

## Local Mental Health Providers for Adolescents & Resources

The following resources have been compiled for your convenience, please contact providers directly to verify insurance requirements or intake processes

GENERAL INFORMATION/RESOURCES		
CATEGORY	COST/INFORMATION	CONTACT INFORMATION
GENERAL INFORMATION	FREE	<b>CALL 2-1-1</b> Provides local resource connections throughout the county (financial, food medical, dental etc.)
CRISIS	FREE	<ul style="list-style-type: none"> <li>• <b>Care Crisis Chat</b> (Snohomish County) 425-258-4357</li> <li>• Website: <a href="http://imhurting.org">imhurting.org</a></li> <li>• Text line: TEXT "LISTEN" to 741741</li> <li>• <b>Safe Place Crisis Text:</b> TEXT "SAFE and your location" to 69866. They will text you with the nearest teen shelter and option to talk with mental health professional</li> <li>• <b>Cocoon House 24/7 Advocate:</b> Call or Text 425-877-5171 or email <a href="mailto:safeplace@cocoonhouse.org">safeplace@cocoonhouse.org</a></li> <li>• <b>Providence Sexual Assault Crisis Line:</b> 425-252-4800</li> <li>• <b>Child Protective Services (CPS):</b> 866-829-2153</li> <li>• <b>Teen Link:</b> confidential teen-answered help line 6-10pm 866-833-6546 or <a href="http://866teenlink.org">866teenlink.org</a></li> </ul>
Parent Support	FREE	<ul style="list-style-type: none"> <li>• <b>Cocoon House Project Safe:</b> 425-317-9898 <a href="http://www.cocoonhouse.org/helpforparents">www.cocoonhouse.org/helpforparents</a></li> <li>• <b>Snohomish County At Risk Youth</b> (parent/caregiver support tab) <a href="http://snocoatriskyouth.weebly.com">snocoatriskyouth.weebly.com</a> 425-388-7800</li> <li>• <a href="http://www.parenthelp123.org">www.parenthelp123.org</a> 800-322-2588</li> <li>• <b>Families Unidas:</b> 425-513-2880 <a href="http://familiesunidaseverett.com">familiesunidaseverett.com</a></li> <li>• <b>Internet Essentials</b> – free/low cost internet through Xfinity: <a href="http://internetessentials.com">internetessentials.com</a></li> </ul>
Drug and Alcohol Interventions	FREE	<ul style="list-style-type: none"> <li>• <b>Washington Recovery Help Line:</b> 866-789-1511 <a href="http://warecoveryhelpline.org">warecoveryhelpline.org</a></li> <li>• <b>Alanon/Alateen:</b> 425-348-7828 <a href="http://www.dist23.org/index.html">http://www.dist23.org/index.html</a></li> <li>• <b>Catholic Community Services</b> Recovery Center (Everett) 425-258-5270</li> </ul>
Child of Addiction	FREE	<ul style="list-style-type: none"> <li>• <b>National Association for Children of Addiction (NACoA)</b> <a href="https://nacoa.org/">https://nacoa.org/</a></li> <li>• <b>Camp Mariposa:</b> <a href="https://www.compasshealth.org/services/camp-mariposa/">https://www.compasshealth.org/services/camp-mariposa/</a></li> </ul>
Housing	FREE	<ul style="list-style-type: none"> <li>• <b>Call 2-1-1</b> for immediate access to local housing resources</li> <li>• <b>Cocoon House</b> – housing for homeless teens, advocacy, parenting classes, support groups. 425-259-5802 <a href="http://www.cocoonhouse.org">www.cocoonhouse.org</a></li> <li>• <b>Friends of Youth</b>, housing for youth. 206-236-5437 <a href="http://friendsofyouth.org">friendsofyouth.org</a></li> </ul>

LGBTQI+	FREE	<ul style="list-style-type: none"> <li>• <b>GLOBE</b> (groups, advice, resources, connections) 425-263-2908 <a href="http://www.globeyouth.com">www.globeyouth.com</a></li> <li>• <b>PFLAG</b> (groups, advice, resources connections for friends and families) <a href="http://www.pflageverett.org">www.pflageverett.org</a></li> <li>• <b>Trevor Project</b> (crisis intervention for LGBTQI+ youth) 1-866-488-7386 or Text "START" to 678678 <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a></li> </ul>
Get Medicaid	MEDICAID APPLICATION	<a href="http://www.wahealthplanfinder.org">www.wahealthplanfinder.org</a> or 855-923-4633
Medicaid Transportation	FREE/REIMBURSEMENT	<b>Hopelink:</b> 855-766-7433 <a href="http://www.myrideonline.org">www.myrideonline.org</a>
Military Resources	TRICARE (Military)	<b>Military One Source:</b> 800-342-9647 (call and they will direct you to a provider in your area) <a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>
Navy Resources	FREE: Fleet and Family Support Center	<a href="http://www.navylifepnw.com">www.navylifepnw.com</a> 425-304-3688
Snohomish County Resources	FREE: Mental Health Liason	<b>Snohomish County Human Services Mental Health Liaison</b> (if you get stuck in the process/need resources & connections) 425-388-7234
Tulalip Tribe Resources	Tulalip Tribal MEMBERS	<b>Tulalip Tribes Behavioral and Mental Wellness:</b> 360-716-4224 <a href="http://www.tulaliptribes-nsn.gov">www.tulaliptribes-nsn.gov</a>
Crime Victim	Crime Victim Compensation Application	Must have police report/case number: 800-547-8367 <a href="http://www.lni.wa.gov/ClaimsIns/CrimeVictim">www.lni.wa.gov/ClaimsIns/CrimeVictim</a>
Everett Crime Victim Support	FREE: Victim Support Services/Crime Victim	1:1 Advocacy, Therapy, Media Intervention, Resources 425-953-6222 or Crisis: 800-346-7555
Everett Domestic Violence	FREE Domestic Violence Support	<b>Snohomish County Center for Battered Women</b> 24-hour support line: 425-252-2873 <a href="https://dvs-snoco.org/">https://dvs-snoco.org/</a> free and confidential: emergency shelter, legal advocacy, support groups
Everett Child Physical and/or Sexual Assault Services	FREE: Child Advocacy Center- Dawson Place Sexual/Physical Assault Victim	<ul style="list-style-type: none"> <li>• <b>Dawson Place Child Advocacy Center:</b> 425-789-3000</li> <li>• <b>Child Advocacy Program</b> (Free Counseling for Sexual Abuse Victims) 425-349-7964</li> <li>• <b>Providence Intervention Center</b> (Groups, Advocacy, Medical) 425-297-5774 or 24/7 Crisis Line: 425-252-4800</li> </ul>
Everett Grief and Loss	FREE: Grief/Loss Support Services	<b>Providence Hospice:</b> 425-261-4807 Brief 1:1 counseling for adults/teens/children Groups available <b>Camp Erin:</b> (425) 261-4807 <a href="https://washington.providence.org/services-directory/services/c/camp-erin-snohomish-county">https://washington.providence.org/services-directory/services/c/camp-erin-snohomish-county</a>
Medical Resources	FREE: Medical Resources	<ul style="list-style-type: none"> <li>• <a href="http://www.freeclinicdirectory.org">www.freeclinicdirectory.org</a> and/or call 2-1-1</li> <li>• <b>Planned Parenthood:</b> Reproductive health care <a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a> 425-339-5220</li> <li>• <b>Children's Hospital:</b> Inpatient psychiatric support and eating disorder clinic. 206-987-2000</li> <li>• <b>Fairfax Hospital:</b> Inpatient psychiatric support. 425-284-1706 <a href="http://www.fairfaxbehavioralhealth.com">www.fairfaxbehavioralhealth.com</a></li> </ul>

**MENTAL HEALTH GROUPS AND AGENCIES – State Insurance**

AREA	COVERAGE	CONTACT INFORMATION
Everett, Lynnwood, and Smokey Point *providers on site	State Insurance	<b>Compass Health</b> Intakes done Tues. & Wed. 8:30 – 10:30 am in Everett 425-349-8200
Everett *providers on site	State Insurance	<b>SeaMar Community Health</b> Intakes done Tues. and Wed. mornings in Everett 425-312-0277 Spanish speaking therapists and staff available
Everett	State Insurance	<b>Catholic Community Services</b> 425-257-2111 *call directly to schedule assessment

**MENTAL HEALTH GROUPS AND AGENCIES – Private Insurance**

AREA	COVERAGE	CONTACT INFORMATION
General		<b>Growing HOPE</b> <b>Family mental health network</b> <a href="http://growinghope.network/">http://growinghope.network/</a>
Edmonds	Sliding Scale (Pay what you can)	<b>Affordable Counseling</b> 425-778-5544 <a href="http://www.myaffordablecounseling.com">www.myaffordablecounseling.com</a>
Lynnwood Office	Insurance – paneled with many including Kaiser	<b>Alderwood Counseling Associates</b> 425-640-7919 <a href="http://www.alderwoodcounseling.com">www.alderwoodcounseling.com</a>
Everett Office *prescribers onsite	Insurance – paneled with many	<b>Bay Psychiatric</b> <b>425-252-9216</b> <a href="http://www.baypsychiatric.net">www.baypsychiatric.net</a>
Edmonds Office *prescribers onsite	Insurance – paneled with many	<b>Bluestone Psychological Services</b> 425-775-4059 <a href="http://www.bluestoneps.com">www.bluestoneps.com</a>
Lake Stevens, Everett, Mill Creek Offices *prescribers onsite	Insurance – paneled with many, takes some Medicaid funded; Behavioral Health taking Everett Clinic patients only	<b>Everett Clinic Behavioral Health</b> *Most Locations* 425-339-5453
Marysville Office	Insurance – paneled with many	<b>Fountain Gate</b> 360-653-0374 <a href="http://www.fountaingate.us">www.fountaingate.us</a>
Everett Office *prescribers onsite	Kaiser Permanente	<b>Kaiser Permanente</b> Care during regular business hours (8 a.m.-5 p.m.): First-time appointments: Call 1-888-287-2680 or 206-901-6300 <b>Urgent or crisis care:</b> Contact your provider's office or call 1-888-287-2680
Bothell *prescribers onsite	Insurance – paneled with many including Tricare/Aetna/Medicaid plans	<b>Puget Sound Psychiatric Center</b> 425-806-5021 <a href="http://www.pspc.org">www.pspc.org</a>

Mill Creek *prescribers onsite	Insurance – paneled with many including Kaiser and Tricare	<b>Shifa Health</b> 425-742-4600 <a href="http://www.shifahealth.org">www.shifahealth.org</a>
Everett Office	Insurance – paneled with many	<b>Snohomish Psychology Associates</b> 425-789-1073 <a href="http://www.snohomishpsychology.com">www.snohomishpsychology.com</a> (autism, behavior issues, ADHD, Anxiety, Family issues)
Everett Office *prescribers onsite	Insurance – paneled with many	<b>Western Washington Medical Group</b> <b>Dr. Stephanie Hart – Psychology</b> 425-368-5701 See website for other providers <a href="http://www.wwmedgroup.com">www.wwmedgroup.com</a>
<b>PRIVATE PRACTICE COUNSELORS – Private Insurance</b>		
<i>AREA</i>	<i>COVERAGE</i>	<i>CONTACT INFORMATION</i>
Everett Office	Insurance – paneled with many	<b>Albert, Linda LMHC NCC</b> 425-257-9388 LGBTQI+ issues
Lake Stevens Office	Insurance – paneled with many including Aetna/Tricare/Medicaid	<b>Arends, Charline LMFT CMHS</b> Selah House Counseling Services 425-318-1814
Everett Office	Insurance – paneled with many including Aetna Offers Groups	<b>Long, Rochelle MA LMHC</b> Long Counseling and Evaluation Services 425-609-3670 <a href="http://www.longcounseling.com">www.longcounseling.com</a>
Everett Office	Insurance – paneled with many	<b>Mowers Stone, Mindy MA LMHC CMHS CART</b> Counseling for the Soul 425-780-7938
Everett Office	Insurance – paneled with many	<b>Fallihee, Wendy MA LMHC CMHS</b> 306-631-3742 <a href="http://astillmindcounseling.com">astillmindcounseling.com</a>
Mukilteo Office	Insurance – paneled with many	<b>Jolly, Cynthia MA LMHC</b> Alliance Counseling 866-666-0423 <a href="http://www.cynthiajolly.com">www.cynthiajolly.com</a>
Everett Office	Crime Victims Compensation/Low rates/doesn't bill insurance	<b>Langstraat, Michele MA LMHC</b> Compassion Everett Counseling Center 425-970-9131 Faith Based/Christian Counseling by request & Family Therapy offered
Monroe Office	Insurance – paneled with many/Equine Specialty	<b>Newell, Brenda LICSW</b> Rainbow Counseling and Equine Connections 425-280-6508 <a href="http://www.brendanewell.com">www.brendanewell.com</a> LGBTQ and Equine Specialty
Everett and Mukilteo Office	Insurance – paneled with many	<b>Norman, Joanne MA LMHC CMHS</b> 425-750-4937
Lake Stevens and Everett Office	Insurance – paneled with many including Molina	<b>Roessler, Kristen MA LMHC CMHS</b> 425-870-0895 <a href="http://www.discoverhealing.net">www.discoverhealing.net</a>

Everett Office	Insurance – paneled with many	<b>Turnbill, Jane, PsyD MEd</b> 206-445-8784 <a href="https://www.janeturnbulltherapy.com">https://www.janeturnbulltherapy.com</a>
Everett Office	Insurance – paneled with many	<b>Myxter, Charlotte MA LMHC</b> Blue Sparrow Counseling Phone: (425) 780-5915 <a href="http://www.bluesparrowcounseling.com">www.bluesparrowcounseling.com</a>
AUTISM SPECTRUM DISORDER		
AREA	COVERAGE	CONTACT INFORMATION
Lynnwood	Insurance – paneled with many. Contact provider directly	• <b>Puget Sound Psychology &amp; Consulting</b> 425-412-3960 <a href="http://www.pugetsoundpsychology.com">www.pugetsoundpsychology.com</a> (evaluation, ongoing counseling, social skills groups)
Lynnwood	Regence, Premera, Aetna	<b>Evergreen Neurodevelopmental Center, LLC</b> Nicole Bain, PhD 425-753-5001 <a href="http://www.endc.org">www.endc.org</a>
Bellevue	Contact provider directly	<b>ICAN</b> (formerly Lakeside Center for Autism) 425-657-0620 <a href="https://i-can.center">https://i-can.center</a> ABA therapy
Seattle	State and Private Insurance <i>Long Waitlist</i>	<b>UW Autism Center</b> 206-221-6806 <a href="https://depts.washington.edu/uwautism/">https://depts.washington.edu/uwautism/</a>
Seattle	State and Private Insurance <i>Long Waitlist</i>	<b>Seattle Children's Autism Center</b> 206-987-8080 <a href="https://www.seattlechildrens.org/clinics/autism-center/">https://www.seattlechildrens.org/clinics/autism-center/</a>
Everett	Contact provider directly	<b>Providence Boyden Family Autism Center</b> 425-258-7097 <a href="https://washington.providence.org/locations-directory/b/boyden-family-autism-center">https://washington.providence.org/locations-directory/b/boyden-family-autism-center</a>
Smokey Point	Insurance – Paneled with many	<b>Lindsay Beard Therapy</b> Lindsay Beard, LMHC, CMHS 360-420-9488 <a href="http://www.lindsaybeardtherapy.com">www.lindsaybeardtherapy.com</a>
Arlington	Contact provider directly	<b>Beautiful Autism</b> Individual, groups, training 360-363-4234 <a href="http://www.beautifulautism.com">www.beautifulautism.com</a>
ATTACHMENT DISORDER		
AREA	COVERAGE	CONTACT INFORMATION
Kirkland	Premera, Regence, Blue Cross, Blue Shield	<b>Attachment &amp; Trauma Specialists</b> 800-550-2105 <a href="http://www.attachmentandtraumaspecialists.com">www.attachmentandtraumaspecialists.com</a>