

## Alcohol and Drug Online Resources

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Alcohol Drug Helpline  
[www.adhl.org](http://www.adhl.org)

Teenline  
[www.theteenline.org](http://www.theteenline.org)

Washington State Alcohol Drug  
Clearinghouse  
[http://  
clearinghouse.adhl.org](http://clearinghouse.adhl.org)

History of Chemical Depend-  
ency in Washington State  
Project  
<http://cdhistory.adhl.org>

Chemical Dependency  
Professional Certification  
[www.cdcertification.org](http://www.cdcertification.org)

Division of Alcohol and  
Substance Abuse (DASA/DSHS)  
[http://www1.dshs.wa.gov/  
dasa/](http://www1.dshs.wa.gov/dasa/)

King County Mental Health,  
Chemical Abuse and  
Dependency Services Division  
[http://www.metrokc.gov/  
dchs/mhd/](http://www.metrokc.gov/dchs/mhd/)

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## Alcohol Drug Helpline and Teenline

P.O. Box 80243  
Seattle, WA  
98108

Phone: 206-722-3700  
Toll Free Statewide: 800-562-1240  
Business Phone: 206-722-3703  
Fax: 206-722-1032  
[www.adhl.org](http://www.adhl.org)  
Teenline: 206-722-4222  
Teenline Toll Free: 877-345-8336  
[www.theteenline.org](http://www.theteenline.org)

## Alcohol Drug Helpline

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**Crisis  
Intervention  
Information  
Referral**

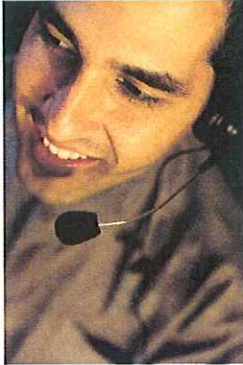


**8:00 a.m. to  
10:00 p.m.  
7 Days a Week**

**(206) 722-3700  
or toll free  
(800) 562-1240**

***Do you or someone you know have issues with drugs and/or alcohol?***

**We can help.**



**Crisis intervention, information, and referral services**

If you are struggling with issues related to drugs and alcohol and are looking for help and support, we can connect

you with the names and phone numbers of local agencies who can offer you access to a variety of resources.

**The first step**

It can be difficult to know where to turn and how to go about getting help. We encourage you to pick up the phone and call us. We are available to take your call 8:00 a.m. to 10:00 p.m. every day and can offer you the names and numbers of places within your community you can

contact for further help. We have referrals listed for every county in the State of Washington and are prepared and ready to connect you with the most up to date resources that are available.

The Helpline also operates a Teenline where parents and youth can call to obtain youth specific drug and alcohol resources.

**How can I access treatment services?**

It is important to remember that regardless of your age, level of income or type of insurance, even if you have no insurance

at all, there are services we can refer you to for support and treatment. There are many different agencies that offer different types of programs and can address your level of need.



**I'm concerned about a friend or family member's use, what can I do?**

Drug and alcohol use affect everyone within a family. Many of our callers are looking for help for their friend or family member. We can also provide support, education, and appropriate referrals for those who are looking to help loved ones.

**About the Alcohol and Drug Helpline**

ADHL has been serving the general public and the professional community since 1979. ADHL has a history as a vital and respected community resource.

The ADHL staff consists of full-time employees who are experienced, professionally qualified and culturally diverse. They are assisted by part-time employees and a trained, devoted corps of about 30 volunteers and some 15 volunteers-in-training. ADHL has its own volunteer training program.