If what you or someone you know is experiencing is an emergency or a mental health crisis, call 911.

The goal of the Lake Washington High School Community is to support students both ON and OFF campus by ensuring students receive necessary services and have access to resources regardless of if school is in session.

Food Insecurity

Resources for if you or your family or a peer is experiencing food insecurity:

- **Hopelink Food Banks & Emergency Feeding Service:** (425) 869-0000
- **Together Center - Community Services:** (425) 869-6699
- **Maywood Hill Free Little Pantry Bothell:** (505) 907-4925
- **Washington 2-1-1:** Free meals and food pantries information, call 2-1-1.

Housing Insecurity

Resources for if you or your family or a peer is experiencing housing insecurity:

- **Hopelink Housing** (425) 556-9289
- **Friends of Youth** (425) 869-6490
- **Youth Haven** (206)-236-5437

Mental Health Resources

- **Friends of Youth (Redmond)** (425)-869-6490
- **YES (Kirkland, Bellevue, Redmond)** (425)-747-4937
- **Crisis Counseling (24hour crisis line)** (866)-427-4747
- **NAMI Eastside** (425)-885-6264
- **Sea Mar Community Health Center** (425)-460-7114
- **Teen link help line Call OR Text**: 1-866-TEENLINK/ (866) 833-6546

Domestic Concerns

- **YES! Counseling** (425)-747-4937
- **LifeWire (Bellevue)** (800)-827-8840
- **New Beginnings (24 hour help line)** (206)-522-9472

LGBTQIA Resources

- **Teen link help line Call OR Text:** 1-866-TEENLINK/ (866) 833-6546
- **Lambert House:** 1818 15th Ave Seattle, WA 98122 Phone: 206-322-2515
- **Trevor Project**: Free and confidential 24/7 Phone: (212) 695-8650

Alcohol & Substance Abuse

- **Sea Mar Community Health Center** (425)-460-7114
- **Teen link help line Call OR Text**: 1-866-TEENLINK/ (866) 833-6546

Basic Health Services	
Family Services - Lake Washington School District: In addition, the following agencies will help to match you to other organizations that may be of assistance: • Crisis Connections 866-427-4747 • Eastside Human Services Forum (Eastside Helps) 425-556-2423 • Together Center 425-869-6699 • City of Kirkland 425-587-3322 • City of Redmond 425-556-2416 • City of Sammamish 425-295-0511.	