

Mental Health Services & Resources for Teens & Families

Crisis Hotlines

- National Suicide Prevention Lifeline: 800-273-8255
- Crisis Text Line: Text HOME to 741741
- Crisis Connections: 866-427-4747
- TeenLink: Call or text 866-833-6546
- Washington Warm Line: 877-500-9276
(WA Warm Line is a peer support help line for people living with emotional and mental health challenges)

Mental Health Services:

Local Therapy Centers

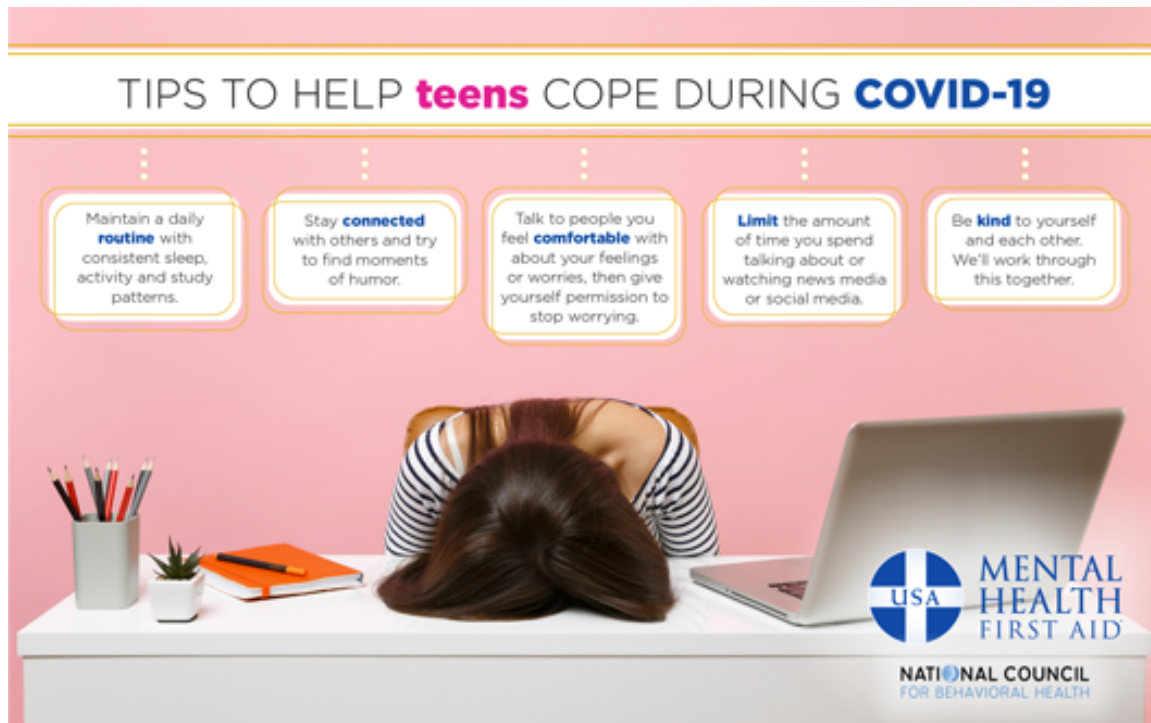
- <https://ebtseattle.com/>
- <https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/>
- <http://www.west-seattle-psych.com/>
- <https://www.childandteensolutions.com/>

Safe Crossings Grief Support

- <https://washington.providence.org/services-directory/services/s/safe-crossings-childrens-grief-program>

Mental Health & Substance Abuse Support Services

- https://www.seattleschools.org/resources/health_and_wellness/mental_health_and_substance_use_support



Mental Health Resources:

Typical Concerns

- Resources for Families on Typical Concerns about Teenagers - Child Mind Institute
<https://childmind.org/audience/for-families/>
<https://childmind.org/topics/concerns/teenagers/>
- Mental Health Resources – variety of topics
<https://www.mentalhealthfirstaid.org/mental-health-resources/>

Depression:

- Signs of Depressions during the Pandemic
<https://childmind.org/article/signs-of-depression-during-coronavirus-crisis/>
- Depression – Teens Helping Teens
<https://www.mindwise.org/blog/mental-health/teens-how-to-help-a-depressed-friend/>

Suicide Prevention:

- <https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/>

Anxiety Disorders: Types, Risk Factors, and Treatments

- <https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

Eating Disorders:

- <https://www.mentalhealthfirstaid.org/2020/02/>
- <https://childmind.org/article/when-to-worry-about-an-eating-disorder/>

Managing Mental Health in a Tense Political Climate

- <https://www.mentalhealthfirstaid.org/external/2020/10/five-tips-to-help-manage-your-mental-health-in-a-tense-political-climate/>

Social Media:

- Selfies and Self-Esteem
<https://childmind.org/article/what-selfies-are-doing-to-girls-self-esteem/>
- Social Media and Mental Health
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4183915/>

Reliable Online Medical Information: [MedlinePlus](#)

- MedlinePlus is operated by the National Institutes of Health's U.S. National Library of Medicine. This website is a reliable source of scientifically based, peer-reviewed health information. There are no advertisements because it is already paid for by tax dollars.
- All the information is written by healthcare professionals (MDs, PhDs, RNs, etc.) and it is 100% available in Spanish. If you had one place to go for information, this should be it.