

Mental Health Resources

- **TeenLink** — <https://www.crisisconnections.org/wp-content/uploads/2019/08/WTTFT-2019-2020.pdf>

This Washington-based service is staffed by teen volunteers who receive 60 hours of training and often have experienced mental health issues themselves. The peer-to-peer connections make young people feel more comfortable sharing their concerns. The service can connect teens to local resources as well.

You can call 1-866-TEENLINK (833-6546) to talk by phone from 6-10 p.m. nightly or text from 6-9:30 p.m. every night. You can also call, chat or text in to connect with an adult substance use specialist from 1-6 p.m. Tues-Sat.

If you are an adult looking to help a young person, there are resources on the TeenLink website (<https://www.teenlink.org/>) or you can call 1.866.4CRISIS.

- **Crisis Connections** – <https://www.crisisconnections.org/>

866-427-4747 — This 24/7 number provides immediate support and resources for people in emotional crisis and will help you determine if you or your loved one needs professional help. They provide immediate translation into 155 languages.

- **Substance Abuse and Mental Health Services Administration Disaster Distress Helpline – 1-800-985-5990**

This 24/7/365 service from the Substance Abuse and Mental Health Services Administration provides crisis counseling for people going through both natural and human-caused disasters. It's free, multi-lingual and confidential. You can also text **TalkWithUs to 66746**.

- **National Suicide Prevention Hotline- 1-800-273-8255**

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
<https://suicidepreventionlifeline.org/>

MORE resources for youth: <https://suicidepreventionlifeline.org/help-yourself/youth/>

- **Crisis Text Line-** specifically anxious about Coronavirus? Text HOME to 741741 to connect with a Crisis Counselor.

<https://www.crisistextline.org/texting-in>

- **The Trevor Project** - The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.

<https://www.thetrevorproject.org/get-help-now/>

Ongoing Behavioral Health Treatment Resources

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

1. **Sound Health** (formerly Sound Mental Health)
<https://www.sound.health/>
 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.
2. **Youth Eastside Services**
<https://www.youtheastideservices.org/>
 999 164th Avenue NE
 Bellevue, WA 98008
 425-747-4937
 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.
3. **Sea Mar Behavioral Health**
<http://www.seamar.org/king-bh-bellevue-family.html>
 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.
4. **Consejo Counseling and Referral Services**
<http://consejonew.consejocounseling.org/>

Locations in Seattle, Kent, Renton, Tacoma and Bellevue:

13343 Bel-Red Rd, Suite 110

Bellevue, WA 98005

206-461-4880

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

5. **Asian Counseling and Referral Services**

<https://acrs.org/>

Locations in Seattle, Bellevue and Kent.

6555 156th 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.

Private Insurance

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.

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. **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.**

1. **Washington Mental Health Referral Service for Children and Teens.** Provides referrals for primary care and mental health providers tailored to families' insurance and needs. Access by phone at 833-303-5437, or complete an online request form at: <https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/>
2. **The Evergreen Clinic for Integrative Behavioral Health** (Not associated with Evergreen Hospital)
<https://theevergreenclinic.com/>
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.
3. **Emmaus Counseling Center**
<https://www.emmauscounseling.net/>
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.

4. **Asian Counseling and Referral Services Therapy Associates**

<https://acrstherapy.org/>

655 156th 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.

5. **Mindful Therapy Group**

<https://www.mindfultherapygroup.com/>

Offices in Mountlake Terrace, Seattle and Southcenter.

320 NE 97th 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.

6. **Eastside Psychological Associates**

<http://www.eastsidepsychologicalassociates.com/>

Offices in Bothell, Snoqualmie and Issaquah.

See website for providers, locations and contact numbers.

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.

Youth Eastside Services

Youth Eastside Services is offering office hours for students to check-in during the building closures. Office hours with the YES counselor for Redmond High School will be offered on Thursdays at 1:00 pm – 3:00 pm, starting on April 30, 2020. Office hours will be offered on a first come and first serve basis. The counselor will be checking in with participants in 15-20 minute increments. Please know that you'll be seen in the order that you arrive. To allow for flexibility and for the counselor to see everyone in a timely manner, please show up for office hours before 2:45 pm. This allows your counselor time to plan ahead and check-in with everyone.

These check-ins are for support and you can schedule more time with the counselor at a future date. This is not a crisis line. If you are experiencing a life threatening emergency or currently suicidal and cannot keep yourself safe, please call 911 or call the Crisis Line at 206-461-3222 or text HOME to 741741.

The meetings will be happening through Zoom. Students can register at this link:

<https://zoom.us/meeting/register/tJAuf-2upz4sGNKEsWYEIb63ZH5dHUQ2SzZ4>

If you are under 13 years of age, you will be able to meet with the YES counselor once for 15-20 minutes to check-in. However, due to Washington State Law, if you want to meet with them again, they will need to get permission from your parent/caregiver. You and the counselor can discuss how best to do this if you want to schedule another meeting.

Due to privacy considerations, YES staff are not permitted to discuss confidential information via email. If you would like to share personal information or schedule a longer session with your school's YES counselor, please call (425) 747-4937, and dial the extension 2721 at any time during the message. Please leave your name, number and a good time when you can be reached. When the counselor returns your call, please note the number will be listed as "blocked" or "unlisted".