

Mental Health Crisis & Counseling Resources



Crisis Resources:

Call 911 or go to the nearest Emergency Department

King Co. 24-hr crisis line: +1 (866) 427-4747 or (206) 461-3222

Crisis text line: text HOME to 741741

Teen Link: +1 (866) TEENLINK (833-6546) | 866TEENLINK.org

Substance Abuse & Mental Health Services Administration (SAMHSA) Disaster Distress Helpline: +1 (800) 985-5900

Transgender Suicide Hotline: (877) 565-8860 | translifeline.org

Mental Health Counseling:

Search **psychologytoday.com** to find individual counselors and psychiatrists.

Make sure to ask about availability and if they accept your health insurance before making an appointment!

4 Tomorrow (Support for Latinx Community): (425) 500-2298 | 4tomorrow.today

Asian Counseling & Referral Service (ACRS): (206) 695-7600 | acrs.org/

Center for Relational and Family Therapy: (425) 429-2499 | craftpnw.com

Consejo Counseling: (206) 461-4880 | consejocounseling.org/

Emmaus Counseling Center: (425) 869-2644 | emmauscounseling.net/

Eastside Psychological Associates: (425) 458-5048 | eastsidepsychologicalassociates.com/

Eastside Therapy Associates | eastsidetherapyassociates.com

Evergreen Clinic: (425) 821-1810 | theevergreenclinic.com/

Friends of Youth: (425) 392-6367 | friendsofyouth.org/

Lighthouse Psychological Associates: (425) 996-8592 | lighthouseassociates.com/

Mindful Therapy Group: (425) 640-7009 | mindfultherapygroup.com

Salveo Counseling: (425) 868-5777 | salveocounseling.com

Sound: (206) 302-2300 | sound.health/

Youth Eastside Services (YES): (425) 747-4937 | youtheastideservices.org/