

## SUBSTANCE ABUSE/DEPENDENCE

**Therapeutic Health Service:** 206-323-0934

<https://www.ths-wa.org/>

[Alcohol & Drug Services](#), [Co-Occurring Disorder Treatment](#), [Mental Health Services](#). Family, Youth Military & Vets. Sliding Scale. Non-English Ok.

**Recovery Café** 206-374-8731 [www.recoverycafe.org](http://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, Tues – Sat 12pm – 6:30pm

**Evergreen Treatment Services for Medication Assisted Treatment for Opioid Use Disorders** [evergreentx.org](http://evergreentx.org)

**For comprehensive information on recovery :**  
**StartYourRecovery.org**

**Alcohol Treatment Navigator** <https://alcoholtreatment.niaaa.nih.gov/>

## CLUBHOUSES

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

**HERO HOUSE** 425-614-1282

<http://www.herohouse.org/> Bellevue, WA Helps people reclaim their lives through education, advocacy, pre-vocational skill building, socialization, employment placement & retention, work order days.

**SEATTLE CLUBHOUSE** 1265 S. Main St.

Lunch served at noon. info: Larry Clum 206-432-8476, Gretchen Hawkins 206-327-7234 [seattleclubhouse.org](http://seattleclubhouse.org)

**COMMUNITY HOUSE** 2212 S. Jackson St. 206-322-2387

<http://www.chmha.org> Helps people with severe and persistent mental illness . An alternative to traditional clinical treatment, Community House provides a supportive family atmosphere for its members where they can feel a sense of belonging .

## LOCAL ORGANIZATIONS & WEBSITES

**National Alliance on Mental Illness (NAMI)**

[www.nami.org](http://www.nami.org)

**NAMI Greater Seattle** 206.783.9264

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

**NAMI-Eastside** 425.885.6264

[www.nami-eastside.org](http://www.nami-eastside.org)

**Downtown Emergency Service Center (DESC)**

Shelter, Housing & Services for Homeless Adults  
<http://www.desc.org>

**Mobile Health Care for Homeless** [https://](https://www.kingcounty.gov/depts/health/locations/homeless-health/mobile-medical-care.aspx)

[www.kingcounty.gov/depts/health/locations/homeless-health/mobile-medical-care.aspx](https://www.kingcounty.gov/depts/health/locations/homeless-health/mobile-medical-care.aspx)

## NATIONAL ORGANIZATIONS & WEBSITES

**SAMHSA: Substance Abuse & Mental Health Services**

877-726-4727, TTY 800-487-4889

[www.samhsa.gov](http://www.samhsa.gov)

**American Foundation for Suicide Prevention (AFSP)**

<http://www.afsp.org>

**Depression and Bipolar Support Alliance (DBSA)**

[www.dbsalliance.org](http://www.dbsalliance.org)

**Mental Health Recovery**

**W.R.A.P. Wellness Recovery Action Plan**

[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

**National Institute for Mental Health (NIMH)**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

**National Mental Health Association (NMHA)**

[www.nmha.org](http://www.nmha.org)

**Eight Dimensions of Wellness**

[www.samsha.gov/wellness-initiative/eight-dimensions-wellness](http://www.samsha.gov/wellness-initiative/eight-dimensions-wellness)

# MENTAL HEALTH RESOURCES

Updated 2/6/2019

<http://www.stjames-cathedral.org/mentalhealth>

## LIFE THREATENING EMERGENCY CALL 9-1-1

**24 HOUR CRISIS LINE** 866-427-4747

Local 206-461-3222

**WA STATE CRISIS LINE—SUICIDE PREVENTION**

**1-800 273-8255** TTY Users **1-800-799 4889**

**CTL (Crisis Text Line)** Text “HOME” to **741741**

[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.

**Teen Link—Talk with Trained Teen Volunteer**

**6-pm-10pm 1-866-466-4922**

**WARM LINE** Non –Emergency Emotional Support

1-877-500-9276 Monday—Sunday 5-9 PM.

**KING CO. MENTAL HEALTH SERVICES**

**1-800- 790-8049**

<http://www.kingcounty.gov/depts/>

[community-human-services/](http://www.kingcounty.gov/depts/community-human-services/)

[mental-health-substance-abuse/mental-health.aspx](http://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/mental-health.aspx)

**COMPREHENSIVE COMMUNITY RESOURCES**

**2-1-1** or 800-621-4636 or [crisisconnections.org](http://crisisconnections.org)

## SHELTERS – EMERGENCY HOUSING

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

**SHARE/WHEEL** 206– 448-7889  
Homeless Service for women 1902 2nd Ave  
[www.sharewheel.org](http://www.sharewheel.org)

**Hopelink** 425-869-6000 [www.hopelink.org](http://www.hopelink.org)  
Emergency Housing, Food, Financial Assistance

**Catholic Community Services of Western Washington**  
206-328-5696 [www.ccsww.org](http://www.ccsww.org)  
Serves poor & vulnerable by providing integrated services  
& housing. 100 23rd Ave, Seattle

## CHRISTIAN COUNSELING

### Child & Family

**Catholic Community Services ccsww.org**

**Seattle Christian Counseling** 206-388-3929

[www.seattlechristiancounseling.com/](http://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/](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

## ADULT MENTAL HEALTH

**Harborview Mental Health Services** 206-744-9600  
[www.uwmedicine.org/services/mental-health-care](http://www.uwmedicine.org/services/mental-health-care)  
Case management and comprehensive services for disad-  
vantaged patients with severe mental illness and sub-  
stance abuse, both acute and chronic. 401 Broadway  
4th Floor. Alternative languages available.

**Sound Mental Health** 206-302-2300,  
TTY: 206-302-2209 [www.sound.health](http://www.sound.health)  
Mental health, vocational, housing services: Auburn, Kent,  
Bellevue, Seattle, N. Seattle, Redmond, Tukwila. Alterna-  
tive languages available.

## ADULT MENTAL HEALTH ADULTS (cont.)

**Community Psychiatric Clinic** 206-206-461-3614 or  
206-545-2354 (under18) <http://www.cpcwa.org/>  
Recovery-oriented mental health & chemical depend-  
ency services throughout King County.  
Alternative languages available.

**Consejo Counseling & Referral Service** 206-461-4880  
[consejonew.consejocounseling.org/](http://consejonew.consejocounseling.org/)  
Integrated health services. For Latino Community Vari-  
ous 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, Seattle.  
Alternative languages available.

**Evergreen Health Home Care** 425-899-6300  
<http://www.evergreenhealth.com/behavioral-health>  
In-home mental health services provided to home-  
bound senior adults living in King County including  
those who live in their own homes, adult family  
homes, assisted living facilities and nursing homes.

**NAVOS:** 206-248-8226, 2600 SW Holden St, Seattle  
206-257-6600, 1210 SW 136<sup>th</sup> St Burien  
<http://www.navos.org/> Comprehensive services,  
Alternative languages available.

**Valley Cities Counseling & Consultation** 253-833-  
7444, <http://www.valleycities.org/> 2704 "I" Street NE  
Auburn, WA 98002, also Federal Way, Kent, Renton.  
Mental health, active military & vets programs. Call  
before 2 pm for same / next day appt. Alternative  
languages available.

**Sea-Mar Community Health Center** 206-762-3730  
[www.seamar.org/](http://www.seamar.org/)  
Sliding scale fee medical, dental, behavioral health,  
multiple locations. Alternative languages available .

Medical & Behavioral Respite Care Edward Thomas  
House <https://www.kingcounty.gov/depts/health/locations/homeless-health/healthcare-for-the-homeless/services/medical-respite.aspx>

## CHILDREN'S MENTAL HEALTH

**Seattle Children's Hospital** 206-987-2164 option #4  
[www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine](http://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine)  
4800 Sand Point Way NE, Seattle, WA 98105  
Adolescent Behavioral Health - 206-987-2028  
Odessa Brown Children's Clinic - 206-987-7210,  
Other locations: Bellevue, Central District  
Alternative languages available.

**Children's Crisis Outreach Response (CCORS)**  
Mobile outreach within 2 hours. Comprehensive services  
for infants, parents, families, coordination with schools.  
2100 24th Avenue S. Suite 260, Seattle, WA 98144  
[www.seattleymca.org/accelerator/familysupport/ccors](http://www.seattleymca.org/accelerator/familysupport/ccors)  
Or Crisis Line 206-462-3222 Alternative Languages

## LGBT MENTAL HEALTH

**Peter Jabin, M. Div, LMHCA** 206-923-8943  
[www.jabincounseling.com/](http://www.jabincounseling.com/)

**Seattle Counseling Service** for LGBT Community  
206-323-1768 [www.seattlecounseling.org/](http://www.seattlecounseling.org/)  
1216 Pine Street, Suite 300, Seattle, WA 98101

**The Northwest Network** 206- 568-7777  
[www.nwnetwork.org/](http://www.nwnetwork.org/) Support, Education, Engagement, Activ-  
ities, Programs for Bisexual, Trans, Lesbian and Gay Survivors  
of Abuse

**LGBTQ Youth Support**  
[www.navos.org/get-help/children-youth-families/youth-  
young-adults](http://www.navos.org/get-help/children-youth-families/youth-young-adults)

## DOMESTIC VIOLENCE

**DAWN** 425-656-7867 [www.dawnrising.org](http://www.dawnrising.org)  
Comprehensive Services, 24 Hr. Advocacy & Crisis Line

**NEW BEGINNINGS** 206-522-9472 [www.newbegin.org](http://www.newbegin.org) Em-  
powers Survivors of Domestic Violence, 24 hour Help Line