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

COMPREHENSIVE COMMUNITY RESOURCES
2-1-1 or 800-621-4636 or crisisclinic.org/2-1-1

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 evergreenntx.org

For comprehensive information on recovery:
StartYourRecovery.org

Alcohol Treatment Navigator https://alcohoiltreatment.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-greatereastside.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


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

Deppression 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
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.cpcwca.org/
Recovery-oriented mental health & chemical dependency services throughout King County. Alternative languages available.

Consejo Counseling & Referral Service  206-461-4880  consejonorw.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.


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

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
Alternative Languages

LGBT MENTAL HEALTH

Peter Jabin, M. Div, LMHCA  206-923-8943  www.jabin counseling.com/
Seattle Counseling Service for LGBT Community  206-323-1768  www.seattlecounseling.org/
1216 Pine Street, Suite 300, Seattle, WA 98101

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