattle, WA 98126
206-938-9606
www.sfyc.net

Ethiopian Community in Seattle
2100 24th Ave S, Suite 120
Seattle, WA 98144
206-325-0304
www.ecseattle.org/education-competence

Seattle Good Business Network
1143 Martin Luther King Jr Way #77
Seattle, WA 98112
206-629-2345 X2
www.seattlegood.org/youth-program

Eritrean Association in Greater Seattle
1528 Valentine Pl S
Seattle, WA 98144
206-568-5359
www.eritreanassociation.org/services/youth-programs

Somali Community Services of Seattle
8810 Renton Ave South
Seattle, WA 98118
206-760-1181
www.somcss.org

Kingmakers of Seattle
Seattle Public Schools – various middle schools
206-561-8799
www.seattleschools.org/departments/aama/kingmakers

Urban League of Metropolitan Seattle
105 14th Ave, Suite 200
Seattle, WA 98122
206-461-3792
www.ubanleague.org

Asian American / Pacific Islander Focused

Asian Counseling and Referral Service (ACRS)
3639 Martin Luther King Jr Way S.
Seattle WA 98144
206-695-7600
www.acrs.org

Cham Refugee Community Seattle
5945 39th Ave S
Seattle, WA 98118
206-829-8300
www.chamrefugeescommunity.org/cham-youth-support-program

Filipino Community of Seattle
5740 Martin Luther King Jr Way S
Seattle, WA 98118
206-722-9372
www.filcommsea.org/youth-development

Hmong Association of Washington
4004 NE 4th St, Suite 107-270
Renton, WA 98056
206-651-5480
www.hmongofwa.org/haw-youth-program.html

International Community Health Services
Multiple Locations
206-788-3700
www.ichs.com

Crisis

Crisis Connections - 24 Hour Crisis Line
206-461-3222 / 866-427-4747
www.crisisconnections.org/24-hour-crisis-line

Teen Line
Call: 800-852-8336 Nationwide (6 - 10PM)
Text TEEN to 839863 (6 PM - 9 PM)
www.teenline.org

Teen Link
866-TEENLINK (1-866-833-6546) (6-10PM)
www.teenlink.org

Khmer Community of Seattle King County
White Center – various locations
206-637-5200
www.kcskc.org/programs

WAPI Community Services
861 Poplar Pl S
Seattle WA 98144
844-987-9274
www.wapiseattle.org

Trans Lifeline
877-565-8860
www.translifeline.org

Trevor Project Hotline
Call: 866-488-7386 (24 hours a day)
Text: Trevor to 202-304-1200 (Mon-Fri noon-7pm)
Chat: www.thetrevorproject.org
(Everyday noon-7pm)

Washington Recovery Helpline
866-789-1511
www.warecoveryhelpline.org

Depression (see Mental Health)

Eating Disorders

National Eating Disorders Association
Helpline
1-800-931-2237

The Emily Program
1700 Westlake Avenue North, Suite 700
Seattle, WA 98109
1-888-364-5977
www.emilyprogram.com/locations/washington

Seattle Children's Hospital Eating Disorders
Clinic
4800 Sand Point Way NE
Seattle, WA 98105
206-987-2028
www.seattlechildrens.org/clinics/eating-disorders

Employment

City of Seattle Jobs for Teens:
www.seattle.gov/parks/about-us/jobs/job-opportunities-for-teens

Earth Corps
6310 NE 74th Street Suite 201 E
Seattle, WA 98115
206-332-9296 X101
www.earthcorps.org

Ingersoll Gender Center - can assist with
LGBTQ+ friendly employers
911 E. Pike St. Suite #221
Seattle, WA 98122
206-849-7859
www.ingersollgendercenter.org/jobboard

Seattle Youth Employment Program
www.seattle.gov/humanservices/services-and-programs/preparing-youth-for-success/syep

Food Services

West Seattle Food Bank
3419 SW Morgan St
Seattle, WA 98126
206-932-9023
www.westseattlefoodbank.org

White Center Food Bank
10829 8th Avenue SW
Seattle, WA 98147
206-762-2848
www.whitecenterfoodbank.org

Latinx Focused

Consejo Counseling and Referral Service
8615 14th Avenue S
Seattle, WA 98108
206-461-4880
www.consejocounseling.org

El Centro de la Raza
2524 16th Avenue S.
Seattle, WA 98144
206-957-4634
www.elcentrodelaraza.org/get-help/youth-services

Entre Hermanos (LGBTQ+)
1621 S Jackson St #202
Seattle, WA 98144
206-322-7700
www.entrehermanos.org

Sea Mar Community Health Centers
Various locations depending on
service/program
www.seamar.org/services-king.html

LGBTQ+ Focused

Entre Hermanos
1621 S Jackson St #202
Seattle, WA 98144
206-322-7700
www.entrehermanos.org

Planned Parenthood
800-769-0045
www.plannedparenthood.org

Cedar River Clinics – LGBTQ Wellness Services
800-571-4223
www.cedarriverclinics.org/lgbtqwellness

Lambert House
1818 15th Ave
Seattle, WA 98122
206-322-2515
www.lamberthouse.org

Gay City (LGBTQ+ Center)
400 E. Pine Street, Suite 100
Seattle, WA 98122
206-860-9696
Resource Helpline (206)-323-LGBT
24-Hour Crisis Line 866-427-4747
www.gaycity.org

Seattle Children’s Hospital Gender Clinic
4540 Sand Point Way NE, Building 1
Seattle, WA 98105
206-987-2028
www.seattlechildrens.org/clinics/gender-clinic

Ingersoll Gender Center
911 E. Pike St. Suite #221
Seattle, WA 98122
206-849-7859
www.ingersollgendercenter.org

The Northwest Network
206-568-7777
www.nwnetwork.org/youthsupport

Mental Health

Atlantic Street Center
2103 S Atlantic St
Seattle, WA 98144
206-329-2050
www.atlanticstreetcenter.org

Counseling Washington
www.counselingwashington.com
www.psychologytoday.com
Search for providers by zip code

Madison Middle School Wellness Center
3429 45th Ave. SW
Seattle, WA 98116
206-933-7842
<https://madisonms.seattleschools.org/resources/school-nurse/wellness-center/>

Navos
1210 SW 136th St
Burien, WA 98166
206-248-8226
www.navos.org

Safe Crossings (Grief Support)
4210 SW Oregon St. Suite H
Seattle, WA 98116
206-652-4723
<https://www.providence.org/locations/wa/hospice-of-seattle>

Native American Focused

Mother Nation
4250 S Mead St.
Seattle, WA 98118
206-722-2321
www.mothernation.org

Red Eagle Soaring Native Youth Theatre
108 S. Washington #308
Seattle, WA 98104
206-595-7553
www.redeaglesoaring.org

Seattle Indian Health Board
611 12th Avenue South
Seattle, WA 98144
206-324-9360
www.sihb.org

Southwest Youth & Family Services
4555 Delridge Way SW
Seattle, WA 98106
206-937-7680
www.swyfs.org

West Seattle High School Teen Health Center
3000 California Avenue SW
Seattle, WA 98116
206-658-8048
<https://westseattlehs.seattleschools.org/resources/school-nurse/teen-health-center/>

You Grow Girl
2200 Rainer Ave
Suite 201
Seattle, WA 98144
206-417-9904
www.yougrowgirl.org

United Indians of All Tribes Foundation
5011 Bernie Whitebear Way
Seattle, WA 98199
206-285-4425
www.unitedindians.org

Urban Native Education Alliance (UNEA)
206-941-0338
www.urbannativeeducation.org

Physical Health

Sea Mar Community Health Center
9650 15th Avenue SW #100
Seattle, WA
206-965-1000

www.seamar.org/king-medical-whitecenter

Madison Middle School Wellness Center
3429 45th Ave. SW
Seattle, WA 98116
206-933-7842

<https://madisonms.seattleschools.org/resources/school-nurse/wellness-center/>

West Seattle High School Teen Health Center
3000 California Avenue SW
Seattle, WA 98116
206-658-8048

<https://westseattlehs.seattleschools.org/resources/school-nurse/teen-health-center/>

Recreation

Boys & Girls Club
9800 8th Avenue SW #105
Seattle, WA 98106
206-436-1910

www.positiveplace.org/club/southwest

Seattle Public Library / Delridge Branch
5423 Delridge Way SW
Seattle, WA 98106
206-733-9125

www.spl.org

Meeples Gaming Café
3727 California Ave SW Suite 2B
Seattle, WA 98116
206-535-7896

www.meeplesgames.com

Seattle Public Library / West Seattle Branch
2306 42nd Ave SW
Seattle, WA 98116
206-684-7444

www.spl.org

Nature Consortium
Youngstown Culture Arts Center
4408 Delridge Way SW
Seattle, WA 98106
206-923-0853

www.dnda.org/dnda-nature

West Seattle Family YMCA
3622 SW Snoqualmie St
Seattle, WA 98126
206-935-6000

www.seattleyymca.org/locations/west-seattle-fauntleroy-ymca

Relationships, Dating Violence

New Beginnings
P.O. Box 75125
Seattle, WA 98175-0125
24-hour Help Line: 206-737-0242

www.newbegin.org/find-help/youth-services

Sexual Health

Center for Multicultural Health
1120 E. Terrace St
Seattle, WA 98122
206-461-6910
www.centerformulticulturalhealth.org

Madison Middle School Wellness Center
3429 45th Ave. SW
Seattle, WA 98116
206-933-7842
<https://madisonms.seattleschools.org/resources/school-nurse/wellness-center/>

Planned Parenthood
800-769-0045
www.plannedparenthood.org

West Seattle High School Teen Health Center
3000 California Avenue SW
Seattle, WA 98116
206-658-8048
<https://westseattlehs.seattleschools.org/resources/school-nurse/teen-health-center/>

Substance Use

Alateen
alateen@seattle-al-anon.org
www.al-anon.org/newcomers/teen-corner-alateen

Consejo Counseling and Referral Service
8615 14th Avenue S
Seattle, WA 98108
206-461-4880
www.consejocounseling.org

Cowlitz Tribal Health (Tribal Youth & Families Only)
15455 65th Ave S
Tukwila, WA 98188
206-721-5170
www.cowlitz.org

Muckleshoot Behavioral Health (Tribal Youth & Families Only)
17500 SE 392nd St
Auburn, WA 98002
253-333-3605
www.muckleshoot.nsn.us/services/health-and-wellness.aspx

Sound (formerly Sound Mental Health)
Various locations
206-302-2300
www.sound.health

Therapeutic Health Services
1901 MLK Jr. Way S
Seattle, WA 98144
206-322-7676
www.ths-wa.org

WAPI Community Services
861 Poplar Pl S
Seattle WA 98144
844-987-9274
www.wapiseattle.org

Y Social Impact Center (formerly YMCA)
Various Locations
206-382-5340
www.seattleyymca.org

Suicide Prevention

Crisis Connections - 24 Hour Crisis Line
206-461-3222
866-427-4747
www.crisisconnections.org/24-hour-crisis-line

National Suicide Prevention Lifeline
1-800-273-TALK (7255)
www.suicidepreventionlifeline.org

Teen Line
Call: 800-852-8336 Nationwide (6 PM - 10 PM)
Text TEEN to 839863 (6 PM - 9 PM)
www.teenline.org

Teen Link
866-TEENLINK (1-866-833-6546) (Evenings 6-10 pm)
www.teenlink.org

Trans Lifeline
877-565-8860
www.translifeline.org

Trevor Project Hotline
Call: 866-488-7386 (24 hours a day)
Text: Trevor to 202-304-1200 (Mon-Fri noon-7pm)
Chat: www.thetrevorproject.org (Everyday noon-7pm)

Tutoring

Kumon
2350 California Ave, SW
Seattle, WA 98116
(206)258-8313
avantiprahlad@ikumom.com
www.kumon.com/west-seattle-north

Safe Futures Youth Center
6337 35th Ave SW
Seattle, WA 98126
206-938-9606
www.sfyc.net/programs

Somali Community Services of Seattle
8810 Renton Ave South
Seattle, WA 98118
206-760-1181
somcss@yahoo.com
www.somcss.org/youth-program

El Centro de la Raza
2524 16th Avenue S.
Seattle, WA 98144
206-957-4634
www.elcentrodelaraza.org/get-help/youth-services

Visually Impaired

Lighthouse for the Blind
2501 S. Plum St.
Seattle, WA 98144
800-914-7307
www.lhblind.org

Volunteering

Earth Corps
6310 NE 74th Street Suite 201 E
Seattle, WA 98115
206-332-9296 X101
www.earthcorps.org

Nature Consortium
Youngstown Culture Arts Center
4408 Delridge Way SW
Seattle, WA 98106
206-923-0853
www.dnda.org/dnda-nature

Senior Center of West Seattle
4217 SW Oregon St
Seattle, WA 98116
206-932-4044
www.sc-ws.org/get-involved/volunteer

West Seattle Food Bank
3419 SW Morgan St
Seattle, WA 98126
206-932-9023
www.westseattlefoodbank.org

Westside Baby Hub
10002 14th Avenue SW
Seattle, WA 98146
206-767-1662
www.westsidebaby.org/volunteer