

Mental Health Resources

many agencies offering virtual services, call for specifics

<u>Referral services</u>				
Care Solace			888-515-0595	www.caresolace.com/site/eps
Seattle Children's Hospital - Referral Service for Children/Teens			833-303-5437	www.seattlechildrens.org/clinics/washington-mental-health-referral-service
Washington State Health Care Authority – Apple Health			1-833-303-5437	www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage
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<u>Insurance:</u>				
<u>Agencies</u>	<u>Medicaid</u>	<u>Private</u>	<u>Phone Number</u>	<u>Location</u>
Alderwood Counseling Associates		x	(425) 640-7919	Lynnwood
Catholic Community Services	x		(425) 257-2111	Snohomish County
Children's Response Center	x	x	(425) 688-5130	Bellevue
Compass Health	x	x	(844) 822-7609	Lynnwood, Everett, Smokey Point
Friends of Youth	x	x	(425) 392-6367	Issaquah, Duvall, North Bend
Integrity First Family Services		x	(509) 823-1616	Lynnwood
Mill Creek Family Services		x	(425) 357 -9111	Mill Creek, Everett
Navos Mental Health Center	x		(206) 248-8226	Burien, Seattle
Northshore Youth and Family Services	x	x	(425)485-6541	Bothell
SeaMar	x	x	(425) 977-2560	Lynnwood
Seattle Children's Hospital MH Services	x	x	(206) 987-2164	Seattle
Sound	x		(206) 366-3015	Seattle (Northgate, Lake City, Redmond)
The Everett Clinic		x	(425) 339-5453	Everett
Therapeutic Health Services (THS)	x	x	(425) 263-3006	Everett
Tulalip Health System	x	x	(360) 716-4224	Tulalip
Youth Eastside Services (YES)	x	x	(425) 747-4937	Kirkland, Bellevue, Redmond, Sammamish
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<u>Insurance:</u>				
<u>Specialized Services</u>	<u>Medicaid</u>	<u>Private</u>	<u>Phone Number</u>	<u>Location</u>
Asian Counseling & Referral Services	x	x	(206) 695-7600	Bellevue, Seattle
Black, Indigenous, People of Color Resources	x	x		https://www.namiseattle.org/bipoc-mental-health-resources/
Chinese Information & Service Center		x	(206) 624-5633	Seattle
Domestic Violence Services of Snohomish County	x	x	(425) 252-2873	https://dvs-snoco.org/
KSARC (Sexual Assault)	x	x	(425) 226-5062	King County
Providence Intervention Center for Assault and Abuse	x	x	(425) 297-5771	Everett
Refugee and Immigrant Services Northwest	x	x	(425) 388-9307	https://risnw.org/
Seattle Children's Gender Clinic	x	x	(206) 987-8319	Seattle
The Center		x	(425) 771-5166	Edmonds
Washington Counselors of Color Network	x	x	(425) 310-2356	https://www.multiculturalcounselors.org

<u>Insurance:</u>				
<u>Partial Hospitalization or Intensive Outpatient:</u>	<u>Medicaid</u>	<u>Private</u>	<u>Phone Number</u>	<u>Location</u>
AMFM Healthcare		x	(206) 635-6574	Seattle, Online(18+)
Cascade Behavioral Health	x	x	(866) 603-6001	Burien, Bellevue (18+)
Charlie Health	x	x	(866) 508-7084	Online only (adolescents)
Fairfax	x	x	(425) 284-8300	Kirkland (18+)
Newport Academy		x	(866) 335-9462	Kirkland (12-18, residential, females) Port Townsend (12-18, residential, males)
Northpoint Imagine	x	x	(855) 906-6237	Bellevue (12-17)
Northpoint Promise		x	(855) 981-9549	Seattle (18+)
Overlake Hospital		x	(425) 688-5460	Bellevue (18+)
Pathlight		x	(866) 382-4373	Bellevue, Seattle (13-17, 18+, residential)
Smokey Point Behavioral Health	x	x	(360) 651-6400	Marysville (13-17, 18+, trans/nonbinary)
Smokey Point PI	x	x	(360) 651-6400	Marysville (18+)
South Sound		x	(844) 949-8888	Lacey (18+)
Swedish Edmonds		x	(425) 640-4098	Edmonds (18+)
Thira		x	(425) 454-1199	Bellevue (13+, female, transgender, nonbinary)
<u>Crisis lines:</u>			<u>Phone Number</u>	<u>Location</u>
24/7 crisis line			(425) 258-4357	
National Suicide Prevention Lifeline			988	www.suicidepreventionlifeline.org
Teen Link (6 – 10 pm)			(866) 833-6546	https://www.teenlink.org/
The Trevor Project (LGBTQ)			1-866-488-7326	TEXT: START to 678-678, https://www.thetrevorproject.org/
VOA Crisis Line			(800) 584-3578	CHAT: www.imhurting.org TEXT: text HOME to 741741
<u>Parenting supports:</u>			<u>Phone Number</u>	<u>Location</u>
Changes Parent Support Network			(888) 468-2620	https://cpsn.org/
Cocoon House			(425) 259-5802	https://www.cocoonhouse.org/family-engagement
The Center for Parent Excellence Project (COPE)			(253) 732-4944	www.hca.wa.gov/about-hca/behavioral-health-recovery/center-parent-excellence-cope-project