

Mental Health Resources

<p>I would like to speak to someone as soon as possible</p>	<p><u>In person</u>: Go to Seattle Children’s Emergency Room <u>By text</u>: Crisis Text Line - Text HOME or HELLO to 741-741 <u>By phone</u>: National Suicide Prevention Lifeline - 1.800.273.TALK (8255), Spanish 1.888.628.9454 Washington Children's Crisis Outreach Response System (CCORS): 1.866.4.CRISIS (866.427.4747) Washington State Teen Link: 1.866.833.6546 LGBTQ (Trevor) Lifeline 24/7 Crisis: 1.866.488.7386</p>
<p>My personal support system</p>	<p>1. 2.</p>
<p>Cognitive Behavioral Therapy (CBT) Evidence-based help and skill training for depression/anxiety for children and teens</p> <p>Exposure Response Prevention (ERP) A type of CBT specific for OCD</p>	<p>Find a therapist:</p> <ol style="list-style-type: none"> Contact your Employee Assistance Program Contact your insurance company Search: www.psychologytoday.com and sort by your insurance + location + child/teen + CBT If you have Molina/Apple Health <ul style="list-style-type: none"> Sound Mental Health (King County) 206.302.2300 or YES (Bellevue/LWSD) 425.747.4937 Compass Health (Snohomish County) 844.822.7609 Contact local agencies directly: <ul style="list-style-type: none"> Youth Eastside Services (Bellevue, Kirkland, Redmond) 425.747.4937 or walk-in for in-person intake Mon. – Thu. 12-4pm at Bellevue location Eastside Psychological Associates (Woodinville, Snoqualmie, Issaquah) 425.458.5048 or contact Allegro liaison Sara Tapsak, PsyD, at 206.659.9393 for help with intake Renton Area Youth & Family Services (Renton, Skyway, Tukwila) 425.271.5600 Cadence Adolescent and Child Therapy (Kirkland) 425.658.3200 (cadencechat.com) Ryther (Bellevue, Seattle, Mukilteo) 206.517.0234 (www.ryther.org/child-family-therapy) Seattle Children’s (Bellevue, Seattle) 206.987.2164 (www.seattlechildrens.org) Friends of Youth (Issaquah, Duvall, Snoqualmie) 425.844.9669 (www.friendsofyouth.org) Northwest Partners in Mental Health (Bellevue) 425.739.4777 River Valley Psych. Services (Renton 425.228.5336, Issaquah 425.391.0887) (rivervalleypsych.com)
<p>Dialectical Behavior Therapy (DBT) <i>For teens with chronic or severe mood disorders</i></p>	<p>Find an individual therapist: dbt-lbc.org</p> <p>Find a program:</p> <ol style="list-style-type: none"> Cadence Adolescent and Child Therapy (Kirkland) 425.658.3200 Fairfax (Kirkland) 425.284.8300 (www.fairfaxhospital.com/programs) DBT Eastside (Bellevue) 425.615.0605 (www.dbteastside.com) Ryther (Bellevue, Seattle) 206.517.0234 (www.ryther.org/child-family-therapy) Youth Eastside Services (Bellevue, Kirkland, Redmond) 425.747.4937 Evidence Based Treatment Center (Seattle) 206.374.0109 (ebtseattle.com/dbtcenter.html) Psychotherapy clinic at Harborview (Seattle) 206.744.9622 River Valley Psych. Services (Renton 425.228.5336, Issaquah 425.391.0887) (rivervalleypsych.com)
<p>PTSD Therapy</p>	<p>Request specific trauma therapy through any of the above counseling resources. If sexual abuse evaluation or therapy needed, then additional resources include:</p> <ol style="list-style-type: none"> UW Center for Sexual Assault & Traumatic Stress (Redmond, Bellevue) 206.744.1600 King County Sexual Assault Resource Center 1.888.99.VOICE (86423) (www.kcsarc.org)
<p>Gender identity</p>	<ol style="list-style-type: none"> Seattle Children’s (Seattle) multidisciplinary gender clinic 206-987-2028 Youth Eastside Services (drop-in support group Bellevue 5-7pm) for 13-19yo LGBTQ+
<p>Phone Apps</p>	<p>Depression: Virtual Hope Box, What’s Up Suicide prevention: Stay Alive, A Friend Asks Sleep: CBT-i (cognitive behavioral therapy for insomnia)</p>