



Mental Health Resources

Immediate Resources:

To speak to someone as soon as possible:

In person:

- Go to Seattle Children's Emergency Room

If you need a mental health professional to come to your home during a crisis:

- King County Children's Crisis Outreach Response System (CCORS): (206) 461-3222
- Snohomish County Crisis Response: (425) 388-7215

By text:

- Crisis Text Line - Text HOME or HELLO to 741-741

By phone:

- National Suicide Prevention Lifeline: (800) 273-TALK (8255), Spanish (888) 628-9454
- Washington State Teen Link: (866) 833-6546

Local Counseling Resources:

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

For help narrowing your search:

1. Washington's Mental Health Referral Service: (833) 303-5437, Mon to Fri, 8am-5pm
2. Contact your Employee Assistance Program
3. Contact your insurance company
4. Search: www.psychologytoday.com and sort by your insurance + location + child/teen + CBT/IPT

Groups to contact directly:

Cadence Adolescent and Child Therapy

Kirkland

- (425) 658-3200

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

Northshore Youth & Family Services

Bothell

- (425) 485-6541

Renton Area Youth & Family Services

Renton, Skyway, Tukwila

- (425) 271-5600

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

- (206) 789-1073

Sound Mental Health

King County

- (206) 302-2300

Youth Eastside Services

Bellevue, Redmond, Kirkland

- (425) 747-4937

- In-person intake first-come, first-served Tuesday & Thursday 12-4pm at Bellevue location

Mobile Apps:

Depression: Virtual Hope Box, What's Up

Suicide prevention: Stay Alive, A Friend Asks

Sleep: CBT-i (cognitive behavioral therapy for insomnia)



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>Northshore Youth and Family Services (425) 485-6541 www.northshoreyouthandfamilyservices.org</p> <p>Office location: Bothell</p>
Issaquah Riverview Snoqualmie	<p>Friends of Youth (425) 844-9669 www.friendsofyouth.org</p> <p>Office locations: Issaquah, Duvall, Snoqualmie</p>
Bellevue Lake Washington	<p>Youth Eastside Services (425) 747-4937 www.youtheastsideservices.org <u>First-come, first-served</u> in person intake Tuesday & Thursday, 12-4pm at Bellevue (Crossroads)</p> <p>Office locations: Bellevue, Redmond, Kirkland</p>
Renton	<p>Renton Area Youth & Family Services (425) 271-5600 rays.org</p> <p>Office locations: Renton, Skyway, Tukwila</p>
Everett	<p>Compass Health (425) 349-8200 www.compasshealth.org</p> <p>Office location: Everett</p>
Monroe	<p>SeaMar (360) 805-3122 www.seamar.org/snomish-bh-monroe.html</p> <p>Office location: Monroe</p>