**External Supports (Community Agencies, State, and National)**

* [National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/): 988
* [Nacional de Prevención del Suicidio](https://suicidepreventionlifeline.org/help-yourself/en-espanol/): 1-888-628-9454
* [Crisis Connections 24-hour Crisis Line](https://www.crisisconnections.org/24-hour-crisis-line/): 1-866-427-4747
* [Crisis Text Line](https://www.crisistextline.org/): Text HOME to 741741
* BIPOC Crisis Text Line: Text STEVE to 741741
* Crisis Text Line en Español: Envía AYUDA en un texto al 741741
* [The Trevor Project](https://www.thetrevorproject.org/) (for LGBTQ youth): 1-866-488-7386 or Text START to 678678
* [Trans Lifeline](https://translifeline.org/): 1-877-565-8860
* [Teen Link](https://www.crisisconnections.org/teen-link/): Call or Text 866-833-6546 (Evenings from 6pm-10pm)
* [Seattle Children’s Hospital Emergency Department](https://www.seattlechildrens.org/clinics/emergency-department/contact-locations/): Call 206-987-8811 or Visit 4500 40th Ave NE, Seattle, WA 98105

**School Resources**

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| **Resource** | **Phone Number** |
| School Counselor | See District Website for Your Local School |
| School Psychologist | See District Website for Your Local School |
| Principal | See District Website for Your Local School |

**Community Resources**

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| **Resource** | **Specialties** | **Phone Number** |
| Youth Eastside Services (YES) | Youth & Family Counseling, Parenting Help, Violence Prevention, D/A Services, Mentoring, Latino Programs | (425) 747- 4937 |
| Sound Mental Health (SMH) | Community Mental Health Services, Youth & Child Counseling, Family Counseling, D/A Services | (425) 653-4900 |
| Consejo Counseling & Referral Service | Multicultural Mental Health Services, Specializes in working with Latino Families, Behavioral Health, Psychiatric Care, D/A Services | (425) 679-0801 |
| Asian Counseling Referral Services (ACRS) | Multicultural Mental Health Services, Specializes in working with Asian Pacific Americans, D/A Services | (206) 695-7600 |
| Lakeside-Milam (Kirkland) | Drug & Alcohol Treatment | (425) 822-5095 |
| Department of Social & Health Services (DSHS)  | Benefits, Mentoring, Disability Services, Child Abuse Reporting & Prevention, Family Reconciliation Services (FRS) | (425) 590-3000 1-800 609-8764 |
| At-Risk Youth Petition(ARY)/Child in Need of Services (CHINS) | Legal Assistance for Children with Substance Abuse Concerns, Leaving Home for >72 Hours, & Health and Safety Concerns | 1-800 609-8764 |
| Community Crisis Outreach Services (CCORS) | Short-term Crisis Services to Children, Youth, and Families  | (206) 461-3222(866) 4-CRISIS |
| Ryther | Behavioral Health Services for Children & Families, Autism Services, Psychiatry, D/A Services | (206) 525-5050 |
| HopeLink | Housing, Food, Financial Help, School Supply Support,  | (425) 943-7555 |
| Teen Link | Help line answered by teens | 1-866-TEENLINK (866-833-6546) |
| Developmental Disabilities Administration (DDA) | Case Management, Housing, Employment, Individual and Family Services | 206-568-5700 |
| Friends of Youth | Youth Shelters, Parent Education, Youth and Family Counseling | (425) 869-649024-hr hotline: (206) 236-KIDS |

**Text Resources**

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| **Topic** | **Book/Web Title** | **Author(s)** |
| **PBIS** |
|  | PBIS Website<http://www.pbis.org/> | Multiple |
|  | Parenting with Positive Behavior Support | Hieneman, M. & Childs, K. |
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| **General Parenting** |
|  | 1-2-3 Magic | Phelan, T. |
|  | The Explosive Child | Greene, R.  |
|  | The Difficult Child | Turecki, S. & Tonner, L. |
|  | 7 Habits of Happy Kids | Covey, S. & Curtis, S. |
|  | Love & Logic Series | Fay, J., Cline, F. & Fay, C.  |
|  | School Behavior.com <http://www.schoolbehavior.com> | Multiple |
|  | Helping the Noncompliant Child | McMahon, R. & Forehand, R. |
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| **Anger Management/Emotional Regulation** |
|  | A Volcano in My Tummy | Whitehouse, E. & Pudney, W. |
|  | Aggression Replacement Training | Glick, B. & Gibbs, J. |
|  | Everybody Gets Angry | Pill, E. |
|  | Josh’s Smiley Faces: A Story about Anger | Ditta-Donahue, G. & Blake, A. |
|  | Anger Mountain | Hebert, B. |
|  | Zones of Regulation | Kuypers, L. |
|  | How Does Your Engine Run? | Williams, M. & Shellenberger, S. |
|  | Seeing Red | Simmonds, J. |
|  | How to Take the Grrr Out of Angry | Verdick, E. & Lisovskis, M. |
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| **ADHD** |
|  | Cory Stories: A Kid's Book About Living With ADHD | Kraus, J. & Martin, W. |
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| **Autism** |
|  | Navigating the Social World | McAfee, J. & Attwood, T. |
|  | The Complete Guide to Asperger's Syndrome | Carol Gray |
|  | Families for Effective/Early Autism Treatment (FEAT) Website:<http://www.featwa.org/> | Multiple |
|  | Freaks, Geeks, & Asperger Syndrome | Luke Jackson |
|  | Comic Strip Conversations | Gray, C. |
|  | The Social Skills Picture Book | Baker, J. |
|  | My Social Stories Book | Gray, C. |
|  | Thinking About You, Thinking About Me | Garcia Winner, M. |
|  | You Are a Social Detective | Garcia Winner, M. |
|  | Superflex ... A Superhero Social Thinking Curriculum | Garcia Winner, M. |
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| **Anxiety** |
|  | What to Do When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety | Dawn Huebner |
|  | When My Worries Get Too Big: A Relaxation Book for Children Who Live with Anxiety | Kari Dunn Buron |
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| **Bipolar** |
|  | Brandon and the Bipolar Bear | Anglada, T. & Taylor, J. |
|  | My Bipolar, Roller Coaster, Feelings Books | Hebert, B. |
|  | Intense Minds: Through the Eyes of Young People with Bipolar Disorder | Anglada, T. |
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| **Obsessive Compulsive Disorder (OCD)** |
|  | Brain Lock | Jeffery Schwartz |
|  | What to Do When Your Brain Gets Stuck: A kids Guide to OCD | Huebner, D. & Matthews, B. |
|  | Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents  | Chansky, T. |
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| **Executive Functioning** |
|  | Executive Skills In Children and Adolescents | Dawson, P. & Guare, R. |
|  | Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential | Dawson, P. & Guare, R. |
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| **Visuals & Charts** |
|  | Kid Pointz Website: <http://www.kidpointz.com> |  |
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| **Relaxation** |
|  | Ready Set Relax | Allen, J. & Klein, R. |
| **School Resources** |
|  | Safe & Civil Schools | Randy Sprick |
|  | CHAMPS: A Proactive and Positive Approach to Classroom Management, 2nd Edition | Randy Sprick |