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

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

Substance use disorder services
- **WA Recovery Help Line:** 1-866-789-1511
- See Finding a mental/behavioral health counselor

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)

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**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

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**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 Information Network Dial 2-1-1 www.resourcehouse.info/Win211
- Apply for Health Insurance: https://www.wahealthplanfinder.org or 1-855-923-4633
- 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.pediatricctci.org