



24/7 LIFELINES

Crisis Lifeline866.427.4747
Crisis Text Line
 Text "Connect" to.....741741
Suicide Prevention Lifeline...800.273.8255
Teen Link.....866.833.6546

MENTAL HEALTH CONFERENCE

OVERLAKE MEDICAL CENTER
& CLINICS

Washington State Behavioral Health Resources

Table 1: Counseling Services

Organization	Description	Phone/Website
Asian Counseling Referral Services (ACRS)	Provides behavioral health service for mental health, alcohol and drug treatment, and other social services.	206.695.7600 acrs.org
Cascade Behavioral Health	Provides adult inpatient and outpatient care for mental health and substance abuse, including co-occurring and addiction rehab.	206.248.4787 cascadebh.com
Consejo Counseling & Referral	Provides culturally appropriate counseling and therapy for adults with mental health issues.	206.461.4800 consejonew.consejocounseling.org
Eating Recovery Center	Provides residential, partial hospital and intensive outpatient eating disorder services for adults, adolescents and children.	425.454.1010 eatingrecoverycenter.com
Fairfax Hospital	Provides inpatient (adolescents, adults and older adults), outpatient (adolescents and adults) and IOP (adults) mental health services. Fairfax also provides detox/co-occurring treatment.	425.821.2000 fairfaxhospital.com
Insight Behavioral Health Center	Provides partial hospital and intensive outpatient mental health services for adults and adolescents.	877.735.0252 insightbh.com
NAVOS	Provides behavioral health recovery for low-income children, youth and adults.	206.829.1100 navos.org
Northshore Youth & Family Services	Provides professional, affordable and culturally appropriate services for individuals, couples, families and at-risk youth.	425.485.6541 northshoreyouthandfamilyservices.org
Olive Crest	Provides counseling and mental health treatment and education for abused and neglected children.	425.462.1612 olivecrest.org
Overlake Medical Center & Clinics	Provides voluntary inpatient crisis stabilization, partial day hospitalization and outpatient psychiatric services to individuals 18 years of age or older.	425.688.5460 overlakehospital.org/department/psychiatric-services-clinic



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Table 1: Counseling Services – Continued

Organization	Description	Phone/Website
Peer Seattle	Cultivates powerful, healthy lives by providing peer emotional support and development services to the LGBTQ community and their allies embracing issues of mental health, chemical and behavioral addiction, and chronic illness.	206.322.2437 peerseattle.org
Renton Area Youth/Family Services	Provides integrated behavioral healthcare and prevention services to children, youth and families.	425.271.5600 rays.org
Ryther	Residential treatment program helping children heal from complex trauma, mental illness, and severe emotional and behavioral challenges.	206.525.5050 ryther.org
Sea Mar Community Health Center	Provides adult, child and family behavioral health, plus Medicated-Assisted-Treatment (MAT), medical and dental services.	425.460.7114 seamar.org
Seattle Children’s Behavioral Health	Provides mental health services for children.	425.454.4644 seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine
Sisters in Common	Provides counseling services to children, teens and families.	206.726.0430 sistersincommon.org
Sound	Provides comprehensive, quality mental health and addiction treatment services.	206.901.2000 sound.health
Thira Health	Provides holistic partial hospitalization and intensive outpatient programs rooted in Dialectical Behavioral Therapy for women and girls experiencing depression and anxiety.	425.454.1199 thirahealth.com
Valley Cities	Provides inpatient and outpatient mental health, substance use disorder treatment, and support services to individuals, children and families.	253.833.7444 valleycities.org
Valley Medical Center Psychiatry & Counseling Clinic	Provides adult mental health services.	425.656.4055 valleymed.org/departments/clinics/psychiatry---counseling-clinic
Youth Eastside Services (YES)	Provides mental health, substance abuse treatment, psychiatric services, and education and prevention for youth from birth to age 22 and their families.	425.747.4937 youtheastsideservices.org



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Table 2: Mental Health and Suicide Prevention Education

Organization	Description	Phone/Website
American Foundation for Suicide Prevention (AFSP Washington)	Provides suicide prevention and survivor loss programs, education and advocacy.	206.459.7417 afsp.org/chapter/afsp-washington
Crisis Connections	Provides support, resources and certified trainings for suicide prevention.	206.461.3222 crisisconnections.org
Forefront	Focuses on reducing suicide by empowering individuals and communities to take sustainable action, championing systemic change and restoring hope.	206.543.1016 intheforefront.org
National Alliance on Mental Illness (NAMI – Eastside)	Advocacy group, representing families and people living with mental health conditions. Provides educational presentations, classes, seminars and support groups for both families and peers.	425.885.6264 nami-eastside.org



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Table 3: Additional Resources and Support

Organization	Description	Phone/Website
Alcoholics Anonymous	Support group for people experiencing alcohol and substance abuse addiction.	206.587.2838 aa.org
Friends of Youth	Provides daytime drop-in services for ages 15–24 including food, counseling and employment assistance.	425.869.6490 friendsofyouth.org
Hazelden Betty Ford Foundation	Provides day treatment, intensive outpatient treatment, opioid addiction treatment, mental health services, DUI Deferred Prosecution Program, Teen Intervene and recovery management.	425.749.5471 hazeldenbettyford.org/locations/bellevue
Hopelink	Provides support services in north and east King County for mobility access to support services.	425.943.7555 hopelink.org
King County Sexual Assault Resource Center	Provides services for sexual assault victims and their family.	888.998.6423 kcsarc.org
Lakeside-Milam Recovery Centers	Provides effective and affordable drug and alcohol addiction treatment.	425.822.5095 lakesidemilam.com
Substance Abuse & Mental Health Services Administration	24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance abuse use disorders.	800.662.4357 samhsa.gov
Washington Recovery Helpline	Emotional support and linkage to substance abuse and mental health services to anyone in WA state.	866.789.1511 warecoveryhelpline.org
Washington Warm Line	Peer-answered help line for people living with mental health challenges.	877.500.9276/206.933.7001 warmline.org