



Mental Health Resources

Crisis Resources:

If your child/teen is suicidal, we recommend:

In person:

- Go to Seattle Children's Emergency Room if experiencing a life threatening medical emergency
- Schedule a visit at [Seattle Children's Psychiatric Urgent Care Clinic](#) if suicidal without action

Text or Call:

- Suicide and Crisis Lifeline: **988**

Tips for Parenting Support at Home:

[FAST Videos & Handouts](#): Free resources from Seattle Children's Hospital.

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/
- 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
Issaquah Riverview Snoqualmie	Friends of Youth (425) 844-9669 www.friendsofyouth.org Office locations: Issaquah, Duvall, Snoqualmie
Bellevue Lake Washington	Youth Eastside Services (425) 747-4937 www.youtheastsideservices.org Office locations: Bellevue, Redmond, Kirkland
Renton	Renton Area Youth & Family Services (425) 271-5600 rays.org Office locations: Renton, Skyway, Tukwila
Everett	Compass Health (425) 349-8200 www.compasshealth.org Office location: Everett
Monroe	SeaMar (360) 805-3122 www.seamar.org/snohomish-bh-monroe.html Office location: Monroe
Seattle	Joon https://go.joon.com/wcaap Free virtual care for students 13-24y