

Out of School Healthcare Resource Guide:

Where you can go when your school is closed and after graduation.

For additional resources: <https://866teenlink.org/>

Feel free to do a web search for the organizations below.



Emergency and Crisis Care

NAME	NUMBER
Emergency Number*	911
Crisis Connections *	(866) 4CRISIS
Crisis Textline * text home to	741741
King County Sexual Assault	(888) 99VOICE
National Domestic violence hotline	(800) 799-7233
Safe Place *	(800) 422-TEEN
Seattle Al-Anon *Alcohol/Drug	(206) 625-0000
Seattle YMCA - Accelerator	(206) 382-5013
Trans Lifeline	(877) 565-8860

*24 hour resource

Physical Health*

NAME	NUMBER
Alliance of People w Disabilities	(206) 545-7055
AppleCare (free/reduced healthcare)	(877) 501-2233
International Community Health Services	(206) 788-3700
Kaiser Permanente	(888) 901-4636
King County Downtown Clinic	(206) 477-8300
Neighborcare Youth Clinic	(206) 548-5710
Odessa Brown Youth Clinic	(206) 987-7210
Seattle Children's Adolescent Clinic	(206) 987-2028
Swedish Health Services	(800) SWEDISH
Teen Clinic – King County	(206) 477-8300

Sexual Health/LGBTQ+*

NAME	NUMBER
All Options	(888) 493-0092
Cedar River Clinics	(425) 255-4071
Harborview STD Clinic	(206) 744-3590
Kaiser Teen Clinic	(206) 326-2656
Open Adoption and Family Services	(800) 772-1115
Planned Parenthood	(800)769-0045
Gay City (LGBTQ+)	(206) 323-LGBT
Lambert House (LGBTQ+)	(206) 322-2515
Lifelong (LGBTQ+)	(206) 957-1600
NW Network Survivors of Abuse (LGBTQ+)	(206) 568-7777

Food and Housing

NAME	NUMBER
Accelerator YMCA support	(206) 382.5013
Free food nearby text food to	877877
Friends of Youth *	(206) 236-KIDS
Parks & Rec Food Program	(206) 386-1140
Seattle Indian	(206) 329-8700
Teen Feed (free dinner every night)	(206) 229-0813
Wellspring Family Services	(206) 826-3050
YMCA Greater Seattle	(206) 749-7550
Youthcare *	(800) 495-7802

* 24 hour resource

Mental Health Services*

NAME	NUMBER
Asian Counseling Referral Services	(206) 695-7600
Catholic Community Services	(206) 328-5774
Consejo Counseling & Referral	(206) 461-4880
Kaiser Adolescent Center	(425) 562-1350
Navos / Ruth Dykeman Services	(206) 248-8226
Sea Mar Behavioral Health	(206) 965-1055
SE Youth and Family Services	(206) 721-5542
Sound Mental Health	(206) 302-2300
SW Youth and Family Services	(206) 937-7680
THS Youth and Family Services	(206) 322-7676

Summer Activities

NAME	NUMBER
Arts Corps	(206) 722-5440
Bikeworks	(206) 695-2522
Boys/Girls Club King County	(206) 436-1800
Farmers Markets	(206) 547-2278
Garfield Teen Life Center	(206) 684-4550
Job Corps	(206) 622-6593
Powerful Voices - Girl Justice	(206) 860-1026
Seattle Parks/Rec	(206) 684-4075
YMCA of Greater Seattle	(206) 899-6344
Young Women Empowered	(206) 519-2426
Youth In Focus	(206) 723-1479

Most hours are 9am-5pm Monday to Friday, staff may answer the phone as early as 8:30 and stay as late as 6.

Most services have a policy that they will not turn anyone away while open, with fees on sliding scale (free/low-cost).

Often times parent/guardian consent is not required for confidential services, feel free to ask the provider.

*You may want to mention if you currently get your services through a School-Based Health Center

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