**A blue and orange logo

Description automatically generatedMental Health Resources**

\*\*many agencies offering virtual services, call for specifics\*\*

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| --- | --- | --- | --- | --- |
| **Referral and Search Services** |  |  |  |  |
| Washington’s Mental Health Referral Service for Children & Teens |  |  | 833-303-5437 | [www.seattlechildrens.org/clinics/washington-mental-health-referral-service](http://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](http://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage) |
| 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 | x |  | (206) 362-7282 | Everett, Lynnwood |
| Compass Health | x | x | (844) 822-7609 | Lynnwood, Everett, Smokey Point |
| Community Health Services of SnoCo | x | x | (425) 551-6200 | Everett, Lynnwood |
| Integrity First Family Services |  | x | (509) 823-1616 | Lynnwood |
| Mill Creek Family Services |  | x | (425) 357 -9111 | Mill Creek, Everett |
| Northshore Youth and Family Services | x | x | (425) 485-6541 | Bothell |
| 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](https://www.multiculturalcounselors.org/) |
|  | **Insurance:** | |  |  |
| **Partial Hospitalization or Intensive Outpatient:** | **Medicaid** | **Private** | **Phone Number** | **Location** |
| 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 (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) |
| 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) |
|  |  |  |  |  |
|  |  |  |  |  |
| **Crisis lines:** |  |  | **Phone Number** | **Location** |
| Snohomish County 24/7 Crisis Line |  |  | (425) 258-4357 |  |
| National Suicide Prevention Lifeline |  |  | 988 | [www.suicidepreventionlifeline.org](http://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](http://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 | [www.hca.wa.gov/about-hca/behavioral-health-recovery/center-parent-excellence-cope-project](http://www.hca.wa.gov/about-hca/behavioral-health-recovery/center-parent-excellence-cope-project) |

*Revised: October 17, 2023*