



**Earlybird**

# **Local Counseling Services**

For teens struggling with substance misuse and addiction



# Earlybird

## Lakeside-Milam Recovery Centers

### Areas of Service

- Prevention
- Possible Drug Use
- Discovered Drug Use
- Addiction

### Examples of Resources for Parents

- Attend free weekly intervention classes to learn about disease of addiction, and how to get into recovery
- Get a free Clinical Addiction Assessment
- Get referrals for treatment, etc.
- Get free substance use disorder educational lectures

### Method of Contact

- **Phone:** (866) 613-8810
- **Email:** [help@lakesidemilam.com](mailto:help@lakesidemilam.com)

### Business Hours

- 24 hour helpline

### Locations

- Issaquah, Kirkland, Renton, Seattle, Auburn, Tacoma, Puyallup, Everett, Edmonds



# Earlybird

## CrossPath Counseling and Consultation

### Areas of Service

- Prevention
- Possible Drug Use
- Discovered Drug Use
- Addiction

### Examples of Resources for Parents

- Get individual/family/ or group therapy for youth and for parents

### Method of Contact

- **Phone:** (425) 369-1111
- **Email:** [cpc@CrossPathCounseling.com](mailto:cpc@CrossPathCounseling.com)
- **Contact form**

### Business Hours

- Billing questions and new patient scheduling (by email and phone): Monday - Thursday
- Counseling (by appointment only): Monday – Friday 9:00 AM - 8:00 PM

### Locations

- 550 222nd PL SE Sammamish, WA 98074



# Earlybird

## Youth Eastside Services (YES)

### Areas of Service

- Prevention
- Discovered Drug Use
- Addiction

### Examples of Resources for Parents

- Youth and family counseling
- Substance use treatment
- Road to recovery group therapy
- Parent/caregiver support group
- Uproars activity program
- In-school prevention and intervention, etc.

### Method of Contact

- **Phone:** (206) 461-3222 (Crisis Connections)

### Business Hours

- Walk-in assessments: Mondays 1:00 - 4:00 PM
- Schedule an intake assessment: Tuesday - Friday
- Regular office hours: Monday - Thursday 8:00 AM - 8:00 PM and Friday 8:00 AM - 4:00 PM

### Locations

- Bellevue, Kirkland, Redmond



## Friends of Youth

### **Areas of Service**

- Prevention
- Discovered Drug Use
- Addiction

### **Examples of Resources for Parents**

- Mental health counseling
- Substance abuse treatment
- Parenting education and support
- Drop-out prevention and academic support, etc.

### **Method of Contact**

- **Phone:** (425) 869-6490
- **Phone:** (206) 236-KIDS (24 hour hotline for emergency overnight shelter)
- **Email:** [info@friendsofyouth.org](mailto:info@friendsofyouth.org)

### **Locations**

- Issaquah, Duvall, North Bend



# Earlybird

## King County 24-hour Crisis Line

### Areas of Service

- Possible Drug Use
- Discovered Drug Use
- Addiction

### Examples of Resources for Parents

- Speak with a specialist 24/7 to determine if someone needs professional consultation
- Find appropriate services for you

### Method of Contact

- **Phone:** (866) 427-4747
- **Email:** [recovery@crisisclinic.org](mailto:recovery@crisisclinic.org)

### Business Hours

- 24 hour helpline

### Locations

- Counties in Washington: King, Pierce, Clark, Skamania, Klickitat, Grant, Okanogan, Chelan, Douglas



## Youth Crisis Text Line

### **Areas of Service**

- Possible Drug Use
- Discovered Drug Use
- Addiction

### **Examples of Resources for Parents**

- Text to reach a live, trained Crisis Counselor who will respond and help you move from a hot moment to a cool moment

### **Method of Contact**

- **Text:** HOME to 741741

### **Business Hours**

- 24 hour helpline



# Earlybird

## WA Recovery Helpline

### Areas of Service

- Discovered Drug Use
- Addiction

### Examples of Resources for Parents

- Speak with Specialist 24/7/365;
- Email to get response within 2 business days;
- Text M-F 9 AM - 9 PM
- Find treatment

### Method of Contact

- **Phone:** (866) 789-1511
- **Email:** [recovery@crisisclinic.org](mailto:recovery@crisisclinic.org)

### Business Hours

- 24 hour helpline