

Behavioral Health Care Resources for Children and Teens

Behavioral Health Care Resources for Children and Teens in King County

Crisis services

- [Crisis Line](#):
 - 211 or 1-800-621-4636 / TTY 206-461-3219 (8am- 6pm M-F)
 - Chat hours: M – F (10am-4:30pm)
 - 24/7 Crisis Connections: 1-866-4-CRISIS (1-866-427-4747) / TTY 206-461-3219
 - [Crisis Text Line](#): text HOME to 741741 (mobile fees waived)
 - [Teenlink](#): (confidential teen-answered help line): 1-866-833-6546 (6-10pm)
 - TeenLink Chat: 6pm-9:30pm; Local 425-461-4922
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Finding a mental/behavioral health counselor

- King County Client Services: 1-800-790-8049, or 206-263-8997
- King County Provider List: <https://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/providers>
- [Navos](#): walk-in clinic, or call 206-248-8226
- [Ryther Center for Children and Youth](#)
 - Mental Health Intake: 206-517-0234
 - Substance Use Disorder Intake: 206-517-0218
- [Community Psychiatric Clinic](#):
 - Child and Family Services 206-366-3015
- [Youth Eastside Services \(Y.E.S.\): 425-747-4937](#)
 - Open Access: Walk-in assessment services, M –Th (12pm-4pm)
 - Youth & Family Counseling (ages birth to 22)
 - Substance Abused Treatment & Co-Occurrence Disorders Services
 - Psychiatric Services

Culturally Specific Agencies

- [Asian Counseling & Referral Services \(ACRS\)](#): 206-695-7600, www.acrs.org
 - [Asian/Pacific Islander Chaya](#): 1-877-922-4292. www.apichaya.org
 - [Chinese Information & Service Center \(CISC\)](#): 206-624-5633, www.cisc-seattle.org
 - Cultural Navigator Program
 - Consejo Counseling & Referral Service: (206) 461- 4880, www.consejocounseling.org
 - Those with commercial insurance should contact their insurance provider for local mental health providers
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Substance use disorder services

- [WA Recovery Help Line](#): 1-866-789-1511
 - See [Finding a mental/behavioral health counselor](#)
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Suicide prevention and intervention resources

- [Suicide Prevention Hotline](#): 1-800-SUICIDE, or 1-800-273-TALK (8255)
- [Teenlink](#): (confidential teen-answered help line): 1-866-833-6546 (6-10pm)

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- [The Trevor Project](#): 1-866-4-U-TREVOR (free, confidential hotline for LGBT youth)

Psychiatric inpatient services for youth

- Facilities: Providence Sacred Heart Medical Center: Psychiatric Center for Children and Adolescents: (509) 474-2312
- DMHP: In Spokane: (509) 838-4428; other counties, call county Behavioral Health Center through this directory: <https://www.spokanecounty.org/DocumentCenter/View/17671>
- Emergency Depts: in any county, call 911

Family support organizations

- 211: state-wide database of resources
- Family support/resources by county: mobile.4people.org
- Parent Trust: 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
- Substance Abuse and Mental Health Services Administration (SAMHSA): resources, education, support: <https://www.samhsa.gov/>

General information

- Washington Recovery Help Line: 24-hour help for substance abuse, problem gambling, and mental health 1-866-789-1511 www.warecoveryhelpline.org
- Washington Information Network Dial 2-1-1 www.resourcehouse.info/Win211
- 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)

P-TCPI Behavioral Health Champion:
Victor Place
Navos West Seattle Campus
2600 SW Holden Street,
Seattle, WA 98126
206-933-7263
victor.place@navos.org

www.pediatrictcp.org