Behavioral Healthcare Resources for Children and Teens

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

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

General information
- Apply for Health Insurance: https://www.wahealthplanfinder.org 1-855-923-4633
- To report child abuse/neglect: 1-866-ENDHARM (1-866-363-4276)

Crisis services
- County/regional crisis lines: 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-analyzed 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

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

www.pediatrictcpi.org
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www.warecoveryhelpline.org

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

Suicide prevention and intervention resources

- US National Suicide Hotline: 1-800-SUICIDE or 1-800-273-TALK (8255)
  www.suicidepreventionlifeline.org
- Youth Suicide Prevention Program: 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

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

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/

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/

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