

*There are many available in our community. Below are just a few:*

### **General Grief/Crisis Resources (for all age ranges)**

- **Crisis Connections:** 206.461.3222 [www.crisisconnections.org](http://www.crisisconnections.org)  
This 24-hour crisis line offers crisis support or resources. They may be able to direct you to support groups.
- **Crisis Text Line:** Text HOME to **741741** from anywhere in the U.S., anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from a secure online platform.
- **Grief Services at Virginia Mason:** 206.223.6398 <https://www.virginiamason.org/separation-and-loss-services> Individual and group treatment for all ages.
- **Evergreen Grief and Bereavement:** 425.899.1077 [www.evergreenhealth.com/grief](http://www.evergreenhealth.com/grief)  
Provides information on grief and loss and offers support groups and counseling.
- **Eluna (Formerly The Moyer Foundation):** 206.298.1217 <https://elunanetwork.org/>
- **Eastside Psychological Associates:** 425.458.5048 (Intake)  
425.481.5700 (General Info)  
Issaquah, Bothell, & Snoqualmie locations. Call for currently offered Grief Groups.

### **For Parents**

- **One Caregiver Educational Support Group:** 425.324.7336  
[ournewexperiences@gmail.com](mailto:ournewexperiences@gmail.com)  
Mindfulness-based support group for caregivers of children, youth, & young adults with mental health or substance abuse challenges. Location is at Redmond Public Library.

### **For Students**

- **Safe Crossing:** 206.652.4723  
[info@safecrossingsfoundation.org](mailto:info@safecrossingsfoundation.org)  
<https://safecrossingsfoundation.org/find-support>

**Children's Grief Support Program** - Safe Crossings is a program for children who are facing or have experienced the loss of a loved one. We honor the philosophy that each child's needs are unique. Our Master's level counselors can provide compassionate and knowledgeable support for grieving children of all ages and their families living in King and South Snohomish Counties. Safe Crossings is designed to offer a variety of education and support opportunities, including phone consultations, grief support groups, activities and workshops.

## Drug and Alcohol Specific Resources

- **Washington 24-Hour Recovery Help Line:** 866.789.1511  
[www.warecoveryhelpline.org](http://www.warecoveryhelpline.org)  
24 hour help for substance abuse, problem gambling, & mental health
- **University of Washington Alcohol and Drug Abuse Institute**  
<https://adai.uw.edu/information/treatment-help/>  
Many resources are listed on this website for all ages
- **Stopoverdose.org**  
<http://stopoverdose.org/>  
Helping individuals & communities in WA respond to prevent opioid overdose
- **Public Health Insider:** [article](#) regarding Fentanyl in King County, and what people can do
- **Parent Information on Drug Abuse**  
[National Institute on Drug Abuse for Teens](http://www.nidat.org/)  
Provides factual information parents can use to improve their knowledge base and conversations with their kids

## Drug and Alcohol Treatment Resources

- **Hazelden Betty Ford Foundation (Bellevue):** 866.831.5700  
<https://www.hazeldenbettyford.org>  
Resources for families of an individual with addiction. Treatment available for people of all ages.
- **Lakeside Milam Recovery Centers:** 888.246.1805  
For 18 years old & over only. Many locations around the area, including in Issaquah and Renton. Different types of programs offered, including individual, group and family.
- **Friends of Youth (Issaquah):** 425.392.6367  
Works with individuals 25 and under.
- **Therapeutic Health Services:** 425.747.7892 (Bellevue)  
[www.ths-wa.org](http://www.ths-wa.org)  
Works with both youth and adults. Many locations in the area, including Bellevue.
- **Youth Eastside Services:** 425.747.4937  
<https://www.youtheastideservices.org/>  
Offers youth and family counseling, and substance abuse specific treatment.

## Resources on Keeping Medications Secure

- **Take Back Your Meds**  
<http://www.takebackyourmeds.org>
- **Free Disposal of Expired, Unneeded or Unwanted Prescription Drugs**
  - **Drop Boxes:** Click for locations of [King County drop boxes](#)
  - **Mail-back envelopes:** Sammamish, Issaquah and Newcastle public libraries have mail-back envelopes. Put unneeded medicines in the envelope, seal and drop in any available mailbox.
- **Lock Box Storage for Medications** – many retailers offer a variety of different products to lock up prescription medications in your home.