

## COMMUNITY RESOURCES FOR STUDENTS AND FAMILIES

**\*Call 911 for Emergency or Coordination with local Emergency Department**

### Behavioral Health Crisis

**King County Crisis Line:** 866-427-4747 or <https://www.crisisconnections.org/>

**Crisis Text Line:** Text HELLO to 741-741

**TeenLink:** 866-833-6546- staffed by peers from 6 pm-9:30 pm

**National Suicide Prevention Lifeline:** 1-800-273-8255

Chat available through [National Suicide Prevention Lifeline](#)

**Children’s Crisis Outreach Response System (CCORS):** Accessed by calling King County Crisis Connections at 206-461-3222. Free for all King County residents, regardless of insurance. Program description: <https://www.seattlemca.org/accelerator/familysupport/ccors>

### Ongoing Behavioral Health Treatment

Please note: This list of individual agencies is provided as an information resource for your convenience. The Lake Washington School District does not recommend or endorse any of the individual agencies provided here. The district will not be held liable or responsible for any services provided by them. Lake Washington School District highly recommends that you conduct your own research and investigation. Use reasonable care before selecting any of these individuals/agencies for services.

**\*\*Please note that many of these agencies and groups are offering limited services, limited hours and services by telephone in response to local, state and federal guidance to help contain spread of COVID-19. Please contact the agency for the most up-to-date information about available services.**

Medicaid/Apple Health	Private Insurance
<ol style="list-style-type: none"> <li>1. Sound Health (formerly Sound Mental Health) <a href="https://www.sound.health/">https://www.sound.health/</a> 206-302-2300 (to request services) Locations in Seattle, Bellevue, Redmond, Auburn, Tukwila Offers individual and family therapy as well as psychiatry and substance abuse treatment services for children, youth, families and adults.</li> <li>2. Youth Eastside Services <a href="https://www.youtheastideservices.org/">https://www.youtheastideservices.org/</a> 999 164<sup>th</sup> Avenue NE, Bellevue WA 98008 425-747-4937</li> </ol>	<p>Insurance coverage, benefits and networks vary by plan. Families are encouraged to contact their insurance company for information about their specific plan and benefits, as well as for referrals to providers who are covered by the plan. Contact information for the insurance company can usually be found on the back of the insurance ID card.</p> <p>The following are a few local resources that are covered by many different insurance companies. Families should verify with the provider that they are in network for the family insurance plan. <b>Inclusion on this list is not intended to imply endorsement of any given provider or group. As selection of a therapist is a very personal decision, families are encouraged to use their best judgement in this process.</b></p> <ol style="list-style-type: none"> <li>1. Washington Mental Health Referral Service for Children and Teens. Provides referrals for primary care and mental health providers tailored to familie’s insurance and needs. Access by phone at: <a href="tel:833-303-">833-303-</a></li> </ol>

<p>Offers individual and family therapy as well as substance use/abuse treatment and psychiatry services for children, youth and families. Also offers a sliding scale fee-for-service model for families who do not have insurance.</p> <p>3. Sea Mar Behavioral Health  <a href="http://www.seamar.org/king-bh-bellevue-family.html">http://www.seamar.org/king-bh-bellevue-family.html</a>  Locations in King and Snohomish Counties, including Bellevue: 1811 156th Ave NE, Suite 2 Bellevue, WA 98007 425.460.7125  Offers individual, family and group therapy for children, youth, families and adults as well as psychiatry services and case management.</p> <p>4. Consejo Counseling and Referral Services  <a href="http://consejonew.consejocounseling.org/">http://consejonew.consejocounseling.org/</a>  Locations in Seattle, Kent, Renton, Tacoma and Bellevue: 13343 Bel-Red Rd, Suite 110 Bellevue, WA 98005 206-461-4880</p> <p>(Consejo continued)  Offers individual and family counseling for children, youth, families and adults as well as substance use disorder treatment, domestic violence intervention services and transitional housing</p> <p>5. Asian Counseling and Referral Services  <a href="https://acrs.org/">https://acrs.org/</a>  Locations in Seattle, Bellevue and Kent. 6555 156<sup>th</sup> Ave. SE, Suite 250 Bellevue, WA 98007 206-695-7600  Offers individual and family therapy for children, youth, families and adults as well as psychiatry services, substance use treatment and case management services.</p>	<p><a href="https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/">5437</a>, or complete and online request form at: <a href="https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/">https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/</a></p> <p>2. The Evergreen Clinic for Integrative Behavioral Health (Not associated with Evergreen Hospital)  <a href="https://theevergreenclinic.com/">https://theevergreenclinic.com/</a>  12025 115th Ave NE  Building D, STE 200  Kirkland, WA 98034  (425) 821-1810  Multiple therapists and providers offer individual and family therapy for children, youth, families and adults. Psychiatry and holistic medicine also available.</p> <p>3. Emmaus Counseling Center  <a href="https://www.emmauscounseling.net/">https://www.emmauscounseling.net/</a>  Locations in Bellevue, Bothell, Woodinville, Kirkland, Redmond and Issaquah.  Main Office: 8290 165th Ave. NE Redmond, WA 98052 425-869-2644, ext. 0  Multiple therapists offer individual, family and couples therapy for children, youth, families and adults.</p> <p>4. Asian Counseling and Referral Services Therapy Associates  <a href="https://acrstherapy.org/">https://acrstherapy.org/</a>  655 156<sup>th</sup> Ave. SE, Suite 255 Bellevue, WA 98007 206-695-7600  Offers individual, family and couples therapy for children, youth, families and adults. Offer art and play therapies as well.</p> <p>5. Mindful Therapy Group  <a href="https://www.mindfultherapygroup.com/">https://www.mindfultherapygroup.com/</a>  Offices in Mountlake Terrace, Seattle and Southcenter. 320 NE 97<sup>th</sup> St., Suite A; Seattle, WA 98115 206-453-5707  Offers multiple providers who offer individual, family and couples therapy for children, youth, families and adults. Psychiatry services are available at some locations.</p> <p>6. Eastside Psychological Associates  <a href="http://www.eastsidepsychologicalassociates.com/index.html">http://www.eastsidepsychologicalassociates.com/index.html</a>  Offices in Bothell, Snoqualmie and Issaquah. See website for providers, locations and contact numbers.  List of clinicians and insurances accepted: <a href="http://www.eastsidepsychologicalassociates.com/insurance.html">http://www.eastsidepsychologicalassociates.com/insurance.html</a></p>
--	---

	<p>Offers multiple therapists who provide individual, couples and family therapy for children, youth, families and adults. Psychological and neuro-psychological testing is also available, as are some substance use disorder treatment services.</p>
--	--

**HOUSING RELATED SERVICES**

**Northwest Justice Project** (206) 464-1519 <https://nwjustice.org/home>

**Solid Ground** (206) 694-6700 <https://www.solid-ground.org/>

**Solid Ground Family Shelters** 206-328-5796

**King County Housing Authority** (206) 574-1100 [kcha.org](http://kcha.org)

**Hopelink Kirkland** (425) 889-7880 <https://www.hopelink.org/location/kirklandnorthshore-food-bank-and-emergency-services>

**King County 2-1-1/Crisis Connections:** In addition to offering 24 hours per day, 7 days per week crisis support for individuals living in King County, Crisis Connections also offers a comprehensive list of services county wide.

Phone: 24 hour crisis line: 866-427-4747

Service referrals by phone: 211 (Monday through Friday 8:00 a.m. to 6:00 p.m.)

By text: Text your zip code to 877-211-9274 (Monday through Friday 9:00 a.m. to 4:00 p.m.)

Online (chat or search engine): <https://www.crisisconnections.org/king-county-2-1-1/>

**A Regional Coalition for Housing:** Offers information about multiple housing-related assistance programs in King County: <https://www.archhousing.org/renters/other-rental-resources.html>

**Compass Housing Alliance:** 206-474-1000

**Nexus Youth and Families** 253-939-2202

**East King County-Catholic Community Services** 206-328-5900

**YWCA- Family Village Redmond** 425-556-1350

**Mary's Place** 206-621-8474 (Families who need shelter TONIGHT 206-245-1026)

**Oblito.com** 877-501-2233 Kirkland, WA Homeless Resources

**Overlake Christian Church** 425-702-0303

### **FOOD RELATED SERVICES**

**Feed Washington** 206.276.8322\_ <http://feedwashington.org/>

**Hopelink Kirkland** (425) 889-7880\_ <https://www.hopelink.org/location/kirklandnorthshore-food-bank-and-emergency-services>

**Community Churches** Individual church organizations run their own food pantries. Call churches close by to check if they have a food bank.

**King County 2-1-1/Crisis Connections:** In addition to offering 24 hours per day, 7 days per week crisis support for individuals living in King County, Crisis Connections also offers a comprehensive list of services county wide.

Phone: 24 hour crisis line: 866-427-4747

Service referrals by phone: 211 (Monday through Friday 8:00 a.m. to 6:00 p.m.)

By text: Text your zip code to 877-211-9274 (Monday through Friday 9:00 a.m. to 4:00 p.m.)

Online (chat or search engine): <https://www.crisisconnections.org/king-county-2-1-1/>

### **Health Care & Dental Related Services**

**Free or low-cost healthcare center locator** <https://findahealthcenter.hrsa.gov/>

**Free or low-cost dental services** <https://www.freedentalcare.us/ci/wa-redmond>