

# Behavioral Healthcare Resources for Children and Teens

## Behavioral Healthcare Resources for Children and Teens in the North Sound ACH Snohomish County

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### Finding a mental/behavioral health counselor

- For those with Medicaid: contact your local Behavioral Health Organization  
North Sound BHO 301 Valley Mall Way, Suite 110, Mount Vernon, WA 98273  
P: 360.416.7013 | 800.684.3555  
F: 360.416.7017  
<http://northsoundbho.org/>
- <http://win211.org/>
- Those with private health insurance may also contact their insurance company for a list of providers

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### General information

- Washington Recovery Help Line: 24-hour help for substance abuse, problem gambling, and mental health  
1-866-789-1511 [www.warecoveryhelpline.org](http://www.warecoveryhelpline.org)
- Apply for Health Insurance: <https://www.wahealthplanfinder.org> 1-855-923-4633
- Child Protective Services (CPS): <https://www.dshs.wa.gov/ca/child-safety-and-protection>
- To report child abuse/neglect: 1-866-ENDHARM (1-866-363-4276)

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### Crisis services

- Crisis/acute mental health care:  
<http://www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/acute-mental-health-care>
- County/regional crisis lines:  
[www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/state-mental-health-crisis-lines](http://www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/state-mental-health-crisis-lines)
- Note: anyone can call their local county crisis line regardless of insurance coverage
- Teenlink: confidential teen-answered help line and computer chat service:  
866-833-6546 or <http://866teenlink.org>
- NAMI crisis line: text NAMI to 741741
- VOA 24 hour Crisis Line 1-800-584-3578

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### Substance Use Disorder

- SEAMAR Behavioral Health Centers (Spanish Available) <http://www.seamar.org/index.html>  
Everett (425) 609-5505  
Lynnwood (425) 977-2560  
Monroe (360) 805-3122
- Catholic Community Services NW Recovery Centers  
<http://ccsww.org/get-help/addiction-recovery-services/ccs-recovery-centers/>  
Everett (425) 258-5270  
Marysville (360) 651-2366
- Center for Human Services: (206) 362-7282  
<http://www.chs-nw.org/>  
North Shore Stars (Bothell): (425) 489-6028
- Therapeutic Health Services (Everett): (425) 263-3006  
<https://ths-wa.org/>
- Washington Recovery Help line: 1-866-789-1511

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[www.warecoveryhelpline.org](http://www.warecoveryhelpline.org)

- Currently no youth detox facilities in the region. Call providers above or the North Sound BHO.

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## Suicide prevention and intervention resources

- US National Suicide Hotline: 1-800-SUICIDE or 1-800-273-TALK (8255)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Youth Suicide Prevention Program: [www.yspp.org](http://www.yspp.org)
- The Trevor Project: 1-866-4-U-TREVOR  
(free, confidential hotline for suicidal teens who are gay, lesbian, bisexual, transgender)
- Crisis text line: Text START to 741-741 to talk to a trained counselor

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## Family support organizations

- Family support/resources by county: <http://mobile.4people.org/>
- Childcare or respite care: 1-800-446-2229
- Parent Trust: [www.parenttrust.org](http://www.parenttrust.org)

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## Information/support about mental health/disorders

- National Alliance on Mental Illness (NAMI): resources, links to local support groups: <http://www.nami.org/>
- Substance Abuse and Mental Health Services Administration (SAMHSA): resources, education, support: <https://www.samhsa.gov/>

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## Psychiatric inpatient services for youth

- Fairfax Behavioral Health: 425-248-8300  
<https://www.fairfaxhospital.com/>
- Smokey Point Behavioral Health: 800-202-5555  
<https://smokeypointbehavioralhospital.com/>
- Seattle Children's Hospital (King County) 206-987-2055  
<http://www.seattlechildrens.org/>

Frances Wilder  
[Compass Health](http://www.compasshealth.org)  
Everett, WA  
1-425-349-7609  
[Frances.Wilder@compassh.org](mailto:Frances.Wilder@compassh.org)