

SUBSTANCE ABUSE/DEPENDENCE

Therapeutic Health Service: 206-323-0934

<http://www.ths-wa.org/>

Alcohol & Drug Services, Co-Occurring Disorder Treatment, Mental Health Services. Family, Youth Military & Vets. Sliding Scale. Non-English Ok.

Recovery Café 206-374-8731 www.recoverycafe.org

Support for women and men traumatized by homelessness, addiction and mental health challenges. Classes, accountability groups, referrals for housing, mental and physical health, and employment.
2022 Boren Ave, Tues – Sat 12pm – 6:30pm

Evergreen Treatment Services for Medication Assisted Treatment for Opioid Use Disorders
evergreentx.org

For comprehensive information on recovery :
StartYourRecovery.org

Alcohol Treatment Navigator <https://alcoholtreatment.niaaa.nih.gov/>

CLUBHOUSES

Dynamic programs of support and opportunities for people with severe and persistent mental illness

HERO HOUSE 425-614-1282

<http://www.herohouse.org/> Bellevue, WA Helps people reclaim their lives through education, advocacy, pre-vocational skill building, socialization, employment placement & retention, work order days.

SEATTLE CLUBHOUSE 1265 S. Main St.

Lunch served at noon. info: Larry Clum 206-432-8476, Gretchen Hawkins 206-327-7234 seattleclubhouse.org

COMMUNITY HOUSE 2212 S. Jackson St. 206-322-2387

<http://www.chmha.org> Helps people with severe and persistent mental illness . An alternative to traditional clinical treatment, Community House provides a supportive family atmosphere for its members where they can feel a sense of belonging .

LOCAL ORGANIZATIONS & WEBSITES

National Alliance on Mental Illness (NAMI)

www.nami.org

NAMI Greater Seattle 206.783.9264

<http://www.nami-greaterseattle.org/>

NAMI-Eastside 425.885.6264

www.nami-eastside.org

Downtown Emergency Service Center (DESC)

Shelter, Housing & Services for Homeless Adults
<http://www.desc.org>

Mobile Health Care for Homeless [https://](https://www.kingcounty.gov/depts/health/locations/homeless-health/mobile-medical-care.aspx)

www.kingcounty.gov/depts/health/locations/homeless-health/mobile-medical-care.aspx

NATIONAL ORGANIZATIONS & WEBSITES

SAMHSA: Substance Abuse & Mental Health Services

877-726-4727, TTY 800-487-4889

www.samhsa.gov

American Foundation for Suicide Prevention (AFSP)

<http://www.afsp.org>

Depression and Bipolar Support Alliance (DBSA)

www.dbsalliance.org

Mental Health Recovery

W.R.A.P. Wellness Recovery Action Plan

www.mentalhealthrecovery.com

National Institute for Mental Health (NIMH)

www.nimh.nih.gov

National Mental Health Association (NMHA)

www.nmha.org

Definition of Wellness

Ten dimensions of spiritual, emotional & mental wellness

www.definitionofwellness.com

MENTAL HEALTH RESOURCES

Updated 7//23/2018

www.stjames-cathedral.org/mhwm

LIFE THREATENING EMERGENCY CALL 9-1-1

24 HOUR CRISIS LINE 866-427-4747

WA STATE CRISIS LINE—SUICIDE PREVENTION

1-800 273-8255 _TTY Users **1-800-799 4889**

CTL (Crisis Text Line) Text “HOME” to **741741**

SUPPORT FOR TEENS Helps teens in crisis by connecting them with a compassionate, trained listener through a toll-free texting service. CTL is nationwide and 24/7.

WARM LINE Non –Emergency Emotional Support

1-877-500-9276 Wed—Sunday 5-9 PM.

KING CO. MENTAL HEALTH SERVICES

1-800- 790-8049

<http://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/mental-health.aspx>

COMPREHENSIVE COMMUNITY RESOURCES

2-1-1 or 800-621-4636 or crisisclinic.org/2-1-1

SHELTERS – EMERGENCY HOUSING

Downtown Emergency Service Center (DESC)
206-464-1570 www.desc.org/
Shelter and Services for homeless 515 3rd Ave

SHARE/WHEEL 206–448-7889
Homeless Service 1902 2nd Ave

Hopelink 425-869-6000 www.hopelink.org
Emergency Housing, Food, Financial Assistance

Catholic Community Services of Western Washington
206-328-5696 www.ccsww.org
Serves poor & vulnerable by providing integrated services & housing. 100 23rd Ave, Seattle

CHRISTIAN COUNSELING

Seattle Christian Counseling 206-388-3929
www.seattlechristiancounseling.com/
Christian counseling for individuals, dating and pre-marital couples, children, teens, and families

Samaritan Center of Puget Sound 206-527-2266
www.samaritanps.org/ Counseling; low cost - an ecumenical Christian Community that respects the beliefs of all people and that healing takes place on many levels – mental, emotional, physical and spiritual. Seattle, Eastside, Pierce, Kitsap counties

ADULT MENTAL HEALTH

Harborview Mental Health Services 206-744-9600
www.uwmedicine.org/locations/behavioral-health-recovery Case management and comprehensive services for disadvantaged patients with severe mental illness and substance abuse, both acute and chronic. 401 Broadway 4th Floor. Alternative languages available.

Sound Mental Health 206-302-2300,
TTY: 206-302-2209 www.sound.health
Mental health, vocational, housing services: Auburn, Kent, Bellevue, Seattle, N. Seattle, Redmond, Tukwila. Alternative languages available.

ADULT MENTAL HEALTH ADULTS (cont.)

Community Psychiatric Clinic 206-206-461-3614 or 206-545-2354 (under18) <http://www.cpcwa.org/>
Recovery-oriented mental health & chemical dependency services throughout King County. Alternative languages available.

Consejo Counseling & Referral Service 206-461-4880 consejonew.consejocounseling.org/
Integrated health services. For Latino Community Various locations.

Asian Counseling & Referral Services 206-695-7600
<http://www.acrs.org>
Human service and behavioral health programs for Asian Pacific Americans in King County
3639 Martin Luther King Jr. Way S, Seattle.
Alternative languages available.

Evergreen Health Home Care 425-899-6300
<http://www.evergreenhealth.com/behavioral-health>
In-home mental health services provided to home-bound senior adults living in King County including those who live in their own homes, adult family homes, assisted living facilities and nursing homes.

NAVOS: 206-248-8226, 2600 SW Holden St, Seattle 206-257-6600, 1210 SW 136th St Burien
<http://www.navos.org/> Comprehensive services, Alternative languages available.

Valley Cities Counseling & Consultation 253-833-7444, <http://www.valleycities.org/> 2704 "I" Street NE Auburn, WA 98002, also Federal Way, Kent, Renton. Mental health, active military & vets programs. Call before 2 pm for same / next day appt. Alternative languages available.

Sea-Mar Community Health Center 206-762-3730
www.seamar.org/
Sliding scale fee medical, dental, behavioral health, multiple locations. Alternative languages available .

Medical & Behavioral Respite Care Edward Thomas House <https://www.kingcounty.gov/depts/health/locations/homeless-health/healthcare-for-the-homeless/services/medical-respite.aspx>

CHILDREN'S MENTAL HEALTH

Seattle Children's Hospital 206-987-2164 option #4
www.seattlechildrens.org/clinics-programs/psychiatry-and-behavioral-medicine
4800 Sand Point Way NE, Seattle, WA 98105
Adolescent Behavioral Health - 206-987-2028
Odessa Brown Children's Clinic - 206-987-7210,
Other locations: Bellevue, Central District
Alternative languages available.

Seattle Children's Home 206-283-8226
<http://seattlechildrenshome.org/>
Comprehensive mental health care including residential treatment for children & adolescents

Children's Crisis Outreach Response (CCOR)
Mobile outreach within 2 hours. Comprehensive services for infants, parents, families, coordination with schools. 2100 24th Avenue S, Suite 260, Seattle, WA 98144
Access through Crisis Line 206-462-3222 <https://www.kingcounty.gov/depts./community-human-services/mental-health-substance-abuse/services/YouthCrisisOutreach.aspx>
Alternative Languages

LGBT MENTAL HEALTH

Peter Jabin, M. Div, LMHCA 206-923-8943
www.jabincounseling.com/

Seattle Counseling Service for LGBT Community
206-323-1768 www.seattlecounseling.org/
1216 Pine Street, Suite 300, Seattle, WA 98101

The Northwest Network 206-568-7777
www.nwnetwork.org/ Support, Education, Engagement, Activities, Programs for Bisexual, Trans, Lesbian and Gay Survivors of Abuse

DOMESTIC VIOLENCE

DAWN 425-656-7867 www.dawnrising.org
Comprehensive Services, 24 Hr. Advocacy & Crisis Line

NEW BEGINNINGS 206-522-9472 www.newbegin.org
Empowers Survivors of Domestic Violence, 24 hour Help Line