LGBTQ MENTAL HEALTH

**Seattle Psychology** 206-420-4701
https://www.seattlepsychology.com/
Mental health counseling for children, teens, adults, and couples

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

**LGBTQ Youth Support**

**The Trevor Project** 866-488-7386 or text 678-678
https://www.thetrevorproject.org/
Information and support to LGBTQ young people 24/7, all year round.

DOMESTIC VIOLENCE/SEXUAL ASSAULT

**DAWN** 425-656-7867 www.dawnrising.org
Comprehensive Services, 24 Hr. Advocacy, Crisis Line

**NEW BEGINNINGS** 206-737-0242 www.newbegin.org
Empowers Survivors of Domestic Violence, 24 hour Help Line.

**LIFEWIRE** 425-746-1940 https://www.lifewire.org/
24 hour helpline, survivor support, safer housing, legal support

**KING COUNTY SEXUAL ASSAULT RESOURCE CENTER**
888-998-6423 or 425-282-0324 en Espanol
https://www.kcsarc.org/en/
Support and comprehensive services to children, teens, and adults who have experience sexual assault

**SUBSTANCE USE DISORDERS**

**Therapeutic Health Service** 833-278-4357
https://ths-wa.org/
Addiction and mental health services for youth, individuals, and adults. Multiple locations

**Recovery Café** 206-374-8731
www.recoverycafe.org
Support for women and men traumatized by homelessness, addiction and mental health challenges. Classes, accountability groups, referrals for housing, mental and physical health, and employment.

**Evergreen Treatment Services** 206-223-3644
https://www.evergreentreatment.org/
Medication-assisted treatment for adults with opioid use disorders.

**Washington Recovery Helpline** 866-789-1511
https://www.warecoveryhelpline.org/
Call 24 hours a day, text M-F 9am-9pm

**CLUBHOUSES AND SUPPORT**

**Dynamic programs of support and opportunities for people with severe and persistent mental illness**

**HERO HOUSE** 425-614-1282
https://www.herohousewnw.org/
Bellevue

**SEATTLE CLUBHOUSE** 206-501-3730
https://www.seattleclubhouse.org/
Seattle

**COMMUNITY HOUSE** 206-322-2387
https://chmha.org/
Seattle

**NAMI SEATTLE** 206-783-9264
https://namiseattle.org/
Advocacy, support, and education for people impacted by mental health conditions in Seattle

**NAMI EASTSIDE** 425-885-6264
https://nami-eastside.org/
Advocacy, education, and support for those impacted by a mental health condition

**Mental Health Resources**

Updated 2/1/2023
St. James Mental Health & Wellness Ministry
http://www.stjames-cathedral.org/mhwm

**LIFE THREATENING EMERGENCY CALL 9-1-1**
**SUICIDE PREVENTION**
**CALL OR TEXT 9-8-8**
TTY Users dial 711 then 988

**24 HOUR CRISIS LINE** 866-427-4747
Local 206-461-3222

**CTL (Crisis Text Line) Text “HOME” to 741741**
Helps anyone in crisis by connecting them with a compassionate, trained listener through a toll-free texting service.
CTL is nationwide and 24/7.

Teen Link—Talk with Trained Teen Volunteer
1-866-833-6546
7 days 6-pm-10pm chat/text 6-9:30 pm
Substance use specialist M-F 2 -10pm press 2

**WARM LINE** Non-Emergency Emotional Support
1-877-500-9276 Monday—Sunday 9am—10pm

**KING CO. MENTAL HEALTH SERVICES**
1-800-790-8049

**COMPREHENSIVE COMMUNITY RESOURCES**
2-1-1 or 800-621-4636 or crisisconnections.org
Washington Connection washingtonconnection.org
SHELTERS – EMERGENCY HOUSING

Downtown Emergency Service Center (DESC) 206-464-1570  www.desc.org/
Shelter and Services for homeless  515 3rd Ave

SHARE/WHEEL  206–448-7889  http://www.sharewheel.org/need-shelter
Homeless Service for women  1902 2nd Ave

Hopelink  425-869-6000  www.hopelink.org
Emergency Housing, Food, Financial Assistance

Catholic Community Services of Western Washington 206-328-5696  www.cccsw.org
Serves poor & vulnerable by providing integrated services & housing  100 23rd Ave

CHRISTIAN COUNSELING

Catholic Community Services of Western Washington 206-956-9570  www.cccsw.org
Counseling services for adults, children, and families

Seattle Christian Counseling  206-388-3929  www.seattlechristiancounseling.com/
Christian counseling for individuals, dating and premarital couples, children, teens, and families

Samaritan Center of Puget Sound  206-527-2266  www.samaritans.org/
Counseling; low cost, Seattle, Eastside, Pierce, Kitsap counties

Lutheran Counseling Network  206-364-1046  https://www.lutheran counseling.net/
Counseling for individuals, couples, and families

Emmaus Counseling Center  425-869-2644  https://www.emmauscounseling.net/
Counseling services to clients of all ages, couples, and families

ADULT MENTAL HEALTH

Harborview Mental Health Services  206-744-9600  www.uwmedicine.org/services/mental-health-care
Case management and comprehensive services for patients with severe mental illness and substance abuse. Alternative languages.  401 Broadway 4th Floor

Mental health, vocational, housing services throughout King Co. Alternative languages available.

Consejo Counseling & Referral Service  206-461-4880  https://consejocounseling.org/
Integrated health services for Latino community. Various locations.

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

In-home mental health services provided to homebound senior adults living in King County

NAVOS  206-257-6600  http://www.navos.org/
Comprehensive services, Alternative languages available.  1210 SW 136th St, Burien

Valley Cities Behavioral Health  253-833-7444  http://www.valleycities.org/
Mental health, active military & vets programs. Alternative languages available.  2704 "I" Street NE Auburn

Sea-Mar Community Health Center  206-762-3730  www.seamar.org/
Sliding scale fee medical, dental, behavioral health, multiple locations. Alternative languages available.

BIPOC Mental Health Resources
https://namiseattle.org/support-resources/bipoc-mental-health-resources/

CHILDREN’S MENTAL HEALTH

Seattle Children’s Hospital  206-987-2164  www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine
Provider referral required. Outpatient, inpatient, and partial hospitalization.

Crisis services for youth and families up to age 18 and young adults up to age 25 who are experiencing homelessness

Counseling services for individuals, couples, families, and at-risk youth.

Youth Eastside Services  425-747-4937  https://www.youteastideservices.org/
Mental health and substance use support to all youth, birth-22 and their families in East King Co, regardless of ability to pay.  Bellevue, Kirkland, Redmond

Friends of Youth  425-869-6490  https://www.friendsofyouth.org/
Mental health and substance use counseling.  Issaquah, North Bend, Duvall

Ryther Child Center  206-643-3593  https://www.ryther.org/
Mental health and counseling service for birth-17 2400 NE 95th St

Mental Health Referral Service  833-303-5437  https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/
Connects families to mental health providers in their community who accept new patients and work with their insurance. All youth 17 and under in Washington State