Mental Health Counseling Resources 2022-2023

Following is a list of community mental health resources. You may also contact your insurance company to locate approved providers. Please check with your insurance provider regarding your plan coverage.

### Mental Health, Adolescent Outpatient

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Address</th>
<th>Medicaid:</th>
<th>Private Insurance:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Casteele Williams &amp; Associates Comprehensive Behavioral Health</strong></td>
<td>711 South 25th St. Tacoma, WA 98405</td>
<td>YES</td>
<td>NO</td>
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<tr>
<td></td>
<td>1-253-536-2881</td>
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<tr>
<td><strong>Catholic Community Services</strong></td>
<td>5410 N 44th St TACOMA, WA 98407</td>
<td>YES</td>
<td>NO</td>
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<td></td>
<td>253-759-9544</td>
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<tr>
<td><strong>Charlie Health: Telehealth</strong></td>
<td>1 (866) 721-0962</td>
<td>YES</td>
<td>YES</td>
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<tr>
<td><strong>Community Health Care – School Based Health Center</strong></td>
<td>Located at Bethel Middle School 22001 38th Avenue East Spanaway, WA 98387</td>
<td>YES</td>
<td>YES</td>
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<td></td>
<td>253-722-1718</td>
<td></td>
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<tr>
<td></td>
<td>*serves Bethel students</td>
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<td></td>
<td>Behavioral health services may be provided at a different Community Health Care location</td>
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<tr>
<td><strong>Comprehensive Life Resources: Children’s Services</strong></td>
<td>1201 S Proctor St Tacoma, WA 98405</td>
<td>YES</td>
<td>YES</td>
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<td></td>
<td>253-396-5800</td>
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<tr>
<td><strong>Confidential Associates</strong></td>
<td>1219 Earnest S Brazill St (So 12th St) Tacoma, WA 98405</td>
<td>YES</td>
<td>YES</td>
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<tr>
<td></td>
<td>253-597-8022</td>
<td></td>
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<tr>
<td><strong>Consejo Counseling</strong></td>
<td>21120 Meridian Ave E Graham, WA 98338</td>
<td>YES</td>
<td>NO</td>
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<td></td>
<td>253-285-4750</td>
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<tr>
<td><strong>Consejo Counseling</strong></td>
<td>5915 Orchard St W Tacoma, WA 98467</td>
<td>YES</td>
<td>NO</td>
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<tr>
<td></td>
<td>Latino Adolescents</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Spanish; English</td>
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</tbody>
</table>
Greater Lakes Mental Health
9330 59th Ave SW
Lakewood, WA 98499
253-581-7020
Medicaid: YES
Private Insurance: YES

Greater Lakes Mental Health
113 170th St S
Spanaway, WA 98387
253-535-1935
Medicaid: YES
Private Insurance: YES

Hazel Health: Telehealth
Hazel's Early Assessment, Response, and Treatment
Behavioral Health assessment, Student Assistance Program, Crisis Consultation, Family Resource Managers
- Hazel at home
- Hazel at school
Medicaid: YES
Private Insurance: YES
Free to Bethel Students

HopeSparks
1420 South Meridian
Puyallup, WA 98371
253-845-0864
Medicaid: YES
Private Insurance: NO

HopeSparks
North 9th Street
South 12th Street
South Union Avenue
Tacoma, WA 98406
253-565-4484, 253-565-4887
Medicaid: YES
Private Insurance: NO

Imagine Behavioral and Developmental Services
8811 S Tacoma Way
Suite 204 and 206
Lakewood, WA 98499
253-367-4156, 253-559-0323
Medicaid:
Private Insurance:
Autism and Developmental Delays

Kid's Mental Health Pierce County
A list of resources including:
- Crisis Services
- Intellectual and Developmental Disabilities
- Inpatient Mental Health Services for Youth and Families
- Substance Use Disorder
- Other

Kwawachee Counseling Center
2209 East 32nd Street
Tacoma, WA 98404
253-593-0247, 253-593-0232
Medicaid: YES
Private Insurance: YES
American Indian & Alaska Native Adolescents
(check eligibility guidelines on website)
MDC - The Center
721 Fawcett Avenue
Tacoma, WA 98402
253-593-2740

Medicaid: YES
Private Insurance: YES

MultiCare Behavioral Health
325 E Pioneer Ave
Puyallup, WA 98372
253-697-8400
Tacoma, WA 98405
253-403-0360

Medicaid: YES
Private Insurance: YES

Northwest ABA
3680 Cedar St Suite A
Tacoma, WA 98409
206-313-8840

Medicaid: YES
Private Insurance: YES
Adolescents with Autism

Prosperity Wellness
12201 Pacific Ave So
Tacoma, WA 98446
253-536-6425, 253-550-8906

Medicaid: YES
Private Insurance: NO

Sea Mar Community Health Center
Puyallup Behavioral Health
253-864-4770 (Puyallup)

Medicaid: YES
Private Insurance: YES

Sea Mar Behavioral Health & Child Family Services
2121 S. 19th Street
Tacoma, WA 98405
253-396-1634

Medicaid: YES
Private Insurance: YES

Sea Mar Behavioral Health
112 S. Cushman
Tacoma, WA 98405
253-280-9805

Medicaid: YES
Private Insurance: YES

Sunrise Counseling Services
Located in Parkview Terrace
201 160th St S
Spanaway, WA 98387
253-445-2441

Medicaid: NO
Private Insurance: YES

Tacoma Area Coalition of Individuals with Disabilities (TACID)
6315 19th Street
Tacoma, WA 98466
253-565-9000

FREE Peer Support Groups & Activities

Woodcreek Pediatrics Behavioral Health
(for current Woodcreek patients only, not accepting outside patients)
1706 S. Meridian
Puyallup, WA 98371
253-848-8797

Medicaid: YES
Private Insurance: YES
Mental Health, Adolescent Inpatient

**Children’s Long-Term Inpatient (CLIP)**  
Fairfax Behavioral Health  
425-296-0019 (ages 13-17)  
Medicaid: YES
Private Insurance: YES

**Pearl Street Center**  
253-606-5552  
Medicaid: YES
Private Insurance: YES
Youth 5-18, Children's long-term inpatient

**Seattle Children’s Hospital; Psychiatry and Behavioral Medicine Unit (Seattle)**  
206-987-2055  
Medicaid: YES
Private Insurance: YES

**Smokey Point Behavioral Hospital Adolescent Mental Health Program**  
844-202-555 (ages 13-17)  
Medicaid: YES
Private Insurance: YES

**Tacoma General Adolescent Behavioral Health Unit (ABHU) (Tacoma) (Multicare)**  
For Providers: 253-403-0556 (ages 13-17)  
Medicaid: YES
Private Insurance: YES

Crisis Services

Call 911 for Immediate Emergency Help

Nationwide Mental Health Crisis & Suicide Prevention Number: 988

**Pierce County Crisis Line, Beacon Health Options**  
1-800-576-7764

**Ayuda En Español Lifeline** ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted necesita ayuda.  
1-888-628-9454

**The Trevor Project** (ages 13-25) Crisis Line for LGBTQ+ youth  
(866) 488-7386 or text START to 678-678

**Oasis Youth Center Warmline (all ages)**  
1-253-988-2108  
Not staffed by licensed counselors  
Can help with Youth Mobile Crisis Services

**Teen Link:**  
(866) 833-6564

**Washington Recovery Help Line:**  
866-789-1511

**Washington Warm Line:**  
877-500-9276, weekdays 5-9 pm, weekends 12:30-9 pm
Catholic Community Services: Youth Mobile Crisis Services 1-800-576-7764

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