Youth Substance Abuse Resources

Crisis Lines:
Pierce County Crisis Line: 1-800-576-7764
Teen Link: 1-866-TEENLINK|1-866-833-6546
Crisis Text Line: Text HOME to 741741

Tacoma Family Medicine 253-792-6680 3124 S. 19th Street Suite 140, First Floor Tacoma, WA 98405 Primary Care Clinic that offers MOUD services. This is a residency run program and requires the patient's PCP to be at TFM. Appointments available Monday, Wednesdays, and Fridays for new patients.	**East Pierce Family Medicine** 253-697-8400 1322 3rd St. SE Suite 240 Puyallup, WA 98372 Accepts youth 12+ for MOUD treatment.
The Center for Substance Abuse Recovery - MDC 253-593-2740 712 Fawcett Ave. Suite 201 Tacoma, WA 98402 Walk-in Assessment Monday-Friday 8 AM - 4 PM or call to schedule. Does not offer MOUD	**Consejo Counseling & Referral:** 253-798-4166 915 Orchard St. W. Tacoma, WA 98467 Call to schedule an assessment. Medicaid clients only. Does not offer MOUD.
Sound Integrated Health LLC 253-478-0827 3640 South Cedar Street,Suite M , Tacoma, WA 98409 Serves youth aged 17 only. Accepts all Medicaid insurances, some private insurance. Can do MOUD for 17+	**For the Culture** (253) 507-5334 Call for SUD assessments with youth 13+. Office Hours: Monday-Friday 8 AM 5- PM. Takes Medicaid insurance only. Can work with patients receiving MOUD services.
Community Counseling Institute: 253-759-0852 2502 Tacoma Ave. S. Tacoma, WA 98402 Walk-in Assessment Mondays and Wednesdays 9AM-1PM or call to schedule	**Gig Harbor Counseling** **Branch of Olalla Recovery Centers** 253-851-2552 5122 Olympic Drive,Suite A-105, Gig Harbor, WA 98335 Does not offer MOUD.
Foundation El Camino: 253-572-3214 Medicaid clients only	**Ideal Solutions** 877-522-1275 1702 Tacoma Ave. S Suite A

Does not offer MOUD services.	Tacoma, WA 98402 Ideal Option - Suboxone Clinics - Suboxone Clinics MOUD only. Will work with youth pending provider acceptance.

Inpatient Treatment Facilities:

Sundown Ranch	1-800-326-7444
Daybreak Youth Services - Brush Prairie	360-750-9635
Daybreak Youth Services - Spokane	509-624-3227
Excelsior	509-559-3100
Newport Academy	360-385-5505
Healing Lodge *Prioritizes persons of Native American heritage	509-535-2863
Sea Mar Renacer Treatment Center	206-766-6976
Sea Mar Visions	360-647-4266

Support Groups:

Auburn Youth Resources Youth Substance Abuse Counseling	253-939-6946
Free services provided for youth at the Buckley Youth Center	251 S. River Ave. Buckley, WA
Start Talking Now	www.starttalkingnow.org

School Resources:

School based drug & alcohol counselors are located in all districts. Drug & alcohol counseling and pre-screening appointments are available to students through their guidance office.

Tacoma Needle Exchange:

TNE Office Tu-Thurs: 11a-4p or Fri: 1p-6p	3716 Pacific Ave Ste. F, Tacoma, WA 98418
Central Tacoma Weds: 12p-5p	S 14th St. & G St.
Puyallup Tribe Thurs: 11a-3p	E 32nd & Portland Ave. Behind Min Grocery
Deliveries Tuesdays Call by 10 AM	253-381-5229

Where to Find Naloxone: All pharmacies in Washington are able to provide naloxone to people directly, without a prescription. Call ahead to check availability.

Tacoma Fire Department 901 Fawcett Avenue Tacoma WA 98402	Dave Purchase Project/Tacoma Needle Exchange 535 Dock Street Tacoma WA 98402
Treatment Services-Tacoma Pierce County Health Department 3629 S. D St. Tacoma WA 98418	Multicare Medical Center ED 202 N Division St Auburn WA 98001
Peer Kent-Naloxone Vending Machine 216 W Gowe St STE 300 Kent WA 98032	Maleng Regional Justice Center 401 4th Avenue North Kent WA 98032
King County Mobile Medical Unit 3455 S. 148th St Tukwila WA 98168	Ostrich Bay Mobile Exchange Mobile Exchange Kitsap County
Conspiracy of Geniuses 4501 Delridge Way SW Seattle WA 98106	Kitsap Public Health District 345 6th St. Bremerton WA 98337
Partners in Prevention Education (PiPE) 1009 State Ave NE Olympia WA 98506	Thurston County Public Health 1000 Cherry St SE Olympia WA 98501

Help Lines Available 24/7 (add to contacts in your cell phone)

National Suicide Prevention Lifeline	988
WA Recovery Help Line (24 hour help for substance use, problem gambling and mental health	866-789-1511
24 Hour Washington Alcohol/Drug Help line	800-562-1240
Washington Alcohol/Drug Teen Help Line	206-722-4222
Alcoholics Anonymous	253-474-8897
Narcotics Anonymous	253-531-8792
Al-Anon, Ala-teen	800-726-8094
Washington detox, Drug Rehab and Alcohol Treatment Programs	877-301-4557

Helpful Apps to Download on your Phone (App Store and Google Play)

SoberTool	The app asks you to log what you are thinking and feeling and will tailor motivational content to you.
Cassava	With Cassava you can not only track your progress with your days sober, but you can also keep track

	of and monitor such important aspects of recovery as nutrition, stress levels, quality of sleep, and more. On top of that, this app also connects you with local support groups so you can always find the support you need when you need it.
Meeting Guide	List of all AA meetings in your area with location and time.