

2023-2024  
LC VALLEY

teen link

1.866.TEENLINK(833.6546)

WHERE  
TO  
TURN  
FOR  
TEENS





Teen Link began in 1996, in memory of Audra Letnes. Audra was only 16 when she was murdered by her boyfriend after suffering his abuse for over a year. Her mother, a Crisis Connections employee, became aware of the abuse and tried to find help for her daughter.

Unfortunately, Audra had difficulty connecting with adult-oriented services that were available to her at the time. Like so many young people, Audra struggled with opening up in the available adult-led programs, and there were no peer-to-peer support services for teens by teens that she could access. Because she worked with crisis lines, Audra's mother knew the power of making just one meaningful connection with a stranger in need.

She wanted to create a program to help prevent similar tragedies from happening to other children in the future. She worked with Crisis Connections to develop the Teen Link program and help line, a safe place for any young person to connect with a peer for emotional support and community resources to help with whatever comes up in their lives. Today, Teen Link continues to operate this help line for young people throughout Washington, taking calls, texts, and chats from teens in need of support.

**1.866.TEENLINK**  
**www.TEENLINK.org**



## Thank you to our Where to Turn for Teens LC Valley WTTFT Developers



### Developers Contact Info:

**Clarkston EPIC Coalition**  
509.758.3341  
[www.clarkstonepic.org](http://www.clarkstonepic.org)  
900 7th St, Clarkston, WA

**Asotin County Health District**  
509.243.3344  
[ac-hd.org](http://ac-hd.org)  
102 1st St, Asotin, WA

### Crisis Connections Contact Info:

**Teen Link**  
1.866.833.6546  
**24-Hour Crisis Line**  
1.866.4CRISIS (427.4747)

**WA Recovery Help Line**  
1.866.789.1511  
[www.warecoveryhelpline.org](http://www.warecoveryhelpline.org)

**Community Resources Online**  
[www.wa211.org](http://www.wa211.org)

**WA Warm Line**  
1.877.500.WARM (9276)  
206.933.7001

Special Thanks to Heather Szasz at Printcraft Printing for her amazing work and dedication to making this booklet come to life.

## ABOUT CLARKSTON EPIC

### *Our Mission:*

***Empower people with the knowledge to build a more resilient and protective community for the well-being of our youth.***

Clarkston EPIC is a community lead youth substance use prevention & mental health promotion coalition. EPIC was formed in 2012 when our community, Clarkston, WA, was identified as having an above average rate of youth substance use in the state of Washington.

EPIC leads campaigns and programs to increase youth connection to family, friends & community. These connections can foster healthy life decisions, prevent substance use and create long-term positive changes in our community.

Clarkston EPIC's success is thanks to the hard work of individuals, organizations, and their belief in our mission. Together we are building a safer and stronger community committed to the health and prosperity of our youth.

If you have interest in our work or helping with a project you are passionate about - visit [www.clarkstonepic.org](http://www.clarkstonepic.org) to learn more about how to join!

Our Coalition meetings are the third Thursday of every month from 12:00 p.m.-1:15 p.m. at the Valley Community Center on 5th and Diagonal in Clarkston, WA.

Learn more about our Coalition and find additional resources:



Website

Access a digital copy of the resource booklet here:



Booklet

## ABOUT TEENLINK

**If you are experiencing an emergency, call 911**

The goal of Teen Link is to empower youth and support healthy decision-making.

Teen Link is a confidential, non-judgmental telephone help line answered by teens each evening from 6 p.m.-10 p.m. Teen volunteers are trained to listen to your concerns and talk with you about whatever is on your mind. No issue is too big or too small.

Phone workers also have access to an extensive database of resources and can give you information on agencies serving youth in Washington State and help with how to choose which one to use. After hours, callers have the option of talking to the WA Recovery Help Line, or leaving a message on the Teen Link voicemail. When leaving a message, please include your name, phone number, and information about your concerns. Your call will be returned within 24 hours. To respect confidentiality, Teen Link phone workers will not leave a message when calling back unless you specify that it is okay to do so.

### TEEN LINK CHAT & TEXT

Connect with **Teen Link Chat** through our website at [www.teenlink.org](http://www.teenlink.org) or by texting **1.866.833.6546**.

Much like the phone line, teens can use Teen Link Chat and Text to seek support from our teen volunteers on a variety of issues, including bullying, drug and alcohol concerns, relationships, stress, and other issues. Teen Link accepts chats and texts from 6 p.m.-9:30 p.m. every day of the week. Teen Link Chat works best on a computer.

## TEEN LINK SUBSTANCE USE PREVENTION LINE

2 p.m.-10 p.m. Monday through Friday

If a teen or an adult concerned about a teen has questions or concerns about drug use, call, chat, or text to connect directly with a Teen Link Substance Use Prevention Clinician. Our staff can assist callers with strategies to prevent teen drug use, access to drug education materials, referrals to treatment, organizing outreach, drug education clinics, and more. To reach us, simply call or text **1.866.833.6546** or chat by visiting [www.teenlink.org](http://www.teenlink.org) and clicking on the “Chat” page hyperlink.

## SUICIDE PREVENTION TRAINING FOR STUDENTS

Crisis Connections offers this training in King County and surrounding areas by qualified trainers. It includes information on youth suicide and an overview of local resources. These trainings help teens identify warning signs, talk directly about suicide, and support themselves and others who may be dealing with a mental health challenge. Students are encouraged to talk openly about stress, coping, depression, and suicidal behavior. To schedule a training or get more information, please call Crisis Connections at **206.204.9520**. These trainings can also be delivered virtually.

If you are interested in a training - Clarkston EPIC can help! Please contact us and we will work with TeenLink to organize a training. Our information is below.

If you are interested in ordering copies of LC Valley WTTFT or need to update agency information listed in this guide, please visit [www.clarktonepic.org](http://www.clarktonepic.org) under “contact.”

## WASHINGTON RECOVERY HELP LINE

As part of the WA Recovery Line, the Teen Link Substance Use Prevention Line provides support to youth and adults across Washington State who have questions about substance abuse, problem gambling, or mental health. Call the WA Recovery Help Line at **1.866.789.1511** or see the “**Alcohol, Drugs and Substance Use**” section for more information.

LC Valley Where to Turn for Teens (LCV-WTTFT) is a resource guide created specifically for youth seeking personal empowerment with the support of others. The agencies listed provide a wide variety of services. The goal of LCV-WTTFT is to make sure teens are aware of the many youth-friendly resources that exist to serve your unique needs.

## USING YOUR LCV-WTTFT GUIDE

There are two ways to look up information in LCV-WTTFT: the **Table of Contents** and the **Index**. The Table of Contents is helpful if you know the type of services you are seeking. If you already know the agency name, the alphabetized Index can be quicker.

You will find a symbol next to each agency name. The symbol designates the **county** the agency is located:

- |           |             |            |
|-----------|-------------|------------|
| L Latah   | A Asotin    | G Garfield |
| W Whitman | N Nez Perce |            |

All resources were up to date as of September 2023. It is best to call each resource to clarify which services are currently available.

## TIPS FOR DEALING WITH AGENCIES/ORGANIZATIONS

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

- What area do you serve?
- When are you open?
- Where are you located?
- Do I need parental consent?
- Is there a cost for your services?
- What is the availability and accessibility of resources?

**ADDITIONAL TIPS**

Use the Notes section at the back of this book to write the name of the person you spoke with and any information you receive.

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.

**WASHINGTON 211**

You can call **211** to find out more about health and human services throughout Washington State. To search for resources online, visit [www.wa211.org](http://www.wa211.org).

**IDAHO 211**

You can call **211** to find out more about health and human services throughout Idaho State. To search for resources online, visit [www.211-idaho.communityos.org/](http://www.211-idaho.communityos.org/)

**TRANSPORTATION**

If you do not have transportation available to get to appointments and are enrolled in Apple Health in Washington State, you may qualify for free non-emergency transportation services.

Find more information for your area here:

[www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/transportation-services-non-emergency](http://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/transportation-services-non-emergency)

**TRANSLATION SERVICES**

If you are enrolled in Apple Health, visit the Washington State Health Care Authority website to arrange services for medical appointments:

[hca.wa.gov/about-hca/interpreter-services](http://hca.wa.gov/about-hca/interpreter-services)

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## SUICIDE AND SELF-HARM (NON-SUICIDAL INJURY)



Did you know that there are almost two suicide deaths every week for people under the age of 19 in Washington State?

-WA STATE DEPARTMENT OF HEALTH

### WARNING SIGNS FOR SUICIDE INCLUDE

- Changes in eating and sleeping patterns
- Dropping hints, talking about suicide, or making a plan
- Talking about feeling hopeless, trapped, or like a burden
- Withdrawing or isolating from close friends and family
- Giving away prized possessions
- Being very obsessive and perfectionistic
- Acting anxious or agitated
- Engaging in risky behaviors (driving recklessly, increased substance use, etc.)

### CONSIDER THE FOLLOWING QUESTIONS TO HELP YOU DETERMINE URGENCY

1. How many warning signs are present?
2. How long have the warning signs been present?
3. How extreme or severe are the warning signs?

If you are concerned that you or someone you know may be suicidal, it is important to address the situation immediately. Mentioning suicide will not give the person the idea or push them over the edge. They may feel relieved that someone is willing to talk about what they're thinking and feeling. Sharing your concerns can prevent a suicide attempt from occurring and can save a life.

### HOW TO HELP

*Step One is a great way to ask about any issue*

#### STEP ONE: SHOW YOU CARE

- Talk to the person you are concerned about in a caring manner
- Be specific about the warning signs you have noticed
- Listen without judgement

#### STEP TWO: ASK THE QUESTION DIRECTLY

- Are you thinking about suicide/killing yourself?

#### STEP THREE: TALK TO AN ADULT YOU TRUST

- It is important that you do not keep this secret for someone
- If someone is talking about being suicidal, they are asking for help

These are some initial steps toward ongoing mental health care. Every situation regarding suicide is different. Call Teen Link at **1.866.833.6546** to talk to a trained phone worker in more detail about how to get help. If Teen Link lines are not open and you need immediate crisis intervention services or want to talk to someone right away, these are numbers you can call:

**988** - Suicide & Crisis Lifeline.....Call or Text 988  
[www.988lifeline.org](http://www.988lifeline.org) Chat: [www.988lifeline.org/chat/](http://www.988lifeline.org/chat/)

Crisis Text Line.....Text 'HOME' to 741741  
[www.crisistextline.org](http://www.crisistextline.org)

Idaho Crisis Hotline.....Call or Text 208.788.3596  
[www.thecrisishotline.org](http://www.thecrisishotline.org)

**☎** Idaho Regional Behavioral Health Crisis Lines - 24/7  
.....208.799.4440  
[www.healthandwelfare.idaho.gov/services-programs/behavioral-health/behavioral-health-crisis-resources](http://www.healthandwelfare.idaho.gov/services-programs/behavioral-health/behavioral-health-crisis-resources)

National Alliance on Mental Illness.....	1.800.950.6264
<a href="http://www.nami.org">www.nami.org</a> .....	Text “HelpLine” to 62640
☎ Palouse River Counseling.....	509.334.1133
<i>Whitman County Residents Only</i>	
<a href="http://www.palouserivercounseling.org">www.palouserivercounseling.org</a>	
☎ Quality Behavioral Health <i>Crisis</i> .....	1.800.970.3785
<a href="http://www.qbhs.org">www.qbhs.org</a>	
Teen Line.....	Text 'TEEN' to 839863
<i>Teen to Teen Support</i>	
<a href="http://www.teenline.org">www.teenline.org</a>	
TeenLink - <i>Washington</i> .....	Call (6pm-10pm) 1.866.6546
<i>Teen to Teen Support...Text (6pm-9:30pm) 1.866.833.6546</i>	
<a href="http://www.teenlink.org">www.teenlink.org</a>	
Washington Warm Line.....	1.877.500.9276
<a href="http://www.crisisconnections.org/wa-warm-line/">www.crisisconnections.org/wa-warm-line/</a>	
☎ Whitman County Crisis.....	509.334.1133
<b>LGBTQIA+</b>	
LGBTQIA+ Crisis Line.....	Text 'HOME' to 741741
<a href="http://www.crisistextline.org">www.crisistextline.org</a>	
LGBT National Help Center Youth Talkline.....	1.800.246.7743
<a href="http://www.lgbthotline.org">www.lgbthotline.org</a>	
PFLAG - National	
<a href="http://www.pflag.org">www.pflag.org</a>	
Trans Lifeline.....	1.877.565.8860
<a href="http://www.translifeline.org">www.translifeline.org</a>	
Trevor Project.....	1.866.488.7386
<a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>	Text 'START' to 678.678

**SELF-HARM (NON-SUICIDAL SELF-INJURY)**

Some people experiencing mental challenges such as depression or anxiety turn to self-harm as a way of releasing and managing emotions. In most cases, these actions are not done as suicide attempts but as coping methods for people to help manage the mental pain they are feeling. Some people self-harm to numb their feelings while others may harm themselves to feel something. Cutting, scratching, and burning are common ways people harm themselves, but self-harm includes any intentional act that a person does to hurt their body.

Finding alternatives to self-harm can be challenging, but journaling about the emotions and events that lead to the behaviors can help a person understand why they do it, what other activities could help satisfy those emotional needs, and how to talk to someone about getting support. Creative outlets like drawing and painting can also be helpful ways of expressing and describing feelings.

When talking to someone about self-harm, it is important to stay focused on the harmful behavior itself and not jump to conclusions about suicide. For example, it is more beneficial to ask about what specific actions and events trigger their urges to self-harm than to ask if they harm themselves because they are suicidal. If you have any questions or concerns about self-harm, give us a call or text at **1.866.833.6546**.

Adolescent Self Injury Foundation

[www.adolescentselfinjuryfoundation.com](http://www.adolescentselfinjuryfoundation.com)

SAFE (Self Abuse Finally Ends) Alternatives.....1.800.366.8288

[www.selfinjury.com](http://www.selfinjury.com)

Self-Injury Outreach & Support

[www.sioutreach.org](http://www.sioutreach.org)

To Write Love on Her Arms (*online resource and support page*)

[www.twloha.com](http://www.twloha.com)

**DATING & DOMESTIC VIOLENCE**

☎ Alternatives to Violence of the Palouse.....509.332.4357  
[www.atvp.org](http://www.atvp.org)

Childhelp USA.....Call or Text 1.800.422.4453  
[www.childhelp.org](http://www.childhelp.org)

Love is Respect.....1.866.331.9474 or Text 'LOVEIS' to 22522  
*National Teen Dating & Domestic Violence Hotline*  
[www.loveisrespect.org](http://www.loveisrespect.org)

National Center for Missing & Exploited Children  
 .....1.800.843.5678  
[www.missingkids.org/gethelpnow/cybertipline](http://www.missingkids.org/gethelpnow/cybertipline)

Quality Behavioral Health.....1.800.970.3785  
*Community Sexual Assault Program (CASP)*  
[www.qbhs.org](http://www.qbhs.org)

Rape, Abuse & Incest National Network.....1.800.656.4673  
[www.rainn.org](http://www.rainn.org)

StrongHearts Native Helpline.....1.844.762.8483  
[www.strongheartshelpline.org](http://www.strongheartshelpline.org)

☎ YWCA of Lewiston, ID – Clarkston, WA.....208.746.9655  
[www.ywcaidaho.org](http://www.ywcaidaho.org)

**SUBSTANCE USE**

National Substance Abuse Hotline.....1.866.210.1303  
[www.nationalrehabhotline.org/](http://www.nationalrehabhotline.org/)

☎ Quality Behavioral Health .....1.800.970.3785  
[www.qbhs.org](http://www.qbhs.org)

SAMHSA.....1.800.662.4357  
[www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

Teen Drug Addiction Hotline.....1.866.943.47997  
[www.therecoveryvillage.com/teen-addiction/hotlines/](http://www.therecoveryvillage.com/teen-addiction/hotlines/)

Teen Line.....Text 'TEEN' to 839863  
*Teen to Teen Support*  
[www.teenline.org](http://www.teenline.org)

TeenLink - Washington State.....1.866.833.6546  
*Teen to Teen Support*  
[www.teenlink.org](http://www.teenlink.org)

Washington State Recovery Help Line.....1.866.798.1511  
[www.crisisconnections.org/wa-recovery-help-line/](http://www.crisisconnections.org/wa-recovery-help-line/)

**ADDITIONAL**

Alliance for Eating Disorders Awareness Hotline  
[www.allianceforeatingdisorders.com](http://www.allianceforeatingdisorders.com).....1866.662.1235

Crisis Connection Cares.....1.866.427.4747  
*Support for survivors of suicide loss*  
[www.crisisconnections.org/support-after-suicide/](http://www.crisisconnections.org/support-after-suicide/)

National Eating Disorders Association.....1.800.931.2237  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

National Maternal Mental Health Hotline.....1.833.852.6262  
[www.mchb.hrsa.gov/national-maternal-mental-health-hotline](http://www.mchb.hrsa.gov/national-maternal-mental-health-hotline)

National Runaway Safeline.....1.800.786.2929  
[www.nationalrunawaysafeline.org](http://www.nationalrunawaysafeline.org)

STOMP Out Bullying  
[www.stompoutbullying.org](http://www.stompoutbullying.org)

Washington State ACLU Harassment and Bullying  
[www.aclu-wa.org/pages/harassment-and-bullying](http://www.aclu-wa.org/pages/harassment-and-bullying)



**EMERGENCY SERVICES**

*These are non-emergency numbers.  
In event of an emergency, dial 911.*

④ Asotin County Sheriff.....509.243.4717

[www.co.asotin.wa.us/228/Sheriff](http://www.co.asotin.wa.us/228/Sheriff)

CHAS 24/7 Nurse Advice Line.....208.848.8300

*Idaho*

[www.chas.org/blog/urgent-care-video-visits/](http://www.chas.org/blog/urgent-care-video-visits/)

CHAS 24/7 Nurse Advice Line.....509.444.8200

*Washington*

[www.chas.org/blog/urgent-care-video-visits/](http://www.chas.org/blog/urgent-care-video-visits/)

⑥ Garfield County Sheriff.....509.843.3494

[www.co.garfield.wa.us/sheriff](http://www.co.garfield.wa.us/sheriff)

① Latah County Sheriff.....208.882.2216

[www.latahcountyid.gov/sheriff/](http://www.latahcountyid.gov/sheriff/)

④ Nez Perce County Sheriff.....208.799.3131

[www.co.nezperce.id.us/Elected-Officials/Sheriff](http://www.co.nezperce.id.us/Elected-Officials/Sheriff)

④ Nez Perce Tribal Law Enforcement.....208.621.4809

[www.nezperce.org/government/law-and-justice/](http://www.nezperce.org/government/law-and-justice/)

Poison Control Center.....1.800.222.1222

[www.poison.org](http://www.poison.org)

④ Whitman County Sheriff.....509.397.4622

[www.whitmancounty.org/289/Sheriff](http://www.whitmancounty.org/289/Sheriff)

*To find additional law enforcement departments  
near you, including local Police departments:*

Police1 - Law Enforcement Directory Search

[www.police1.com/law-enforcement-directory/search/](http://www.police1.com/law-enforcement-directory/search/)

**DIRECTORIES**

The following directories can be used to search for any services you may not have found in this booklet. You can filter your search by zip code, primary concerns and more:

Asotin County Public Library - Online Resources

[www.asotincountylibrary.org/online-resources/](http://www.asotincountylibrary.org/online-resources/)

Counseling Washington

[www.counselingwashington.com](http://www.counselingwashington.com)

Crush the Curve Idaho: Behavioral Health Directory

[www.crushthecurveidaho.com/mental-health-wellness](http://www.crushthecurveidaho.com/mental-health-wellness)

Find Help

[www.findhelp.org](http://www.findhelp.org)

FoodPantries.org

[www.foodpantries.org](http://www.foodpantries.org)

Help Me Grow Washington (Resources for Parents)

[www.helpmegrowwa.org](http://www.helpmegrowwa.org)

Homeless Youth Handbook - *For All Washington Youth*

[www.homelessyouth.org/en/us/washington](http://www.homelessyouth.org/en/us/washington)

K12 Academics (School District Search)

[www.k12academics.com/national-directories/school-district](http://www.k12academics.com/national-directories/school-district)

④ Palouse Resource Guide

[www.palouseresources.org](http://www.palouseresources.org)

Psychology Today

[www.psychologytoday.com](http://www.psychologytoday.com)

Talkspace

[www.talkspace.com](http://www.talkspace.com)

Teen Counseling (Better Help)

[www.teencounseling.com](http://www.teencounseling.com)

Washington Law Help

[www.washingtonlawhelp.org](http://www.washingtonlawhelp.org)

## PEOPLE WITH DISABILITIES

The Americans with Disabilities Act of 1990 guarantees equal access in employment, public accommodation, transportation, telecommunications, and state and local government. Call the numbers below for support, referrals, or information about available services.

- ☎ Asotin County Community Services.....509.758.8349  
*Vocational Programs for Persons with Disabilities*  
[www.asotincommunityservices.org/employment-services/](http://www.asotincommunityservices.org/employment-services/)
- ☎ Disability Action Center NW.....1.800.475.0070  
[www.dacnw.org/](http://www.dacnw.org/)
- ☎ Disability Rights Washington.....1.800.562.2702  
[www.disabilityrightswa.org](http://www.disabilityrightswa.org)
- ☎ Idaho Division of Vocational Rehabilitation.....208.799.5070  
[www.vr.idaho.gov](http://www.vr.idaho.gov)
- The Arc - Washington State.....1.888.754.8798  
[www.arcwa.org](http://www.arcwa.org)
- The Green Apple Project.....208.503.0826  
*Persons with Autism*  
[www.thegreenappleproject.org/](http://www.thegreenappleproject.org/)
- Washington Developmental Disability Administrations  
[www.dshs.wa.gov/disability-support](http://www.dshs.wa.gov/disability-support).....509.751.4638
- Washington Foundational Community Supports  
 .....1.844.451.2828  
[www.myamerigroup.com/washington-fcs/home.html](http://www.myamerigroup.com/washington-fcs/home.html)
- Washington State Department of Services for the Blind  
[www.dsb.wa.gov](http://www.dsb.wa.gov).....1.800.522.7103

## ABUSE AND MALTREATMENT OF MINORS



Did you know that in some states “maltreatment” refers to neglect and abandonment and the term “abuse” is for acts that cause injury?

**Approximately five children die every day due to abuse.**

Individuals under 18 are at an increased risk of experiencing abuse and maltreatment when parental/ guardian relationships are unhealthy as well as when people with substance use and/ or psychological disorders are a part of home life. Abuse and maltreatment of a minor is behavior or neglect that poses substantial risk of harm to a child or to their safety.

There are four primary types of child abuse:

- Physical abuse
- Emotional/Psychological abuse
- Sexual abuse
- Neglect

Neglect is the most common form of child abuse, accounting for more than 75% of all cases of child maltreatment. It may be especially difficult to obtain evidence for neglect and to address it. No minor deserves to experience abuse or maltreatment.

Childhelp USA.....Call or Text 1.800.422.4453  
[www.childhelp.org](http://www.childhelp.org)

Idaho Reporting Neglect, Abuse, or Abandonment  
 .....1.855.552.5437  
[www.healthandwelfare.idaho.gov/services-programs/children-families/child-and-family-services-and-foster-care/reporting-neglect](http://www.healthandwelfare.idaho.gov/services-programs/children-families/child-and-family-services-and-foster-care/reporting-neglect)

Washington State Child Protective Services.....1.866.363.4276  
[www.dcyf.wa.gov/services/child-welfare-system/cps](http://www.dcyf.wa.gov/services/child-welfare-system/cps)

## DATING AND DOMESTIC VIOLENCE



Did you know that 77% of rapes are committed by someone who is known to the survivor?

Dating & Domestic violence is a pattern of abusive behaviors such as emotional, verbal, psychological, physical, or sexual abuse by a romantic partner that is used to exert power and control. Dating & Domestic violence tends to become more severe with time as the abuser tries to increase their power and control. There are many forms of dating abuse and unhealthy behaviors.

### SIX COMMON TYPES INCLUDE

- Physical abuse
- Emotional/Verbal abuse
- Sexual abuse
- Stalking
- Digital abuse/Cyberbullying
- Financial abuse

### CHARACTERISTICS OF AN ABUSER CAN INCLUDE

- Blaming you for their own abusive behavior
- Seeing you as property or a sex object, rather than as a person
- Threatening to commit suicide or self-harm if you leave
- Having a bad and unpredictable temper
- Physical threats and actions that hurt you
- Threatening to harm or take away your children
- Constantly checking on you or monitoring you
- Controlling what you do, where you go, or what you wear
- Belittling comments

### CHARACTERISTICS OF INDIVIDUALS BEING ABUSED CAN INCLUDE

- Seeming afraid of or anxious to please their partner
- Self-isolation or avoidance of gatherings
- Low self-esteem

Fear, threats, shame, and the belief that an abuser's behavior will change often contribute to the victim feeling unsure about talking to someone about their situation. It is important to remember that there is support available. No one deserves to feel unsafe in a romantic relationship.

199 Alternatives to Violence of the Palouse.....509.332.4357  
[www.atvp.org](http://www.atvp.org)

Homeless Youth Handbook - Domestic & Dating Violence  
[www.homelessyouth.org/en/us/washington/domestic-and-dating-violence](http://www.homelessyouth.org/en/us/washington/domestic-and-dating-violence)

Love is Respect.....1.866.331.9474  
[www.loveisrespect.org](http://www.loveisrespect.org) Text "LOVEIS" to 22522

National Coalition Against Domestic Violence  
[www.ncadv.org](http://www.ncadv.org)

200 Victim/Witness Advocate – Asotin.....509.751.6004  
[www.co.asotin.wa.us/266/Victims-Advocate](http://www.co.asotin.wa.us/266/Victims-Advocate)

201 Victim/Witness Advocate – Garfield.....509.843.3082  
[www.co.garfield.wa.us/prosecutor/page/victimwitness-unit](http://www.co.garfield.wa.us/prosecutor/page/victimwitness-unit)

Washington State Domestic Violence Information & Referral  
[www.domesticviolenceinforeferral.org](http://www.domesticviolenceinforeferral.org)

202 YWCA of Lewiston, ID – Clarkston, WA.....1.800.669.3176  
[www.ywcaidaho.org](http://www.ywcaidaho.org)

## RAPE, SEXUAL HARASSMENT AND ASSAULT



Did you know that every 73 seconds, an American is sexually assaulted?

-RAINN

It is important to know that experiencing rape and/or sexual harassment/assault is not the fault of the survivor. There are many emotions and phases of healing that accompany rape or sexual assault. Due to the often-aggressive nature of the experience and the potential for sexually transmitted infections (STIs) or pregnancy, it is important for a survivor to follow up with the emergency department at their local hospital within 72 hours (3 days). To help the survivor navigate their options, such as evidence collection and more, a social worker will often be involved at the hospital. To provide the best evidence collection, the survivor should avoid showering or changing clothes prior to evidence collection. You do not have to do any part of the exam you do not want. Additionally, the doctor can discuss medications that are available to reduce the chances of contracting an STI or getting pregnant.

If the survivor is under the age of 18, the law requires the police to be notified. However, going to the hospital and submitting a report do not necessarily mean that charges must be filed against the perpetrator or that participation in a legal case is required. Counselors at the hospital or other agencies can talk about available alternatives and help the survivor decide what the best choice is for them.

## SEXUAL ASSAULT SERVICES

1 in 6.....1.877.628.1466  
*Male survivors of sexual assault*  
[www.1in6.org](http://www.1in6.org)

Love is Respect.....1.866.331.9474 or Text 'LOVEIS' to 22522  
*National Teen Dating & Domestic Violence Hotline*  
[www.loveisrespect.org](http://www.loveisrespect.org)

National Center for Missing & Exploited Children  
[www.missingkids.org/gethelpnow/cybertipline](http://www.missingkids.org/gethelpnow/cybertipline)

National Sexual Violence Resource Center.....1.877.739.3895  
[www.nsvrc.org/](http://www.nsvrc.org/)

**A** Quality Behavioral Health.....509.758.3341  
*Community Sexual Assault Program (CASP) – Asotin*  
[www.qbhs.org](http://www.qbhs.org)

**G** Quality Behavioral Health.....509.843.3791  
*Community Sexual Assault Program (CASP) – Garfield*  
[www.qbhs.org](http://www.qbhs.org)

Rape, Abuse & Incest National Network.....1.800.656.4673  
[www.rainn.org](http://www.rainn.org)

Washington Coalition of Sexual Assault Programs  
[www.wcsap.org/help/csap-by-city](http://www.wcsap.org/help/csap-by-city).....1.855.210.2087

**N** YWCA of Lewiston, ID – Clarkston, WA.....208.746.9655  
[www.ywcaidaho.org](http://www.ywcaidaho.org)

## EDUCATION



Did you know that with support from parents/guardians, students can opt-out of standardized testing in Washington State?

-OPT OUT WASHINGTON

Many teens have difficulties at school that are outside of their control and need more support for their education than what they can get at school. These agencies can provide a wide range of services to help support young people with their education goals, including tutoring, testing for learning disabilities, support for English Language Learners (ELL), and alternatives to traditional graduation, such as the General Education Development (GED) test. Open Doors Programs (OSPI) provide graduation and GED support to people up to 21 years old.

📍 Adult Learning Center.....208.792.2238  
[www.lcsc.edu/adult-learning-center](http://www.lcsc.edu/adult-learning-center)

Homeless Youth Handbook - Washington - Education  
[www.homelessyouth.org/en/us/washington/education](http://www.homelessyouth.org/en/us/washington/education)

📍 Asotin County Library.....509.751.1460  
*Homework Help*  
[www.asotincountylibrary.org/kids-teens/homework-help/](http://www.asotincountylibrary.org/kids-teens/homework-help/)

Intelligent  
*Studying & College Planning Support*  
[www.intelligent.com/](http://www.intelligent.com/)

Internet Public Library Teen Space  
*Homework Help*  
[www.ipl.org/div/teen/](http://www.ipl.org/div/teen/)

K12 Academics (School District Search)  
[www.k12academics.com/national-directories/school-district](http://www.k12academics.com/national-directories/school-district)

📍 Lewis-Clark State College.....208.792.5272  
[www.lcsc.edu](http://www.lcsc.edu)

📍 University of Idaho.....208.885.6111  
[www.uidaho.edu](http://www.uidaho.edu)

📍 Walla Walla Community College.....509.758.3339  
[www.wbcc.edu](http://www.wbcc.edu)

📍 Washington State University.....509.335.3564  
[www.wsu.edu](http://www.wsu.edu)

## LIBRARIES

📍 Asotin County Library.....509.758.5454  
[www.asotincountylibrary.org](http://www.asotincountylibrary.org)

📍 Bovill Community Library.....208.826.3451  
[www.latahlibrary.org/branches/bovill](http://www.latahlibrary.org/branches/bovill)

📍 Culdesac Community Library.....208.843.5215  
[www.prlid.org/culdesac](http://www.prlid.org/culdesac)

📍 Deary Community Library.....208.877.1664  
[www.latahlibrary.org/branches/deary](http://www.latahlibrary.org/branches/deary)

📍 Genesee Community Library.....208.285.1398  
[www.latahlibrary.org/branches/genesee](http://www.latahlibrary.org/branches/genesee)

📍 Juliaetta Community Library.....208.276.7071  
[www.latahlibrary.org/branches/juliaetta](http://www.latahlibrary.org/branches/juliaetta)

📍 Lapwai Community Library.....208.843.7254  
[www.prlid.org/lapwai](http://www.prlid.org/lapwai)

📍 Lewis-Clark State College Library.....208.792.2396  
[www.lcsc.edu/library](http://www.lcsc.edu/library)

- N Lewiston City Library.....208.798.2525  
[www.lewistonlibrary.org/155/Library](http://www.lewistonlibrary.org/155/Library)
- L Moscow Public Library.....208.882.3925  
[www.latahlibrary.org/branches/moscow](http://www.latahlibrary.org/branches/moscow)
- N Peck Community Library.....208.486.6161  
[www.prlid.org/peck](http://www.prlid.org/peck)
- G Pomeroy Library (Denny Ashby Library).....509.843.3710  
[www.pomeroy.lib.wa.us](http://www.pomeroy.lib.wa.us)
- L Potlatch Community Library.....208.875.1036  
[www.latahlibrary.org/branches/potlatch](http://www.latahlibrary.org/branches/potlatch)
- L Troy Community Library.....208.835.4311  
[www.latahlibrary.org/branches/troy](http://www.latahlibrary.org/branches/troy)
- W Whitman County Rural Library District.....509.397.4366  
[www.whitcolib.org](http://www.whitcolib.org)

## EMPLOYMENT & JOB TRAINING



Did you know that people under the age of 18 can work under the following conditions while at school: 14-15 years old up to 3 hours on a school day and 16-17 years old up to 4 hours on a school day?

- A Asotin County Community Services.....509.758.8349  
*Vocational Programs For Persons With Disabilities*  
[www.asotincommunityservices.org/employment-services/](http://www.asotincommunityservices.org/employment-services/)
- A Asotin County Library.....509.751.5454  
*Jobs & Career Catalyst Center*  
[www.asotincountylibrary.org/online-resources/#jobs-careers](http://www.asotincountylibrary.org/online-resources/#jobs-careers)

- N Express Employment Professionals.....208.743.6507  
[www.expresspros.com/lewistonid](http://www.expresspros.com/lewistonid)
- Homeless Youth Handbook - Washington - Employment  
[www.homelessyouth.org/en/us/washington/employment](http://www.homelessyouth.org/en/us/washington/employment)
- Idaho Division of Vocational Rehabilitation Services  
[www.vr.idaho.gov](http://www.vr.idaho.gov) .....208.799.5070
- Intelligent  
*Career Prep Support*  
[www.intelligent.com/](http://www.intelligent.com/)
- Job Corps.....1.800.733.5627  
[www.jobcorps.gov/i-am-a/student](http://www.jobcorps.gov/i-am-a/student)
- A Quality Behavioral Health.....509.758.3341  
[www.qbhs.org](http://www.qbhs.org)
- A Rural Resources Employment Training and Support  
*Clarkston*.....509.758.5461  
[www.ruralresources.org/program/training-support/](http://www.ruralresources.org/program/training-support/)
- W Rural Resources Employment Training and Support  
*Pullman*.....509.339.7416  
[www.ruralresources.org/program/training-support/](http://www.ruralresources.org/program/training-support/)
- A Rural Resources Paid Work Experience.....509.758.5461  
*Clarkston*  
[www.ruralresources.org/program/paid-work-experience](http://www.ruralresources.org/program/paid-work-experience)
- W Rural Resources Paid Work Experience.....509.339.7416  
*Pullman*  
[www.ruralresources.org/program/paid-work-experience](http://www.ruralresources.org/program/paid-work-experience)
- WorkSource Washington  
[www.worksourcewa.com](http://www.worksourcewa.com)

## HOUSING, FOOD & TRANSPORTATION



Did you know that young people leaving the foster care system are more likely than their peers to experience homelessness?

Homeless and runaway youth come from every socioeconomic, gender identity, educational level, and racial group in the United States. Minors experiencing homelessness do not typically choose to be homeless. Many minors face a range of home dysfunction that challenges their emotional well-being, development, safety, and health, forcing them to live on the streets.

### HOUSING ASSISTANCE

①④ Disability Action Center NW.....1.800.475.0070  
[www.dacnw.org/](http://www.dacnw.org/)

AGW Homeless Education Liaisons Contact List  
 Washington Office of Superintendent  
*Liaisons for youth experiencing homelessness who help to remove educational barriers for their success.*  
[www.ospi.k12.wa.us/student-success/access-opportunity-education/homeless-education/homeless-education-liaison-contact-list?](http://www.ospi.k12.wa.us/student-success/access-opportunity-education/homeless-education/homeless-education-liaison-contact-list?combine=&items_per_page=50&order=field_county&sort=desc)

Homeless Youth Handbook - Housing  
<https://www.homelessyouth.org/en/us/washington/housing>

④ LC Valley Youth Resource Center.....208.717.5566  
[www.lcvyrc.org](http://www.lcvyrc.org)

### FOOD ASSISTANCE

AGW 2nd Harvest  
[www.2-harvest.org](http://www.2-harvest.org)

④ Asotin County Food Bank.....509.758.7085  
[www.facebook.com/AsotinCountyFoodBank/](http://www.facebook.com/AsotinCountyFoodBank/)

Basic food/SNAP –Washington.....1.877.501.2233  
[www.dshs.wa.gov/esa/community-services-offices/basic-food](http://www.dshs.wa.gov/esa/community-services-offices/basic-food)

④ Blessed Hope Assembly of God.....208.743.4874  
[www.blessedhopeclvalley.org](http://www.blessedhopeclvalley.org)

④ Community Action Food Bank.....208.746.3351  
[www.cap4action.org](http://www.cap4action.org)

④ Echo Hills Church Food Distribution.....208.746.0401  
<https://www.echohillschurch.com/new-events/community-food-distribution>

FoodPantries.org  
[www.foodpantries.org](http://www.foodpantries.org)

④ Garfield County Food Bank.....509.843.6158

Idaho Food Bank - Find a Pantry.....208.746.2288  
<https://idahofoodbank.org/get-help/getfood/>

④ Nez Perce Tribe Emergency Foodbank.....208.843.7305

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)  
[www.fns.usda.gov/wic/program-contacts](http://www.fns.usda.gov/wic/program-contacts)

④ St. Mary's Catholic Community - Moscow.....208.882.4813  
[www.stmarysparishmoscow.org/moscow-food-bank](http://www.stmarysparishmoscow.org/moscow-food-bank)

- ① St. Vincent de Paul Lewiston Food Pantry.....208.746.7860
- ④⑧ Summer Food Program.....1.866.348.6479  
[www.fns.usda.gov/meals4kids](http://www.fns.usda.gov/meals4kids)
- Supplemental Nutrition Assistance Program (SNAP)  
[www.fns.usda.gov/snap/state-](http://www.fns.usda.gov/snap/state-)
- ① The Salvation Army.....208.746.9653

## TRANSPORTATION

- ① Appaloosa Express Transit.....208.621.4691  
[www.nezperce.org/bus/](http://www.nezperce.org/bus/)
- ① Asotin County PTBA.....509.758.3567  
[www.ridethevalley.org/about/asotin-co-ptba/](http://www.ridethevalley.org/about/asotin-co-ptba/)
- ④⑧⑨ COAST Public Transportation.....1.800.697.2899  
[www.coacolfax.org/transportation](http://www.coacolfax.org/transportation)
- ⑥ Garfield County Transportation.....509.843.0200  
[www.garfieldcta.com](http://www.garfieldcta.com)
- ⑧ Lewiston Transit System.....208.298.1340  
[www.ridethevalley.org](http://www.ridethevalley.org)
- ① Moscow Intermodal Transit Center.....208.883.7747  
[www.smarttransit.org](http://www.smarttransit.org)
- ⑧ Pullman Transit.....509.332.6535  
[www.pullman-wa.gov/government/departments/public\\_works/transit](http://www.pullman-wa.gov/government/departments/public_works/transit)
- ① Ride Share.....509.552.6502

## Physical Health Concerns

Affordable health care options are available to youth. If you are 14 years or older and do not want a parent or guardian to know you are seeking services, make sure to ask the agency about their policies regarding confidentiality.

- ① Catalyst Medical Group.....208.746.1383  
[www.catalystmedicalgroup.com](http://www.catalystmedicalgroup.com)
- ①④⑧ CHAS Lewis & Clark Dental Clinic.....208.848.8300  
[www.chas.org](http://www.chas.org)
- ④ CHAS Lewis & Clark Medical.....208.848.8300  
[www.chas.org](http://www.chas.org)
- ④⑧ Clearwater Medial Clinic.....208.743.8416  
[www.clearwatermedclinic.com](http://www.clearwatermedclinic.com)
- ① Essential Women's Wellness.....208.413.7279  
[www.essentialwomenswellness.com/](http://www.essentialwomenswellness.com/)
- ⑥ Garfield County Hospital District.....509.843.1591  
[www.garfieldcountyhospital.com](http://www.garfieldcountyhospital.com)
- ① Gritman Medical Center.....208.882.4511  
[www.gritman.org](http://www.gritman.org)
- ① Gritman Quick Care - Moscow.....208.882.0540  
[www.gritman.org/services-care-areas/family-internal-medicine/moscow-family-medicine/quickcare/](http://www.gritman.org/services-care-areas/family-internal-medicine/moscow-family-medicine/quickcare/)

Homeless Youth Handbook - Washington - Health Care and Medical Rights

[www.homelessyouth.org/en/us/washington/health-care-and-medical-rights](http://www.homelessyouth.org/en/us/washington/health-care-and-medical-rights)



①	Moscow Family Medicine.....	208.882.2011
	<a href="http://www.gritman.org/services-care-areas/family-internal-medicine/moscow-family-medicine/">www.gritman.org/services-care-areas/family-internal-medicine/moscow-family-medicine/</a>	
①	Moscow Medical.....	208.882.7565
	<a href="http://www.moscowmedical.com">www.moscowmedical.com</a>	
①	Nimiipuu Health Clinic.....	208.843.2271
	<a href="http://www.nimijpuuhealth.org">www.nimijpuuhealth.org</a>	
①	Palouse Medical.....	509.332.2517
	<a href="http://www.palousemedical.com">www.palousemedical.com</a>	
⑥	Pomeroy Medical Clinic.....	509.843.1491
	<a href="http://www.garfieldcountyhospital.com/pomeroy-medical-clinic">www.garfieldcountyhospital.com/pomeroy-medical-clinic</a>	
⑨	Pullman Regional Hospital.....	509.332.2541
	<a href="http://www.pullmanregional.org">www.pullmanregional.org</a>	
⑨	Rural Resources Health Home Program.....	509.332.0365
	<a href="http://www.ruralresources.org/program/health-home-program">www.ruralresources.org/program/health-home-program</a>	
①	Snake River Community Clinic.....	208.743.5899
	<a href="http://www.srccfreeclinic.org">www.srccfreeclinic.org</a>	
⑨	St. Joseph Regional Medical Center.....	208.743.2511
	<a href="http://www.sjrmc.org">www.sjrmc.org</a>	
①	Total Health Physician Group - Moscow.....	208.892.1346
⑨	Total Health Physician Group - Pullman.....	509.332.6688
④	TriState Health.....	509.758.5511
	<a href="http://www.tsh.org">www.tsh.org</a>	
④	TriState Minor Care Center.....	509.769.2200
	<a href="http://www.tsh.org/clinics-services/minor-care-center">www.tsh.org/clinics-services/minor-care-center</a>	

⑨	Whitman Medical Clinic – Colfax.....	509.397.4717
	<a href="http://www.whmc.org">www.whmc.org</a>	
⑥	Whitman Medical Clinic – Garfield.....	509.635.4550
	<a href="http://www.whmc.org">www.whmc.org</a>	
⑨	Whitman Medical Clinic – Tekoa.....	509.284.2423
	<a href="http://www.whmc.org">www.whmc.org</a>	

### GOVERNMENT ENTITIES

④	Asotin County Health District.....	509.243.3344
	<a href="http://www.ac-hd.org">www.ac-hd.org</a>	
⑥	Garfield County Public Health.....	509.843.3412
	<a href="http://www.co.garfield.wa.us/publichealth">www.co.garfield.wa.us/publichealth</a>	
	Idaho Health and Welfare.....	208.334.5980
	<a href="http://www.healthandwelfare.idaho.gov/offices">www.healthandwelfare.idaho.gov/offices</a>	
	Idaho Medicaid	
	<a href="http://www.healthandwelfare.idaho.gov/services-programs/medicaid-health">www.healthandwelfare.idaho.gov/services-programs/medicaid-health</a>	
①	Latah Public Health - Idaho North Central District	
	<a href="http://www.idahopublichealth.com">www.idahopublichealth.com</a> .....	208.882.7506
⑨	Nez Perce Public Health - Idaho North Central District	
	<a href="http://www.idahopublichealth.com">www.idahopublichealth.com</a> .....	208.799.3100
	Washington Apple Health	
	<a href="http://www.wahealthplanfinder.org">www.wahealthplanfinder.org</a>	
⑨	Whitman County Public Health.....	509.397.6280
	<a href="http://www.whitmancountypublichealth.org">www.whitmancountypublichealth.org</a>	

## LGBTQIA+





LGBTQIA+ youth who have reported having at least one accepting adult in their life were 40% less likely to have reported a recent suicide attempt.

-THE TREVOR PROJECT


Questioning one's gender and sexual identity is a normal part of adolescence and growing up. Finding supportive people and groups can be difficult. Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, and Asexual (LGBTQIA+) people are frequent targets of discrimination, violence, and bullying/harassment. The resources below provide a safe environment, understanding, and information. They also promote gender and sexual acceptance.

ACLU LGBTQ Youth & School Resource Library  
[www.aclu.org/documents/library-lgbt-youth-schools-resources-and-links#gen](http://www.aclu.org/documents/library-lgbt-youth-schools-resources-and-links#gen)

  Chroma LCV  
[www.chromalcv.org/](http://www.chromalcv.org/)

Homeless Youth Handbook - LGBTQ  
[www.homelessyouth.org/en/us/washington/lesbian-gay-bisexual-transgender-and-queer-lgbtq](http://www.homelessyouth.org/en/us/washington/lesbian-gay-bisexual-transgender-and-queer-lgbtq)

Ingersoll Gender Center  
[www.ingersollgendercenter.org](http://www.ingersollgendercenter.org)

 Inland Oasis.....208.596.4992  
[www.inlandoasis.org](http://www.inlandoasis.org)

It Gets Better Project  
[www.itgetsbetter.org](http://www.itgetsbetter.org)

LGBT National Coming Out Support Hotline...1.888.688.5428  
[www.lgbtcomingout.org/](http://www.lgbtcomingout.org/)

LGBT National Help Center Youth Talkline.....1.800.246.7743  
[www.lgbthotline.org](http://www.lgbthotline.org)

LGBTQ and All  
[www.lgbtqandall.com](http://www.lgbtqandall.com)

 Life Works Counseling & Consulting.....509.254.3097  
*Telehealth*  
[www.lifeworksclarkston.com/services](http://www.lifeworksclarkston.com/services)

Love is Respect.....1.866.331.9474  
[www.loveisrespect.org](http://www.loveisrespect.org) Text "LOVEIS" to 22522

 PFLAG - Clarkston, WA  
[pflagclarkston@gmail.com](mailto:pflagclarkston@gmail.com) - Facebook - Instagram

 PFLAG - Moscow, ID  
[moscowpflag@gmail.com](mailto:moscowpflag@gmail.com) - Facebook - Instagram

PFLAG - National  
[www.pflag.org](http://www.pflag.org)

Q Chat Space  
[www.qchatspace.org](http://www.qchatspace.org)

The Northwest Network.....206.568.7777  
[www.nwnetwork.org](http://www.nwnetwork.org)

Trans Lifeline.....1.877.565.8860  
[www.translifeline.org](http://www.translifeline.org)

Transformation Station.....	208.746.4178
<a href="http://www.chromalcv.org/transformation-station">www.chromalcv.org/transformation-station</a>	
Trevor Project.....	1.866.488.7386
<a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>	
	Text 678678
True Colors United.....	1.212.461.4401
<a href="http://www.truecolorsunited.org">www.truecolorsunited.org</a>	
We R Native	
<a href="http://www.wernative.org/my-relationships/sexual-health/lgbt-two-spirit">www.wernative.org/my-relationships/sexual-health/lgbt-two-spirit</a>	

## LOCAL COALITIONS & ORGANIZATIONS

A Community Coalition establishes and builds relationships within a community where better ideas and outcomes can be achieved together.

Clarkston EPIC Coalition.....	509.758.3341
<a href="http://www.clarkstonepic.org">www.clarkstonepic.org</a>	
Colfax Community Coalition.....	509.280.2551
<a href="http://www.new-prevention.com">www.new-prevention.com</a>	
Harvest Wesleyan Church.....	509.758.6800
<i>Youth Group</i>	
<a href="http://www.lcharvest.church/">www.lcharvest.church/</a>	
Healthy Tekoa.....	509.284.3281
<a href="http://www.healthYTEKOA.org">www.healthYTEKOA.org</a>	
Lapwai Community Coalition.....	208.816.9500
Lewis-Clark Valley Young Life.....	208.791.3501
<a href="http://www.lcv.younglife.org/">www.lcv.younglife.org/</a>	
Palouse Prevention Coalition.....	509.330.0576
Pomeroy Partners.....	509.843.3791
<a href="http://www.pomeroypartners.org">www.pomeroypartners.org</a>	
Suicide Prevention of the Inland NW.....	509.751.7746
<a href="http://www.spinsuicideprevention.com/">www.spinsuicideprevention.com/</a>	

If you are part of or aware of a coalition/organization that is not listed, please contact us at: [www.clarkstonepic.org](http://www.clarkstonepic.org)



☛ Phoenix Counseling.....	208.717.2288
<a href="http://www.phoenixcounselingid.com/#About">www.phoenixcounselingid.com/#About</a>	
☛ Pullman Regional Hospital.....	509.339.2394
<i>Psychiatry &amp; Behavioral Health</i>	
<a href="http://www.pullmanregional.org/palouse-psychiatry-behavioral-health">www.pullmanregional.org/palouse-psychiatry-behavioral-health</a>	
☛☛ Quality Behavioral Health.....	509.758.3341
<a href="http://www.qbhs.org">www.qbhs.org</a>	
☛ River Place Counseling.....	208.750.1802
<a href="http://www.riverplacecounseling.com">www.riverplacecounseling.com</a>	
☛ Riverside Recovery.....	208.746.4097
<a href="http://www.riversiderecovery.net">www.riversiderecovery.net</a>	
☛ Scott Community Care.....	208.882.3504
<a href="http://www.scottcommunitycare.com">www.scottcommunitycare.com</a>	
☛ Sequoia Counseling Services.....	208.798.1646
☛ Serenity Treatment LLC.....	208.743.5906
<a href="http://www.serenity-treatment-llc.business.site/">www.serenity-treatment-llc.business.site/</a>	
☛ TriState Behavioral Health.....	509.769.2211
<a href="http://www.tsh.org/clinics-services/behavioral-health/">www.tsh.org/clinics-services/behavioral-health/</a>	
☛ University of Idaho Counseling.....	208.885.6716
<i>Students Only</i>	
<a href="http://www.uidaho.edu/current-students/ctc">www.uidaho.edu/current-students/ctc</a>	
☛ Weeks & Vietri Counseling & Community Services	
<a href="http://www.weeksandvietri.com">www.weeksandvietri.com</a> .....	208.882.8514
☛ Wilson Psychological Services.....	509.334.0782

## Mental Health Support Groups

American Foundation for Suicide Prevention  
*Find a support group database*

[www.afsp.org/find-a-support-group](http://www.afsp.org/find-a-support-group)

Coping After Suicide - LGBTQIA+

[www.copingaftersuicide.com/support-groups](http://www.copingaftersuicide.com/support-groups)

☛☛ Disability Action Center NW.....

1.800.475.0070

[www.dacnw.org/](http://www.dacnw.org/)

☛ Latah County NAMI Family Support Group.....

208.882.3427

[www.lamiadvocacy.org/about-us](http://www.lamiadvocacy.org/about-us)

☛ Palouse River Counseling.....

509.334.1133

*Whitman County Residents Only*

[www.palouserivercounseling.org/groups.html](http://www.palouserivercounseling.org/groups.html)

Suicide Bereavement for Teens.....

571.206.1778

Jessica Lincoln: [SB4TLoudoun@gmail.com](mailto:SB4TLoudoun@gmail.com)

The Salvation Army.....

208.743.9693

[www.lewiston.salvationarmy.org/](http://www.lewiston.salvationarmy.org/)

## EATING DISORDERS



Did you know that in the United States 30 million people suffer from a clinically significant eating disorder at some point in their lives?

—NATIONAL EATING DISORDERS ASSOCIATION

Eating disorders are serious but treatable conditions that involve extreme emotions and behaviors surrounding food and weight or shape. They can arise from psychological, emotional, social, and familial situations, but they have no single reason or cause. Eating disorders can become life threatening, so getting professional help is important. The following agencies provide support for people who are dealing with an eating disorder.

- Alliance for Eating Disorders Awareness Hotline  
[www.allianceforeatingdisorders.com](http://www.allianceforeatingdisorders.com).....1.866.662.1235
- Eating Disorder Hope.....1.866.932.1264  
[www.eatingdisorderhope.com](http://www.eatingdisorderhope.com)
- Eating Disorders Anonymous  
[www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org)
- National Eating Disorders Association.....1.800.931.2237  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
- Overeaters Anonymous.....505.891.2664  
[www.oa.org](http://www.oa.org)
- 📍 Pullman Regional Hospital.....509.339.2394  
*Psychiatry and Behavioral Health*  
[www.pullmanregional.org/palouse-psychiatry-behavioral-health](http://www.pullmanregional.org/palouse-psychiatry-behavioral-health)
- The Body Positive Center for Discovery.....1.877.554.0563  
[www.centerfordiscovery.com](http://www.centerfordiscovery.com)
- The Emily Program.....1.888.364.5977  
[www.emilyprogram.com](http://www.emilyprogram.com)

## GRIEF AND LOSS



Did you know that 1 in 5 children will experience the death of someone close to them by age 18?

—JOURNAL OF DEATH AND DYING

Dealing with the loss of a loved one is a challenging process. Often the loss can feel overwhelming and seem too much to bear. It may result in emotions such as sadness, shock, or anger, and in physical sensations such as breathlessness and lack of energy. While these are all common reactions to grief and loss, seeking additional support and resources can help you manage some of the feelings that you are dealing with. These agencies and programs that have been developed for individuals that are dealing with a loss:

- Crisis Connection Cares - Support after Suicide  
*Virtual Support Groups*  
[www.crisisconnections.org/support-after-suicide/supportgroup/](http://www.crisisconnections.org/support-after-suicide/supportgroup/)
- Friends for Survival.....1.800.646.7322  
[www.friendsforsurvival.org](http://www.friendsforsurvival.org)
- 📍 Latah County Grief & Loss.....208.885.6716
- 📍 Willow Center.....208.791.7192  
[www.willow-center.org](http://www.willow-center.org)
- You are Not Alone - Group Hope4You.....509.751.7746

## Alcohol, Drugs and Substance Use



Did you know that the percentage of teens reporting cigarette use is half of what it was a decade ago? On the other hand, vaping rates have increased significantly, and many people are uninformed about the health risks.

—2018 WA STATE HEALTHY YOUTH SURVEY

For more information on drugs and alcohol and how they affect your brain and body, check out the National Institute on Drug Abuse for Teens at [teens.drugabuse.gov](https://teens.drugabuse.gov). For information related to marijuana use and prevention, visit [youcanwa.org](https://youcanwa.org).

Signs that someone's substance use may be a problem:

- Using more than planned
- Spending more time drinking or using
- Blacking out or having trouble remembering things

In association with the WA Recovery Help Line, Teen Link provides help to teens struggling with alcohol, drugs, and gambling. Call **1.866.833.6546** or chat by going to [teenlink.org](https://teenlink.org) and clicking on the Chat page hyperlink between 2 p.m.–10 p.m. (M-F) to speak with our Substance Use Prevention Clinician or call the WA Recovery Help Line 24 hours a day at 1.866.789.1511.

Addiction Resource.....1.866.912.6614  
[www.addictionresource.com/](https://www.addictionresource.com/)

American Lung Association - NOT for Me (Nicotine)  
[www.notforme.org](https://www.notforme.org)

❶ CHAS Lewis & Clark Medical.....208.848.8300  
*At Providers Discretion*  
[www.chas.org/locations/lewis-clark-health-center](https://www.chas.org/locations/lewis-clark-health-center)

❷ Clearwater Medical Clinic.....208.743.8416  
[www.clearwatermedclinic.com](https://www.clearwatermedclinic.com)

Homeless Youth Handbook - Washington - Mental Health and Substance Abuse  
[www.homelessyouth.org/en/us/washington/mental-health-and-substance-abuse](https://www.homelessyouth.org/en/us/washington/mental-health-and-substance-abuse)

Idaho Health & Welfare Mental Health Services  
.....208.799.4440  
<https://healthandwelfare.idaho.gov/services-programs/behavioral-health/get-help-1>

Idaho Youth Empowerment Services.....208.799.4440  
<https://yes.idaho.gov/>

❸ Ideal Option.....1.877.522.1275  
[www.idealoption.com/find-a-clinic](https://www.idealoption.com/find-a-clinic)

Live Vape Free  
[www.livevapefree.org](https://www.livevapefree.org)

Marijuana Anonymous  
[www.marijuana-anonymous.org](https://www.marijuana-anonymous.org)

National Institute on Drug Abuse  
[www.nida.nih.gov/](https://www.nida.nih.gov/)

National Substance Abuse Hotline.....1.866.210.1303  
[www.nationalrehabhotline.org/](https://www.nationalrehabhotline.org/)

❹ New Beginnings Counseling and Support.....208.746.7661  
[new-beginnings-counseling-and-support.business.site/](https://new-beginnings-counseling-and-support.business.site/)

❺ Palouse River Counseling.....509.334.1133  
*Whitman County Residents Only*  
[www.palouserivercounseling.org](https://www.palouserivercounseling.org)

- 46** Quality Behavioral Health.....509.758.3341  
[www.qbhs.org](http://www.qbhs.org)
- 47** Riverside Recovery.....208.746.4097  
[www.riversiderecovery.net](http://www.riversiderecovery.net)
- 48** Serenity Treatment LLC.....208.743.5906  
[www.serenity-treatment-llc.business.site/](http://www.serenity-treatment-llc.business.site/)
- Smoke Free  
*Tobacco* - <https://teen.smokefree.gov/become-smokefree>  
*Vaping* - [www.teen.smokefree.gov/quit-vaping](http://www.teen.smokefree.gov/quit-vaping)
- Truth Initiative - This is Quitting....Text "DITCHVAPE" to 88709  
[www.truthinitiative.org/thisisquitting](http://www.truthinitiative.org/thisisquitting)
- 49** Weeks & Vietri Counseling & Community Services  
[www.weeksandvietri.com](http://www.weeksandvietri.com) .....208.882.8514

## Substance Use Support Groups

Alateen

[www.al-anon.org/newcomers/teen-corner-alateen/](http://www.al-anon.org/newcomers/teen-corner-alateen/)

Alcoholics Anonymous.....509.758.2821

[www.area92aa.org](http://www.area92aa.org)

**1** Celebrate Recovery.....208.882.2484

[www.liferotp.com](http://www.liferotp.com)

Narcotics Anonymous

[www.narcotics.com/narcotics-anonymous](http://www.narcotics.com/narcotics-anonymous)

Narcotics Anonymous Youth Meeting.....208.790.8083

**49** New Beginnings Counseling and Support.....208.746.7661

[new-beginnings-counseling-and-support.business.site/](http://new-beginnings-counseling-and-support.business.site/)

**49** Palouse River Counseling.....509.334.1133

*Whitman County Residents Only*

[www.palouserivercounseling.org/groups1.html](http://www.palouserivercounseling.org/groups1.html)

**46** Quality Behavioral Health.....509.758.3341

[www.qbhs.org](http://www.qbhs.org)









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**CLARKSTON**  
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INSPIRING CHANGE

[www.clarkstonepic.org](http://www.clarkstonepic.org)



[ac-hd.org](http://ac-hd.org)

**TEENLINK**

**1.866.TEENLINK**  
[www.TEENLINK.org](http://www.TEENLINK.org)

Access a  
digital copy  
of the  
resource  
booklet here:

