

LGBTQ MENTAL HEALTH

Seattle Psychology 206-420-4701

<https://www.seattlepsychology.com/>

Mental health counseling for children, teens, adults, and couples Queen Anne, Wallingford

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. 2022 Boren Ave

Evergreen Treatment Services 206-223-3644

<https://www.evergreentreatment.org/>

Medication-assisted treatment for adults with opioid use disorders. 1700 Airport Way

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.herohousenw.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

<https://kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/mental-health.aspx>

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.ccsww.org
Serves poor & vulnerable by providing integrated services & housing 100 23rd Ave

CHRISTIAN COUNSELING

Catholic Community Services of Western Washington

206-956-9570 www.ccsww.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.samaritanps.org/
Counseling; low cost, Seattle, Eastside, Pierce, Kitsap counties

Lutheran Counseling Network 206-364-1046

<https://www.lutherancounseling.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

Sound Mental Health 206-302-2300,

TTY: 206-302-2209 www.sound.health
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

Evergreen Health Home Care 425-899-6300

<https://www.evergreenhealth.com/health-services/in-home-behavioral-health/>
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.

6901 Sand Point Way NE

Children's Crisis Outreach Response (CCORS)

Crisis Connections 206-462-3222
<https://www.seattlemca.org/social-impact-center/youth-young-adults/crisis-support>
Crisis services for youth and families up to age 18 and young adults up to age 25 who are experiencing homelessness

Northshore Youth and Family Services 425-485-6541

<https://www.northshoreyouthandfamilyservices.org/>
Counseling services for individuals, couples, families, and at-risk youth.
19201 120th Ave NE, Ste 108, Bothell

Youth Eastside Services 425-747-4937

<https://www.youtheastideservices.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