

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

[Castele Williams & Associates Comprehensive Behavioral Health](#)

711 South 25th St.
Tacoma, WA 98405
1-253-536-2881

Medicaid: YES
Private Insurance: NO
WiSe-Wraparound with Intensive Services

[Catholic Community Services](#)

5410 N 44th St
TACOMA, WA 98407
253-759-9544

Medicaid: YES
Private Insurance: NO
WiSe-Wraparound with Intensive Services

[Charlie Health: Telehealth](#)

1 (866) 721-0962

Medicaid: YES
Private Insurance: YES

[Community Health Care – School Based Health Center](#)

Located at Bethel Middle School
22001 38th Avenue East
Spanaway, WA 98387
253-722-1718

Medicaid: YES
Private Insurance: YES

*serves Bethel students

Behavioral health services may be provided at a different Community Health Care location

[Comprehensive Life Resources: Children's Services](#)

1201 S Proctor St
Tacoma, WA 98405
253-396-5800

Medicaid: YES
Private Insurance: YES

[Confidential Associates](#)

1219 Earnest S Brazill St (So 12th St)
Tacoma, WA 98405
253-597-8022

Medicaid: YES
Private Insurance: YES

[Consejo Counseling](#)

21120 Meridian Ave E
Graham, WA 98338
253-285-4750

Medicaid: YES
Private Insurance: NO

[Consejo Counseling](#)

5915 Orchard St W
Tacoma, WA 98467
253-414-7461

Medicaid: YES
Private Insurance: NO
Latino Adolescents
Spanish; English



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

(check eligibility guidelines on website)
Medicaid: YES
Private Insurance: YES
American Indian & Alaska Native Adolescents



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

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



[Psychology Today](#)

provides therapist contact information based on location, insurance, etc.

Mental Health, Adolescent Inpatient

[Children's Long-Term Inpatient \(CLIP\)](#)

Medicaid: YES

[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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