

# Mental Health Resources for Individuals & Families

The COVID-19 pandemic has taken a significant toll on almost every aspect of our lives, including our mental health. In a recent poll, almost half of Americans reported having at least one adverse mental or behavioral health condition related to pandemic stress. Symptoms included anxiety, depression, increased alcohol use, and suicidal ideation.

Respondents also reported experiencing physical symptoms related to stress, including weight gain, disturbed sleep and decreased activity. We know that untreated physical and behavioral health issues can have serious impacts on our long-term health. But the good news is, help is available! **You are not alone.**

## If you or someone you know needs help coping with behavioral health issues:

- Contact your primary health care provider for assistance or recommendations.
- Make an appointment with a professional behavioral health care provider, such as a counselor or therapist.
- If you receive Medicaid benefits, you can request mental health and/or substance use disorder services through community behavioral health clinics, including:
- Consider reaching out to your natural support system: family members, friends, your pastor, rabbi or other faith leader, or a 12-step program or other community support group.
- If you or someone you know is experiencing a mental health crisis, including suicidal thoughts, help is available 24 hours a day through your local crisis line:

**Navos (King County):** 206-248-8226

**Greater Lakes Mental Healthcare  
(Pierce County):** 253-581-7020

**MultiCare Behavioral Health\* (Pierce  
& South King County):** 888-445-8120

*\*A limited number of commercial insurance appointments may also be available*

**Pierce County:** 800-576-7764 or  
text "HEAL" to 741741

**King County:** 866-427-4747

**Thurston & Mason Counties:** 360-586-2800

**Kitsap County:** 360-479-3033

**MultiCare**   
**Behavioral Health Network**



# Additional Resources

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## Pierce County Recovery Support Line

(877) 780-5222 - talk to someone with experience who understands.

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## Pierce County Recovery Café

(253) 533-9361 - connect to services, coaching, support and wellness resources.

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## National Alliance on Mental Illness (NAMI)

National website: [nami.org](http://nami.org)

Pierce County chapter: [namipierce.org](http://namipierce.org)

South King County chapter: [namiskc.org](http://namiskc.org)

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## Crisis Connections

Visit [www.crisisconnections.org](http://www.crisisconnections.org) for behavioral health resources in King County

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## Kids' Mental Health Pierce County:

This website provides extensive information on mental health resources for children, teens and families. Search "Kids Mental Health Pierce County" or type <http://kidsmentalhealthpiercecounty.org> into your internet search field.

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## Teen Link

Text to **866-833-6546** - confidential and anonymous help line for teens. Also visit [Teenlink.org](http://Teenlink.org)

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## King 5 News Series, "Are You Okay?"

The MultiCare Behavioral Health Network has partnered with King 5 News to create a series titled "Are You Okay," which addresses pandemic-related stress and coping with behavioral health issues. To access these episodes, visit [King5.com](http://King5.com) and search "Are You Okay."

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