

MENTAL HEALTH RESOURCES

Updated 1/6/2014 www.stjames-cathedral.org/mhmr

LIFE THREATENING EMERGENCY CALL 9-1-1

24 HOUR CRISIS LINE 206-461-3222 1-866-427-4747
<http://www.crisisclinic.org/>

WA STATE CRISIS LINE [SUICIDE PREVENTION](#) 1-800 273-8255 TTY Users 1-800-799 4889)

CTL (Crisis Text Line) SUPPORT FOR TEENS

Helps teens in crisis by connecting them with a compassionate, trained listener through a toll-free texting service. CTL is nationwide and 24/7. **NEED HELP? TEXT "CTL" TO 741741**

WARM LINE Local calls: 206-933-7001 National and out of area calls: 1-877-500-9276
Hours are Wednesday, Friday, and Saturday from 5 PM till 10 PM. All callers welcome

King County Regional Support Network Mental Health and Alcohol Treatment 1-877-301-4557
<http://www.dshs.wa.gov/Mentalhealth/king.shtml>

Ombuds Services: Review and Resolve Consumer Complaints 206-205-5329, (800) 790-8049 #3
<http://www.kingcounty.gov/healthServices/MentalHealth/Services/ombuds.aspx>

COMMUNITY RESOURCES 2-1-1 (206) 461-3200

SHELTERS – EMERGENCY HOUSING

Downtown Emergency Service Center (DESC) (206) 464-1570 <http://www.desc.org/>
Shelter, Housing and Services for homeless in Seattle
515 Third Avenue. Seattle
Alternative languages available: Spanish

Hopelink 425-869-6000 http://www.hope-link.org/get_help/housing/
Emergency Housing, Food, Financial Assistance

Catholic Community Services of Western Washington (206) 328-5696 www.ccsww.org
Serve and support poor and vulnerable people through the provision of quality, integrated services and housing.
100 23rd Ave. Seattle

CHRISTIAN COUNSELING

Seattle Christian Counseling (206) 388-3929 <http://seattlechristiancounseling.com/> Christ centered
Biblically based Christian counseling for individuals, dating and premarital couples, children, teens, and families

Samaritan Center of Puget Sound (206) 527-2266 <http://www.samaritanps.org/> Counseling; low cost - An
ecumenical Christian Community that respects the beliefs of all people and that healing takes place on many levels –
mental, emotional, physical and spiritual. Seattle, Eastside, Pierce, Kitsap counties

MENTAL HEALTH ADULTS

Harborview Mental Health Services 206-744-9600 Critical safety net for disadvantaged patients with severe mental illness and substance abuse, both acute and chronic.
325 9th Avenue First Floor. Seattle, WA 98104-Alternative languages available: Hiligaynon, Hindi, Korean, Spanish, Tagalog

<http://www.uwmedicine.washington.edu/PatientCare/MedicalSpecialties/SpecialtyCare/HARBORVIEW/MentalHealth/>

Sound Mental Health 206-302-2300, TTY: 206-302-2209 <http://www.smh.org/>
Mental health, vocational, housing services. _Auburn, Kent, Bellevue, North Seattle, Seattle Madison, Redmond, Tukwila. Alternative languages available: Arabic, ASL, French, Gaelic, German, Hindi, Hungarian, Japanese, Korean, Latvian, Lithuanian, Mandarin, Russian, Spanish, Tagalog, Yoruba

Community Psychiatric Clinic (206) 206-461-4544 (under 18) or 206-545-2354 (over 18) <http://www.cpcwa.org/>
Recovery-oriented mental health and chemical dependency services throughout Seattle and King County.
11000 Lake City Way NE. Seattle, WA 98125-6748
Locations at Belltown, Northgate, Pioneer Square, and Wallingford
Alternative languages available: Cantonese, Japanese, Korean, Spanish and Tagalog
3808 S. Angeline Street. Seattle

Asian Counseling & Referral Services - (206) 695-7600 <http://www.acrs.org>
Human service and behavioral health programs for Asian Pacific Americans in King County
3639 Martin Luther King Jr. Way S Seattle,
Alternative languages available: Cambodian, Cantonese, French, German, Hmong, Japanese, Korean, Lao, Mandarin, Mien, Samoan, Tagalog, Taiwanese, Thai, Toishanese and Vietnamese

Community House Mental Health (206) 322-2387
Helps people with severe and persistent mental illness increase their social, vocational, and life skills, with recovery as the program's overall goal. As an alternative to traditional clinical treatment, Community House provides a supportive family atmosphere for its members where they can feel a sense of belonging and grow at their own pace.
431 Boylston Avenue E. Seattle, WA 98102-4903
Alternative languages available: Spanish
<http://www.cmha.org>

Evergreen Health Home Care 425.899.6300
In-home mental health services provided to homebound adults throughout King County
including those who live in their own homes, adult family homes, assisted living facilities and nursing homes.
<http://www.evergreenhealth.com>

NAVOS: Comprehensive mental health services 206-248-8226
2600 SW Holden Street, Seattle, WA 98126 and 1210 SW 136th St Burien 206-257-6600
Alternative languages available: Farsi, Japanese, Polish, Spanish: Interpreters for any language available on request
<http://www.navos.org/>

Valley Cities Counseling & Consultation (253) 939-4055 2704 "I" Street NE Auburn, WA 98002, Also Federal Way, Kent, Renton, South King County
mental health treatment centered on wellness, resilience & recovery, active military & vets programs. **Call before 2 pm for same or next day appointment.**
Alternative languages available: Czech, French, German, Punjabi, Russian and Spanish
<http://www.valleycities.org/>

Sea-Mar Community Health Center 206-766-6976
Sliding scale fee medical, dental, behavioral health, multiple locations
10001 17th Place S, Seattle Alternative languages available inc. Portuguese and Spanish
<http://www.seamar.org/>

MENTAL HEALTH CHILDREN

Seattle Children's Hospital 206-987-2164 option #4

4800 Sand Point Way NE, Seattle, WA 98105

Adolescent Behavioral Health - 206-987-2028

Odessa Brown Children's Clinic 206-987-7210, Other location(s): Bellevue, Central District

Alternative languages available: American Sign Language, Mandarin, Spanish

<http://www.seattlechildrens.org>

Seattle Children's Home (206) 283-3300

Comprehensive mental health care including residential treatment for children & adolescents

2142 10th Avenue W. Seattle, WA 98119 Alternative languages available: American Sign, Language, German,

Laotian, Spanish, Tagalog Greek, Spanish and Vietnamese

<http://seattlechildrenshome.org/>

YMCA Mental Health Services (206) 382-5340 or (800) 760-5340

CCORS (Children's Crisis Outreach Response)- mobile outreach within 2 hours Comprehensive services for infants, parents, families, coordination with schools

24th Avenue S, Suite 260, Seattle, WA 98144

Alternative languages available: Laotian, Mandarin, Spanish, Thai

<http://www.seattleyymca.org>

MENTAL HEALTH LGBT

Peter Jabin, M. Div, LMHCA 206-923-8943 <http://www.jabincounseling.com/>

Seattle Counseling Service for LGBT Community (206) 323-1768

1216 Pine Street, Suite 300, Seattle, WA 98101 -

<http://www.seattlecounseling.org/>

The Northwest Network Support, Education, Engagement, Activities, Programs for Bisexual, Trans, Lesbian and Gay Survivors of Abuse 206- 568-7777 <http://nwnetwork.org/>

SUBSTANCE ABUSE / DEPENDENCE

Therapeutic Health Services: 206-323-0934 <http://www.ths-wa.org/>

Alcohol & Drug Services, Co-Occurring Disorder Treatment, Mental Health Services, Parenting & Family Programs, Youth and programs, military & Vets. Fees based on income. Serves non-English speaking population

Recovery Café 206-374-8731 www.recoverycafe.org

Support center for women and men traumatized by homelessness, addiction and mental health challenges. Recovery support & classes, accountability groups, referrals for housing, mental and physical health, and employment.

2022 Boren Ave, Seattle Tues – Sat 12pm – 6:30pm

CLUBHOUSES

Dynamic programs of support and opportunities for people with severe and persistent mental illnesses.

HERO House Bellevue, WA

<http://www.herohouse.org/>

IMPORTANT LOCAL ORGANIZATIONS AND WEBSITES

National Alliance on Mental Illness (NAMI)

www.nami.org

NAMI Greater Seattle 206.783.9264

<http://www.nami-greaterseattle.org/>

NAMI South King County 253.854.6264

http://www.nami.org/MSTemplate.cfm?Site=NAMI_South_King_County

NAMI - Eastside 425.885.6264

www.nami-eastside.org

Downtown Emergency Service Center (DESC) – Shelter, Housing and Services for Homeless Adults

<http://www.desc.org>

REACH – Intensive Case Management for Chronically Homeless Addicted Adults with High Needs 206.432.3574

<http://www.evergreentx.org/reach/Pages/Default.aspx>

Edward Thomas House – King County Medical Respite Program for Homeless

<http://www.kingcounty.gov/healthservices/health/personal/HCHN/respite.aspx>

IMPORTANT LOCAL & NATIONAL ORGANIZATIONS AND WEBSITES

SAMHSA – Substance Abuse and Mental Health Services. 877-726-4727, TTY 800-487-4889

www.samhsa.gov

American Foundation for Suicide Prevention (AFSP) - <http://www.afsp.org>

Depression and Bipolar Support Alliance (DBSA)

www.dbsalliance.org

Mental Health Recovery W.R.A.P. Wellness Recovery Action Plan

www.mentalhealthrecovery.com

Mental Illness Education Project

www.miepvideos.org

National Empowerment Center

www.power2u.org

PACE = Personal Assistance in Community Existence

National Institute for Mental Health (NIMH)

www.nimh.nih.gov

National Mental Health Association (NMHA)

www.nmha.org

Mental Health Action

www.MentalHealthAction.org

Definition of Wellness – 10 dimensions of spiritual, emotional and mental wellness

www.definitionofwellness.com