Why youth run

- Want to see friends, boyfriend, girlfriend
- Want to see or be with family
- To take drugs or alcohol
- Do not want to be in care (loss of their family ties)
- No connection to caregiver or program (fear of connecting with others)

What you should do

- Have an open discussion about he or she wanting to run
- Help the youth identify realistic alternatives to running.
- Express your concerns and emphasize their need to be safe if they decide to run.
- Determine with the youth if a behavior support plan needs to be developed.

What information to provide to youth before or if they contact you while they run

- Local phone numbers for:
  - Crisis Residential Centers
  - Walk in Centers
  - Hope Programs
  - Shelters
- Washington State’s Central Intake Hotline: (1-866-363-4276)
- Children of the Night: (1-800-551-1300) Provides 24/7 crisis intervention services, message relay, conference calls, free travel arrangements home or to shelters, translation services and other online resources at www.wsp.wa.gov/crime/mischild.php.
- National Runaway Switchboard: (1-800-786-2929) Provides 24/7 assistance to children between the ages of 11-17 who need or want to be rescued. Children are counseled over the phone until transportation arrives to take them to a safe shelter: www.missingkids.com.
- National Safe Places: If a youth is in crisis and needs immediate assistance, he or she can text for help by texting the word SAFE and the current location (address, city, state) to 69866. The texter will receive a message with the closest Safe Place location, youth shelter or the National Runaway Safeline number (1-800-RUNAWAY). Reply with “2CHAT” to text interactively with a mental health professional for more help: http://nationalsafeplace.org/.

If you have questions, please contact:
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