

STD & HIV Testing

Resources: *Locations within your community that offer STD & HIV screenings.*

Public Health Sexual Health Clinic at Harborview Ph: (206) 744-3590.
<https://www.uwmedicine.org/locations/sexual-health-clinic-harborview>

Entre Hermanos Ph: (206) 322-7700. <http://entrehermanos.org/>

Gay City Ph: (206) 860-6969.
<https://www.gaycity.org/>

Lifelong Ph: (206) 957-1600.
<https://www.lifelong.org/sexual-health>

People of Color Against AIDS Network (POCAAN) Ph: (206) 322-7061. <http://pocaan.org/POCAAN/>

Planned Parenthood Ph: (800) 769-0045. www.plannedparenthood.org/

Sea Mar Community Health Centers Ph: (206) 762-3730.
<https://seamar.org/>

Seattle Indian Health Board Ph: (206) 324-9360. www.sihb.org

Additional organizations that provide STD and HIV services can be found at www.kingcounty.gov/stdtesting

OVERDOSE RESOURCES

What is an overdose?

An overdose is when a person takes more alcohol, drugs, or medications than their body can handle. This can lead to death.

What are symptoms of an overdose?

- Blacking out
- Difficulty breathing
- Skin turns blue or pale
- Heart beating too fast or too slow
- Heart attack

What affects my risk of overdose?

- Using drugs, alcohol, or prescription medications after not using them for a while
- Taking a lot of drugs, alcohol or prescription medications
- Mixing alcohol, drugs or meds
- Having an illness or disease that affects the heart or lungs

What should I do if I see someone overdose?

- **Call 911 or take the person to ER**
- Roll the person on their side to prevent choking if they vomit.
- Shake them, try to wake them up.

What else do I need to know?

- Many people don't want to call 911 when they see an overdose because of fear of legal problems, but know that you could be saving a life
- You don't have to tell the 911 dispatcher your name
- You also don't have to tell the 911 dispatcher that anyone was using drugs, but do tell the paramedics when they come so they can help the person better

Project SPARK Community Resource List

Harborview Medical Center
325 9th Ave
Seattle, WA 98104

Phone:
XXXXXXXXXXXX
Email:
XXXXXXXXXXXX

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Alcohol, Drug, and Mental Health Treatment

Resources: Find a counselor who you can talk to about your feelings or problems.

Hepatitis Education Project Ph: (206) 732-0311.

<http://hepeducation.org/>. Screening, support and services for people with Hep B or C, Hep A and B vaccines, HIV testing, syringe exchange, suboxone clinic, training for providers, patients and general public.

Navos Ph: (206) 248-8226.

www.kingcounty.gov/navos. Mental health, primary care, housing, and substance use counseling.

King County Needle Exchange Ph: (206) 263-2000.

www.kingcounty.gov/needle. Syringe exchange, HIV/hepatitis testing, wound and abscess care, naloxone, peer education, access to drug treatment, social work services, reproductive health care, and other services.

The People's Harm Reduction

Alliance Ph: (206) 775-9472.

<http://phra.org/>. Naloxone, syringe and works, fentanyl test strips, sexual health, mobile medical clinical, mental health, drug and alcohol use counseling, and other services.

Seattle Counseling Service Ph:

(206) 323-1768.

<https://seattlecounseling.org/>.

Behavioral health services addressing mental health, substance use disorder, psychiatric care, and other services.

Narcotic Anonymous Ph: (800)

230-4085. Support group for those wanting to stop using drugs and or are affected by the drug use of another person.

National Drug and Alcohol

Treatment Hotline Ph: (800) 662-

4357. Speak to someone about alcohol, drug or family challenges, information on alcohol and drug use, and local treatment options.

Washington Recovery Hotline Ph:

(866) 789-1511. A 24-hour hotline for substance use, problem gambling, and mental health.

<http://www.warecoveryhelpline.org/>

Sound Ph: (206) 302-2200.

<https://www.sound.health/>. Mental health and substance use services for King County residents.

Suicide Prevention
LOCAL HOTLINE (206) 461-3222

National Suicide Prevention Hotline
(888) 628-9454

Violence Prevention

Resources: Provide help in locating services and bringing people in the community together to take action.

LifeWire Ph: (425) 746-1940.

<https://www.lifewire.org/>. Provides support, resources and shelter for adults, children, and youth who have been impacted by domestic violence.

New Beginnings Ph: (206) 783.4520

Crisis Ph: (206) 522-9472.

<https://www.newbegin.org/>. Provides shelter, advocacy and support for battered women, and those whose lives have been affected by domestic violence.

National Human Trafficking Hotline

Ph: (888) 373-7888, Text HELP or INFO to 233733. A 24/7 hotline for any type of human trafficking, including commercial sex acts or forced labor or services.

National Domestic Violence

Hotline Ph: 1-800-799-7233

Text TELLNOW to 85944

A 24-hour hotline for any type of domestic abuse, including dating abuse.

REST (Real Escape from the Sex Trade) ph: 206-451-7378

King County Sexual Assault

24h Resource Line/Crisis Response
888-998-6423

**Organization for Prostitute
Services (OPS)**

1609 19th Ave, Seattle 98122
206-853-6243

Discount smart phones:

[https://www.seattle.gov/tech/services/
free-and-discounted-
devices/discount-smart-phones](https://www.seattle.gov/tech/services/free-and-discounted-devices/discount-smart-phones)

**Emergency Feeding Program of
Seattle and King County**

7100 42nd Seattle
(206) 329-0300

COVID relief for WA residents:

[https://dfi.wa.gov/coronavirus/financia
l-resources](https://dfi.wa.gov/coronavirus/financial-resources)