



Resources

At International Community School

Each of these people are available to answer questions and offer support if you are concerned about a friend.

- Ms. Cummings, High School Counselor
- Ms. Goss-Grubbs, YES Behavioral Health Support Specialist
- Teachers who have received Youth Mental Health First Aid Training:
 - o Ms. Ann
 - o Mr. Brandy
 - o Ms. Fraleigh

Helplines

- [TeenLink](#)
866-833-6546
Text or talk 6-10pm
- [Crisis Text Line](#)
Text TMHFA to 741741
24 hours a day, 7 days a week
- [Crisis Connections](#)
866-427-4747
- [National Suicide Prevention Lifeline](#)
800-273-8255
- Drug and Alcohol 24 Hour Helpline
206-722-3700

Counseling Agencies- Eastside

- [Youth Eastside Services](#) 425-747-4937
- [Friends of Youth](#) 425-869-6490
- [Sound Mental Health](#) 206-901-2000
- The Trevor Project
- Teens Health
- National Alliance on Mental Illness
- National Institute of Mental Health

