

Mental Health Resources

★ many agencies offer virtual services, call for specifics ★



Referral and Search Services

Washington's Mental Health Referral Service for Children & Teens	833-303-5437	https://bit.ly/schmhreferral
Washington State Health Care Authority – Apple Health	1-833-303-5437	https://bit.ly/applehealthsignup
Psychology Today		https://www.psychologytoday.com/us/therapists

Insurance:

Agencies	Medicaid	Private	Phone Number	Location
Alderwood Counseling Associates		x	(425) 640-7919	Lynnwood
Beautiful Autism	x	x	(360) 363-4234	Arlington
Catholic Community Services	x		(425) 257-2111	Snohomish County
Center for Human Services (CHS)	x		(206) 362-7282	Everett, Lynnwood
Compass Health	x	x	(844) 822-7609	Lynnwood, Everett, Smokey Point
Community Health Center of SnoCo	x	x	(425) 551-6200	Everett, Lynnwood
Ellie Mental Health		x	425-510-0168	Mill Creek
Integrity First Family Services		x	(509) 823-1616	Lynnwood
Mill Creek Family Services		x	(425) 357 -9111	Mill Creek, Everett
SeaMar	x	x	(425) 977-2560	Lynnwood, Everett
Seattle Children's Hospital MH Services	x	x	(206) 987-2164	Seattle
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

Insurance:

Specialized Services	Medicaid	Private	Phone Number	Location
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
Dawson's Place Child Advocacy Center	x	x	(425) 789-3000	Everett
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

Insurance:				
Partial Hospitalization or Intensive Outpatient:	Medicaid	Private	Phone Number	Location
AMFM Healthcare		x	(206) 635-6574	Seattle, Online (18+)
Charlie Health	x	x	(866) 508-7084	Online only (11+)
Fairfax	x	x	(425) 284-8300	Kirkland
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 Mood & Anxiety Center		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)
Swedish Edmonds		x	(425) 640-4098	Edmonds (18+)
Thira Health		x	(425) 454-1199	Bellevue (13+, female, transgender, nonbinary)

Crisis services:	Phone Number	Location
Snohomish County 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
King County 24/7 Crisis Line	1-866-427-4747	

Parenting supports:	Phone Number	Location
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	https://bit.ly/copesupport

Wraparound with Intensive Services (WiSe)	Phone Number	Location
Center for Human Services (CHS)	(206) 880-8100	Serves Snohomish County
Therapeutic Health Services (THS) (Only 15-20 years old)	(425) 263-3006	Serves Snohomish County
Compass Health	(425) 349-8480	Serves Snohomish County
Lutheran Community Services NW	(206) 238-0946	Serves Snohomish and King County

Mental Health Urgent Care		
Seattle Children's Psychiatric Urgent Care	Walk-in appointments cannot be guaranteed due to high demand. See link for virtual services and appointments	https://bit.ly/schurgent
Providence Behavioral Health Urgent Care (16 & over only)	No appointment necessary, located at 1330 Rockefeller Ave, Ste 140, Everett, WA 98201. 425-261-4210 See link for more information	https://bit.ly/provurgent