

I have a student who needs...

Counseling:

- ♦ **A-Cha** Leslie Tucker
- ♦ **Che-Gou** Jonathan Gerig
- ♦ **Gr-Klo** Alfred Cain
- ♦ **Kn-Nau** Sarah Williams
- ♦ **Nav-Sal** Paul Turner
- ♦ **Sam-Sta** Sara Burdick
- ♦ **Ste-Z** Leiann Gregg
- ♦ **Alcohol/Drug Intervention:** Lyn Lauzon

Naviance help: Counselors or Sarah Pewitt

On Time Graduation Support: Jen Linder

Tech Help: Keith Jacobson

Family Support: Alyssa Campbell

School Psychologist: Ginger Alonzo

EL Coordinator: Jazmyn Allen; Mary Adams

Outside Resources

CRISIS RESOURCES:

24 Hour Care Crisis Line (VOA)	425-258-4357
Trevor Project Helpline (LGBTQ)	866-488-7386
Fairfax Behavioral Health	425-284-8300
10200 N.E. 132 nd St., Kirkland, WA (drop in services available)	
Seattle Children's Hospital	206-987-2195
4500 40 th Ave. N.E., Seattle, WA (can take directly to ER)	
Smokey Point Behavioral Hospital	844-202-5555
3955 156 th St. N.E., Marysville, WA	

You can also take your child to any hospital emergency room for evaluation if they have, or are at risk of, harming themselves or someone else

Providence Intervention Center for Assault and Abuse 425-252-4800 (24 Hour Crisis Line)

Offers support for children or adults that have been sexually or physically assaulted

You can either call for services or access services through any hospital emergency room

REFERRAL SERVICES:

WA Mental Health Referral Service for Children/Teens 833-303-5437

seattlechildrens.org/WA-mental-health

Connects families with local mental health providers who have openings, can meet your child's specific needs and accept your insurance

Parents Universal Resource Experts (P.U.R.E.) 954-260-0805 or helpyourteens.com

Parents educating parents on long-term placement for difficult or struggling teens

Helps families find the right placement (residential, wilderness, military, etc.)

GAMING/INTERNET DISORDER RESIDENTIAL TREATMENT:

reSTART 800-682-6934 or www.restartlife.com

1001 290th Ave. S.E., Fall City, WA 98024

Long-term residential and summer programs for youth

Outside Resources, Continued:

LONG TERM BEHAVIORAL HEALTH CARE:

Newport Academy 877-929-5105 or newportacademy.com

Long term behavioral health treatment
There is a teen/young adult facility for males in Port Townsend, WA
A teen/young adult facility for females will open in Kirkland, WA in February, 2020

Thira Health 425-454-1199 or thirahealth.com

Partial Hospitalization and Intensive Outpatient Services
400 108th Ave. N.E., Suite 402, Bellevue, WA
Helps manage cravings in a healthy way and get you back on track if you slip
Download app for free on Apple and Android devices

EATING DISORDER TREATMENT FACILITIES:

Center for Discovery 425-441-3609 or centerfordiscovery.com

11000 NE 33rd Place, Suite 340, Bellevue, WA 98004
Offers partial hospitalization, intensive outpatient and residential services

Eating Recovery Center 425-276-4332 or eatingrecoverycenter.com

1231 116th Ave NE, Suite 800, Bellevue, WA 98004
Offers partial hospitalization, intensive outpatient and residential services

Seattle Children's 206-987-2028 or seattlechildrens.org/clinics/eating-disorders/

4800 Sand Point Way NE, Seattle, WA 98105
Accepts Apple Health insurance

COMMUNITY OUTPATIENT BEHAVIORAL HEALTH/SUBSTANCE USE SERVICES (accepts Apple Health insurance):

Catholic Community Services 425-258-5270 or www.ccsww.org

Mental health counseling and youth substance abuse treatment

Compass Health 425-349-8200 or compasshealth.org

Mental health counseling only

Northshore Youth and Family Services 425-485-6541 or www.northshoryouthandfamilyservices.org

Mental health counseling and youth substance abuse treatment

SeaMar 425-977-2560 (Lynnwood location) or www.seamar.org

Mental health counseling; substance abuse treatment in Lynnwood only

Therapeutic Health Services 425-263-3006 or www.ths-wa.org

Substance abuse treatment only
Provides co-occurring disorder treatment (mental health and substance abuse) for families living in the 98012 zip code)

OUTPATIENT BEHAVIORAL HEALTH/SUBSTANCE USE SERVICES WITH PRIVATE INSURANCE:

Visit psychologytoday.com/us to find counselors in your area who accept your insurance

Visit your insurance website to search for counselors who accept your insurance

Local clinics that treat adolescents:

Everett Clinic Behavioral Health Department	425-339-5453
15418 Main Street, Mill Creek	
Mill Creek Family Services	425-357-9111
16000 Bothell-Everett Hwy, Suite 360, Mill Creek	

RESOURCES FOR PARENTS:

Changes Parent Support Network	888-468-2620 or cpsn.org
A structured, peer-led program that provides support to parents struggling with children who are engaging in oppositional and self-destructive behaviors.	
Cocoon House	425-317-9898 or cocoonhouse.org/prevention
Offers parent education classes, family advocacy and weekend seminars for the family	
Domestic Violence Services (24 hr hotline)	425-25-ABUSE or dvs-snoco.org
Offers crisis intervention, safety planning, legal advocacy, information, referrals and counseling	
NAMI (National Alliance on Mental Illness)	425-347-5365 or namicontact@gmail.com
Support group for parents of youth struggling with any mental illness	
Meets 1 st Tuesday of the month 7:00-9:00 PM at 2936 Rockefeller Ave. Everett	