Mental Health Resources

Updated 1/30/2019

Immediate Assistance

Life Threatening Emergency – 911

24 Hour Crisis Line (King County) – 1-866-427-4747

24 Hour Crisis Line (Pierce County) – 1-800-576-7764

24 Hour Crisis Line (Snohomish County) – 1-800-584-3578

24 Hour Crisis Lines for all Washington State Counties found here: https://www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/mental-health-crisis-lines

24 Hour National Suicide Prevention Lifeline – 1-800-273-8255

Important National Organizations & Websites

National Alliance on Mental Illness (NAMI)
www.nami.org

National Institute for Mental Health (NIMH)
www.nimh.nih.gov

National Mental Health Association (NMHA)
www.nmha.org

American Foundation for Suicide Prevention (AFSP)
www.afsp.org

Depression and Bipolar Support Alliance (DBSA)
www.dbsalliance.org

Mental Health Recovery – Wellness Recovery Action Plan
www.mentalhealthrecovery.com

Mental Illness Education Project
www.miepvideos.org

Important Local Organizations and Websites

NAMI (Greater Seattle) – 206-783-9264
www.namiseattle.org

WA Mental Health Info – 800-446-0259
www.dshs.wa.gov/dbhr/

Mental Health First Aid Training
www.mentalhealthfirstaid.org/take-a-course/find-a-course

Washington State Mental Health Summit
www.wamhsummit.org

Chad's Legacy Project
www.chadslegacy.org

Faith Based Resources

Websites:
National Catholic Partnership on Disability – 202-529-2933
www.ncpd.org/mentalillness

NAMI – Faith Net
www.nami.org/namifaithnet

St. James Cathedral Mental Health Ministry
www.stjames-cathedral.org/education/mentalhealth.aspx

Handouts:
Hope & Healing – CA Bishops' Letter
www.cacatholic.org/hope_and_healing

Counseling:
Seattle Christian Counseling – 206-388-3929
http://seattlechristiancounseling.com/

Samaritan Center of Puget Sound – 206-527-2266
http://www.samaritanps.org/

Emergency Housing:
Catholic Community Services of Western Washington – 206-328-5696

Clubhouses

Hero House – Bellevue, WA
http://www.herohouse.org/

Seattle Clubhouse
www.seattleclubhouse.org

Health Care – Adults

Harborview Mental Health Services – 206-744-9600
http://www.uwmedicine.washington.edu/PatientCare/MedicalSpecialties/SpecialtyCare/HARBORVIEW/MentalHealth/
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

Sound Mental Health – 206-302-2300
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 – 206-545-2354
http://www.cpcwa.org/
Recovery-oriented mental health and chemical dependency services throughout Seattle and King County. Locations at Belltown, Northgate, Pioneer Square, and Wallingford Alternative languages available: Cantonese, Japanese, Korean, Spanish and Tagalog

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, WA)
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
http://www.cmha.org

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

Evergreen Health Home Care – 425-899-6300
http://www.evergreenhealth.com
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.

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

Valley Cities Counseling & Consultation – http://www.valleycities.org/
Locations: Auburn, 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 say appointment. Alternative languages available: Czech, French, German, Punjabi, Russian and Spanish

Sea-Mar Community Health Center – 206-766-6976
(10001 17th Place S, Seattle, WA)
Sliding scale fee medical, dental, behavioral health.
Multiple locations
Alternative languages available: Portuguese and Spanish

Health Care – Children

Seattle Children's Hospital – 206-987-2164 Ext: 4
http://www.seattlechildrens.org
(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

Seattle Children's Home – 206-283-3300
http://seattlechildrenshome.org/
(2142 10th Avenue W. Seattle, WA 98119)

Comprehensive mental health care including residential treatment for children & adolescents Alternative languages available: American Sign, Language, German, Laotian, Spanish, Tagalog Greek, Spanish and Vietnamese

YMCA Mental Health Services – 206-382-5340 or (800) 760-5340
http://www.seattleymca.org

CCORS (Children's Crisis Outreach Response) – 206-461-3222
https://www.seattleymca.org/accelerator/familysupport/ccors
Mobile outreach within 2 hours**.** Comprehensive services for infants, parents, families, coordination with schools. Alternative languages available: Laotian, Mandarin, Spanish, Thai

Community Psychiatric Clinic – 206-461-4544
http://www.cpcwa.org/
Recovery-oriented mental health and chemical dependency services throughout Seattle and King County. Locations at Belltown, Northgate, Pioneer Square, and Wallingford Alternative languages available: Cantonese, Japanese, Korean, Spanish and Tagalog