

# Behavioral Healthcare Resources for Children and Teens

## Behavioral Health Care Resources for Children and Teens in the CCAA Thurston and Mason Counties

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### Finding a mental/behavioral health counselor

- For those with Medicaid: contact your local Behavioral Health Organization (BHO):  
Thurston Mason BHO (TM-BHO), Phone: 360-763-5828  
Website: <http://tmbho.org/>
  - Behavioral Health Resources, Thurston County, Phone: 360-704-7170  
Behavioral Health Resources, Mason County, Phone: 360-426-1696  
Website: <http://www.bhr.org/>
  - Catholic Community Services, Thurston and Mason Counties, Phone: 360-878-8248  
Website: <http://ccsww.org/>
  - Community Youth Services, Thurston and Mason Counties, Phone: 360-943-0780  
Website: <https://communityyouthservices.org/>
  - ESD 113, Thurston County, Phone: 360-464-6870  
Website: <http://www.esd113.org>
  - SeaMar Behavioral Health, Thurston County, Phone: 360-704-7590  
Website: <http://www.seamarchc.org/>
  - Those with private health insurance may 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)
  - Washington Information Network, Dial 2-1-1 [www.resourcehouse.info/Win211](http://www.resourcehouse.info/Win211)
  - Washington State Department of Social and Health Services
    - Tumwater DCFS  
6860 Capitol Blvd., Bldg. 2  
Tumwater, WA 98501  
360-725-6701
    - Shelton DCFS  
2505 Olympic Hwy N. Suite 440  
Shelton, WA 98584  
360-432-2050
  - Apply for Health Insurance: <https://www.wahealthplanfinder.org> or 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:  
[www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/acute-mental-health-care](http://www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/acute-mental-health-care)
  - County/regional crisis line:  
[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*
  - Catholic Community Services Crisis Stabilization Services, Phone: 360-480-5721
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- Youth Help Line, Phone: 360-586-2777
  - Crisis Clinic of Thurston and Mason Counties, Phone: 360-586-2800
  - Olympia Health and Recovery Services (DCRs), Phone: 360-754-1338 or toll-free 1-800-270-0041
  - Teenlink: confidential teen-answered help line and computer chat service: 1-866-833-6546 or <http://866teenlink.org>
  - NAMI crisis line: text NAMI to 741741
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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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## Substance use disorder services

- ESD 113 – True North Student Assistance Program, Phone: 360-464-6870  
Website: <http://www.esd113.org>
  - Providence St. Peter – Chemical Dependency, Phone: 360-456-7575 or toll-free 1-800-322-0465
  - SeaMar – Substance Use Services, Phone: 360-704-7590  
Website: <http://www.seamarchc.org/>
  - Washington Recovery Help line: 1-866-789-1511 or [www.warecoveryhelpline.org](http://www.warecoveryhelpline.org)
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## Family support organizations

- Child Care Action Council, Phone: 360-786-8907  
Website: [www.ccacwa.org](http://www.ccacwa.org)
  - Family Alliance for Mental Health, Phone: 360-790-7505  
Website: [www.familyallianceformentalhealth.com](http://www.familyallianceformentalhealth.com)
  - Family Education and Support Services, Phone: 360-754-7629  
Website: <http://familyess.org>
  - Family Support Center, Phone: 360-754-9297 or 1-844-628-7343 (emergency shelter)  
Website: <http://www.fscss.org>
  - OSPI Special Education Parent Liaison, Phone: 360-725-6075  
Website: [www.k12.wa.us/SpecialEd/Families/Assistance.aspx](http://www.k12.wa.us/SpecialEd/Families/Assistance.aspx)
  - Parent Help 123, Phone: 1-800-322-2588  
Website: [www.parenthelp123.org](http://www.parenthelp123.org)
  - Parent Trust: [www.parenttrust.org](http://www.parenttrust.org)
  - PAVE (Partnership for Action, Voices for Empowerment), Phone: 1-800-565-266  
Website: <http://wapave.org>
  - South Sound Parent to Parent, Phone: 360-352-1126  
Website: [www.ssp2p.org](http://www.ssp2p.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

- Mason General Hospital Emergency Room, Phone: 360-426-1611  
901 Mountain View Dr, Shelton, WA 98584
- Olympia Health and Recovery Services (DCRs), Phone: 360-754-1338 or toll-free 1-800-270-0041
- Providence St. Peter Hospital Emergency Room, Phone: 360-491-9480  
413 Lilly Rd NE, Olympia, WA 98506
- Thurston or Mason 9-1-1, Phone: 9-1-1

P-TCPI Behavioral Health Champion:  
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