



## Mental Health Resources

### Crisis Resources:

If your child/teen is suicidal, we recommend:

**In person:**

- Go to Seattle Children's Emergency Room

**Text or Call:**

- Suicide and Crisis Lifeline: **988**

### Local Counseling Resources:

**We recommend Cognitive Behavioral Therapy (CBT) or Interpersonal Therapy (IPT) or (Dialectical Behavioral Therapy) DBT:**  
Evidence-based help and skill training for depression/anxiety for children and teens.

For help narrowing your search:

**Washington's Mental Health Referral Service:**

Due to the ongoing mental health crisis, the demand for pediatric mental health professionals far exceeds capacity. Washington state funds a database, which tracks who has current openings. In order to access this database, you must register online or call to schedule an appointment with a care coordinator.

- Register Online: [seattlechildrens.org/clinics/washington-mental-health-referral-service/family/referral-form/](http://seattlechildrens.org/clinics/washington-mental-health-referral-service/family/referral-form/)
- Register via Phone: (833) 303-5437, Mon to Fri, 8am-5pm
- [How to Use the Mental Health Referral Service](#)

Groups to contact directly:

**Search the following resources:**

- [Multicultural Counselors](#)
- [Psychology Today](#)
  - Sort by insurance, location, child/teen, & CBT/IPT
- [Teen Link](#) | 1-866-TEENLINK (833-6546)
- Contact your **Employee Assistance Program**
- Contact your **Insurance Company**

**Or call any of the following:**

[Childhaven](#)

Renton, Skyway, Tukwila  
• (206) 624-6477

[Compass Health](#)

Snohomish County  
• (844) 822-7609

[Crosspath](#)

Sammamish Residents Only  
• (425) 369-1111

[Eastside Psychological Associates](#)

Woodinville, Snoqualmie, Issaquah  
• (425) 458-5048

[Friends of Youth](#)

Issaquah, Duvall, Snoqualmie  
• (425) 392-6367

[Insight Mental Health Group](#)

Snoqualmie Ridge  
• (425) 842-3910

[Joon Care Therapy](#)

Virtual only, 13+ statewide  
• (425) 522-3781

[LightHeart](#)

Redmond & Federal Way  
• (425) 996-8592

[Northshore Youth & Family Services](#)

Bothell  
• (425) 485-6541

[River Valley Psychological Services](#)

- Issaquah: (425) 391-0887
- Renton: (425) 228-5336

[Ryther](#)

Bellevue, Seattle, Mukilteo  
• (206) 517-0218

[Seattle Children's](#)

Bellevue, Seattle  
• (206) 987-2164

[Snohomish Psychology Associates](#)

Everett, Edmonds  
• (425) 789-1073

[Sound Health](#)

King County  
• (206) 302-2300

[Valera Health](#)

Virtual Only  
• Offers therapy & psychiatrist team

[Youth Eastside Services](#)

Bellevue, Redmond, Kirkland  
• (425) 747-4937



## Counseling Options by School District

Please contact your child's school counselor for additional help, resources, and information.

SCHOOL DISTRICT	COUNSELING OPTIONS – All Accept Molina
Northshore	<p><b>Northshore Youth and Family Services</b>            (425) 485-6541  <a href="http://www.northshoreyouthandfamilyservices.org">www.northshoreyouthandfamilyservices.org</a></p> <p><b>Office location:</b> Bothell</p>
Issaquah Riverview Snoqualmie	<p><b>Friends of Youth</b>            (425) 844-9669  <a href="http://www.friendsofyouth.org">www.friendsofyouth.org</a></p> <p><b>Office locations:</b> Issaquah, Duvall, Snoqualmie</p>
Bellevue Lake Washington	<p><b>Youth Eastside Services</b>            (425) 747-4937  <a href="http://www.youtheastsideservices.org">www.youtheastsideservices.org</a></p> <p><b>Office locations:</b> Bellevue, Redmond, Kirkland</p>
Renton	<p><b>Renton Area Youth &amp; Family Services</b>            (425) 271-5600  <a href="http://rays.org">rays.org</a></p> <p><b>Office locations:</b> Renton, Skyway, Tukwila</p>
Everett	<p><b>Compass Health</b>            (425) 349-8200  <a href="http://www.compasshealth.org">www.compasshealth.org</a></p> <p><b>Office location:</b> Everett</p>
Monroe	<p><b>SeaMar</b>            (360) 805-3122  <a href="http://www.seamar.org/snohomish-bh-monroe.html">www.seamar.org/snohomish-bh-monroe.html</a></p> <p><b>Office location:</b> Monroe</p>