Mental Health Resources

★ many agencies offer virtual services, call for specifics ★

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| **Referral and Search Services** |   |   |   |   |
| [Washington’s Mental Health Referral Service for Children & Teens](https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/) |   |   | 833-303-5437 | <https://bit.ly/schmhreferral> |
| [Washington State Health Care Authority – Apple Health](https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-medical-dental-or-vision-care) |   |   | 1-833-303-5437  | <https://bit.ly/applehealthsignup> |
| [Psychology Today](https://www.psychologytoday.com/us/therapists) |  |  |  | https://www.psychologytoday.com/us/therapists |
|   |   |   |   |  |
|   | **Insurance:** |   |   |
| **Agencies** | **Medicaid** | **Private** | **Phone Number** | **Location** |
| [Alderwood Counseling [Associates](http://www.alderwoodcounseling.com/)](http://www.alderwoodcounseling.com/) |   | x | (425) 640-7919 | Lynnwood |
| [Beautiful Autism](https://www.beautifulautism.com/) | x | x | (360) 363-4234 | Arlington |
| [Catholic Community Services](https://ccsww.org/our-services/mental-health-services/) | x |   | (425) 257-2111 | Snohomish County |
| [Center for Human Services (CHS)](https://www.chs-nw.org/services/mental-health-counseling/) | x |  | (206) 362-7282 | Everett, Lynnwood |
| [Compass Health](https://www.compasshealth.org/how-to-access-services/) | x | x | (844) 822-7609 | Lynnwood, Everett, Smokey Point |
| [Community Health Center of SnoCo](https://www.chcsno.org/services/behavioral-health/) | x | x | (425) 551-6200 | Everett, Lynnwood |
| [Ellie Mental Health](https://elliementalhealth.com/locations/mill-creek-wa/) |  | x | 425-510-0168 | Mill Creek |
| [Integrity First Family Services](https://www.integrityfirstfamilyservices.com/)  |  | x | (509) 823-1616 | Lynnwood |
| [Mill Creek Family Services](https://millcreekfamilyservices.com/) |   | x | (425) 357 -9111 | Mill Creek, Everett |
| [SeaMar](https://www.seamar.org/snohomish-bh-everett-family.html) | x | x | (425) 977-2560 | Lynnwood, Everett |
| [Seattle Children’s Hospital MH Services](https://www.seattlechildrens.org/health-safety/mental-health-resources/)   | x | x | (206) 987-2164 | Seattle |
| [The Everett Clinic](https://www.everettclinic.com/types-of-care/specialty-surgical/behavioral-health.html) |   | x | (425) 339-5453 | Everett |
| [Therapeutic Health Services (THS)](https://ths-wa.org/youth-family-services/) | x | x | (425) 263-3006 | Everett |
| [Tulalip Health System](https://www.tulaliphealthsystem.com/BehavioralHealth/CYaFMentalWellness) | x | x | (360) 716-4224 | Tulalip |
|   |   |   |   |   |
|   | **Insurance:** |   |   |
| **Specialized Services** | **Medicaid** | **Private** | **Phone Number** | **Location** |
| [Asian Counseling & Referral Services](https://acrs.org/)   | x | x | (206) 695-7600 | Bellevue, Seattle |
| [Black, Indigenous & People of Color Resources](https://namiseattle.org/support-resources/bipoc-mental-health-resources/) | x | x |   | <https://www.namiseattle.org/bipoc-mental-health-resources/> |
| [Chinese Information & Service Center](https://cisc-seattle.org/)  |   | x | (206) 624-5633 | Seattle |
| [Dawson’s Place Child Advocacy Center](https://www.dawsonplace.org/) | x | x | (425) 789-3000 | Everett |
| [Domestic Violence Services of Snohomish County](https://dvs-snoco.org/) | x | x | (425) 252-2873 | <https://dvs-snoco.org/> |
| [KSARC (Sexual Assault)](https://www.kcsarc.org/en/)  | x | x | (425) 226-5062 | King County |
| [Providence Intervention Center for Assault and Abuse](https://www.providence.org/locations/wa/intervention-center-for-assault-and-abuse-everett) | x | x | (425) 297-5771 | Everett |
| [Refugee and Immigrant Services Northwest](https://risnw.org/) | x | x | (425) 388-9307 | <https://risnw.org/> |
| [Seattle Children’s Gender Clinic](https://www.seattlechildrens.org/clinics/gender-clinic/)  | x | x | (206) 987-8319 | Seattle  |
| [The Center](https://www.aplaceofhope.com/)  |   | x | (425) 771-5166 | Edmonds |
| [Washington Counselors of Color Network](https://www.multiculturalcounselors.org/) | x | x | (425) 310-2356 | [https://www.multiculturalcounselors.org](https://www.multiculturalcounselors.org/) |

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|   | **Insurance:** |   |   |
| **Partial Hospitalization or Intensive Outpatient:** | **Medicaid** | **Private** | **Phone Number** | **Location** |
| [AMFM Healthcare](https://amfmtreatment.com/washington/)  |   | x | (206) 635-6574 | Seattle, Online (18+) |
| [Charlie Health](https://www.charliehealth.com/locations/washington) | x | x | (866) 508-7084 | Online only (11+) |
| [Fairfax](https://fairfaxhospital.com/programs/outpatient/teen-outpatient/) | x | x | (425) 284-8300 | Kirkland |
| [Newport Academy](https://www.newportacademy.com/locations/outpatient/seattle/) |   | x | (866) 335-9462  | Kirkland (12-18, residential, females) Port Townsend (12-18, residential, males) |
| [Northpoint Imagine](https://www.seattleimagine.com/) | x | x | (855) 906-6237 | Bellevue (12-17) |
| [Northpoint Promise](https://www.northpointwashington.com/washington-mental-health-treatment-program/promises-by-northpoint/) |   | x | (855) 981-9549 | Seattle (18+) |
| [Overlake Hospital](https://www.overlakehospital.org/services/mental-behavioral-health) |   | x | (425) 688-5460 | Bellevue (18+) |
| [Pathlight Mood & Anxiety Center](https://www.pathlightbh.com/recovery-centers/seattle/901-boren-ave) |   | x | (866) 382-4373 | Bellevue, Seattle (13-17, 18+, residential) |
| [Smokey Point Behavioral Health](https://www.smokeypointbehavioralhospital.com/) | x | x | (360) 651-6400 | Marysville (13-17, 18+, trans/nonbinary) |
| [Swedish Edmonds](https://www.swedish.org/locations/edmonds-campus/partial-hospitalization-program)  |   | x | (425) 640-4098 | Edmonds (18+) |
| [Thira Health](https://www.swedish.org/locations/edmonds-campus/partial-hospitalization-program) |   | x | (425) 454-1199 | Bellevue (13+, female, transgender, nonbinary) |
|   |   |   |   |   |
| **Crisis services:** |  |  | **Phone Number** | **Location** |
| [Snohomish County 24/7 Crisis Line](https://snohomishcountywa.gov/5442/Crisis-Resources) |   |   | (425) 258-4357 |   |
| [National Suicide Prevention Lifeline](https://wa988.org/) |   |   | 988 | [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  |
| [Teen Link (6 – 10 pm)](https://www.teenlink.org/) |   |   | (866) 833-6546 |  <https://www.teenlink.org/> |
| [The Trevor Project (LGBTQ)](https://www.thetrevorproject.org/) |   |   | 1-866-488-7326 | TEXT: START to 678-678, <https://www.thetrevorproject.org/> |
| [VOA Crisis Line](https://www.voaww.org/behavioralhealth) |   |   | (800) 584-3578 | CHAT: [www.imhurting.org](http://www.imhurting.org) TEXT: text HOME to 741741 |
|  [King County 24/7 Crisis Line](https://kingcounty.gov/en/dept/dchs/human-social-services/behavioral-health-recovery/crisis-services) |   |   |  1-866-427-4747 |   |
|   |   |   |   |   |
| **Parenting supports:**  |  |  | **Phone Number** | **Location** |
| [Changes Parent Support Network](https://cpsn.org/) |   |   | (888) 468-2620 | <https://cpsn.org/> |
| [Cocoon House](https://www.cocoonhouse.org/help-for-caregivers) |   |   | (425) 259-5802 | <https://www.cocoonhouse.org/family-engagement> |
| [The Center for Parent Excellence Project (COPE)](https://www.hca.wa.gov/about-hca/programs-and-initiatives/behavioral-health-and-recovery/center-parent-excellence-cope-project)  |   | (253) 732-4944 | <https://bit.ly/copesupport> |
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| [**Wraparound with Intensive Services (WISe)**](https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-behavioral-health-support/wraparound-intensive-services-wise) |  |  | **Phone Number** | **Location** |
| [Center for Human Services (CHS)](https://www.chs-nw.org/services/intensive-community-based-services/) |  |  | (206) 880-8100 | Serves Snohomish County |
| [Therapeutic Health Services (THS)](https://ths-wa.org/youth-family-services/wraparound-with-intensive-services-wise/) (Only 15-20 years old) | (425) 263-3006 | Serves Snohomish County |
| [Compass Health](https://www.compasshealth.org/services/wise/) |  |  | (425) 349-8480 | Serves Snohomish County |
| [Lutheran Community Services NW](https://lcsnw.org/program/wise-wraparound-with-intensive-services/) |  |  | (206) 238-0946 | Serves Snohomish and King County |

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| **Mental Health Urgent Care** |  |  |
| [Seattle Children’s Psychiatric Urgent Care](https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/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](https://www.providence.org/locations/wa/providence-regional-medical-center-everett/behavioral-health-urgent-care-everett)(16 & over only) | No appointment necessary, located at 1330 Rockefeller Ave, Ste 140, Everett, WA 98201. 425-261-4210See link for more information | <https://bit.ly/provurgent> |