



COMMUNITY RESOURCES

Compiled from the Puget Sound & Greater Seattle areas

Presented by SCT, The 5th Avenue Theater, & The Alliance for Gun Responsibility

Bullying

AACAP

[Bullying Resource Center](#)

Committee for Children

[Bullying Prevention Resources | Committee for Children](#)

No Bullying

<https://www.nobully.org/> or Tele: 1-866-488-7386

Stop Bullying

[Get Help Now | StopBullying.gov](#)

TeenLink

[Resources - Teen Link](#)

Eating Habits & Food Scarcity

TeenLink

[Eating Disorders - Teen Link](#)

Northwest Harvest

[SODO Community Market - Northwest Harvest](#)



Housing

Cascade Housing Foundation

<https://www.cascadehousingfoundation.org/housing>

Chief Seattle Club

[Supportive Housing — Chief Seattle Club](#)

Compassion Housing Alliance

[Get Help – Compass Housing Alliance](#)

Cocoon Housing

[Immediate Help — Cocoon House](#)

Communities of Belonging

<https://communitiesofbelonging.org/restorative-home>

Jubilee Women’s Center

[Jubilee Application](#)

Lavender Rights Project

[Housing Justice — Lavender Rights Project](#)

POCAAN

<http://www.pocaan.org/best-start>

Northwest Justice

[Get Legal Help | Northwest Justice Project](#)

MLKHousing

<https://bblessedhousing.com/>

Legal Services

King County Bar

[FREE LEGAL ASSISTANCE](#)

Lavender Rights Project

[Legal Services for Black & Indigenous Communities — Lavender Rights Project](#)

QLAW Foundation of Washington

[QLaw Foundation](#)



TeamChild

[Legal Services for Black & Indigenous Communities — Lavender Rights Project](#)

LGBTQIA+

Alphabet Alliance of Color

[Alphabet Alliance of Color](#)

Black Trans Advocacy Coalition

[Black Trans Advocacy Coalition](#)

Human Rights Campaign

[Transgender - Human Rights Campaign](#)

Ingersoll Gender Center Trans Peer Support Group

[Peer Support Group - Ingersoll Gender Center](#)

Lambert House

[Lambert House](#)

Lavender Rights Project

[Legal Services for Black & Indigenous Communities — Lavender Rights Project](#)

Mazzoni Center

[Mazzoni Center](#)

Queer Art

[QUEER | ART](#)

Trans Theater Lab

[trans lab](#)

Trans Women of Color Solidarity Network

[TWOC Solidarity Network \(@twocsolidaritynetwork\) • Instagram photos and videos](#)

The Trevor Project

[The Trevor Project](#)



Mental Health

Crisis Connection - County Based Hotline

[24-Hour Crisis Line](#)

Fairfax

<https://www.fairfaxhospital.com/programs>

TeenLink

[Mental Health - Teen Link](#)

Physical Abuse

Children's Hospital

[Child Abuse and Neglect](#)

Domestic Shelters

[Seattle, WA Domestic Violence Help, Programs](#)

Northwest Family Life

[Domestic Violence Counseling Seattle Wa | Physical, Psychological, Emotional & Sexual Abuse](#)

Post-Incarceration Reentry

Chief Seattle Club

[Re-Entry — Chief Seattle Club](#)

Fusion Housing

[FUSION Transitional Housing Assistance Federal Way King County](#)

Interaction Transition

[Interaction Transition](#)

OpenArms Services

[Open Arms Services](#) or Tele: (206) 772-5242

Transitional Housing

[Transitional Housing](#)



UpliftNW

[Job Seekers - Uplift Northwest](#)

WeldSeattle

<https://www.weldseattle.org>

Suicide

Crisis Text Line

Text: 741741

TeenLink

[Suicide - Teen Link](#)

National Suicide Prevention hotline

Call: 9-8-8

Now Matters Now

[Help Now](#)

Suicide Lifeline

Call: 1-800-273-8255

Substance Abuse

23rd & Cherry Fellowship

[Meeting Times — 23RD & CHERRY FELLOWSHIP](#)

FairFax

[Adult Co-occurring & Detox Program | Fairfax Behavioral Health](#)

Narcotics Anonymous

https://www.na.org/admin/include/spaw2/uploads/pdf/pr/InfoAboutNA_Nov2018.pdf

POCAAN

[BREAKING THE CHAINS | POCAAN](#)

TeenLink

[Substance Use - Teen Link](#)

Washington Recovery Helpline

Call 1-866-789-1511 or Dial 7-1-1



Transportation

Crisis Connection - Ride United

[Ride United < Crisis Connections](#)

King County Metro Services

[Metro - King County, Washington](#)

LOCAL COMMUNITY ORGANIZATIONS

Community Org	Website
DECRIMINALIZE SEATTLE	https://decriminalizeseattle.com/ https://www.facebook.com/decrimseattle
KING COUNTY EQUITY NOW	https://www.kingcountyequitynow.com/ https://www.facebook.com/KingCountyEquityNow
BLACK LIVES MATTER (SEATTLE)	https://blacklivesseattle.org/ https://www.facebook.com/blmseattle https://www.facebook.com/BLMSEA206
Vivid Matter Collective	https://vividmattercollective.com/ https://www.facebook.com/vividmattercollective
Community PassageWays	https://www.communitypassageways.org/mission
Community Org	Website
The Covenant	www.The-covenant.org
Mothers for Police Accountability	https://www.mothersforpoliceaccountability.org/
Moms Demand Action	https://momsdemandaction.org/



Grandmothers Against Gun Violence	https://www.grandmothersagainstgunviolence.org/about-grandmothers
Choose180	https://choose180.org/mission-history



GLOSSARY

Provided by Trans Lifeline

[Resources - Glossary of Terms & Definitions](#)

Bisexual – A person who is sexually and/or romantically attracted to two or more genders (not necessarily men and women). More recently, the term has been used to describe a level of sexual fluidity in which a person’s attractions may move in one or more directions along a spectrum of sexuality.

Cisgender – An individual whose gender identity matches their birth assignment. Cisgender is often abbreviated as “cis.”

Cishet – A slang term used mostly within the queer and transgender community to describe cisgender heterosexual individuals.

Coming Out – The act of accepting and/or disclosing one’s true gender identity or sexual orientation to others, which can occur during any phase of life. Social, legal, and/or physical transition may accompany coming out.

Gender Affirming Surgery – Any one of a number of surgical procedures intended to alleviate the dissonance between a person’s body and their gender identity. Colloquially in the trans community, gender-affirming surgery may be referred to as “bottom” or “top” surgery, with bottom surgery pertaining to removal and/or reconstruction of a person’s primary sex characteristics and/or external genitalia, and “top surgery” consisting of removal, reconstruction, or augmentation of the breast tissue. Not all transgender people elect to have surgery as part of their medical transition; some transgender people choose not to medically transition at all. It’s important to note that many cisgender people also participate in Gender Affirming Surgery or procedures including, but not limited to, breast implants, hormone replacement therapy for menopausal cis women, hair transplants, Viagra, laser hair removal, etc.

Gender Expression – The external manifestation of a person’s gender identity, which may or may not conform to gender stereotypes and may be expressed through clothing, appearance, behavior, and/or prosthetics.

Genderfluid – A state of fluctuating, or shifting, between various genders, depending on a person’s internal state. Genderfluid individuals may or may not change their gender expression, pronouns, and/or name due to shifts in their gender identity. Genderfluid individuals’ expression of their identities may be context-sensitive and/or based on preferences/feelings.

Gender Identity – An individual’s innate, internal conception of being man, woman, both, neither, or any combination thereof, which may or may not correspond to the person’s external anatomy or assigned sex at birth (LGBT Health Education Center, 2019). Transgender people have a gender identity that is different than the one assigned to them at birth.

Gender–Neutral – A term used to denote all-gender-inclusive spaces, language, concepts, items, and more (for instance, gender-neutral clothing, gender-neutral language, gender-neutral bathrooms).

Non-Binary – An umbrella term used to describe someone whose gender identity falls outside of the traditional Western binary; a gender identity that cannot be classified as exclusively “man” or “woman.”

Pansexual – An individual who is sexually attracted to people of all genders and/or gender presentations.

Pronouns – Grammatical terms used to reference a person in place of a proper noun, often connected to gender. “He,” “she,” “they,” “ze,” etc. are all examples of pronouns.

Transition – The process of undergoing social, legal, and/or medical transition from one’s birth-assigned gender to another. For instance, a person assigned male at birth might possess a gender identity of woman, and therefore change her name and pronouns, as well as the gender marker on her government-issued documents. Transitioning is a personal process unique to the individual—a journey in which one makes decisions to become more like their true selves. See *“Gender Affirming Surgery” definition for additional information.*

Transgender – An umbrella term describing individuals whose gender identity differs from the biological sex assigned to them at birth. The transgender population is comprised of diverse people and is found in numerous nations throughout the world. Since gender identity and sexual orientation are separate concepts, transgender people can be heterosexual, gay, lesbian, bisexual, pansexual, asexual, sexually fluid, or various other orientations.