



Mental Health Crisis & Counseling Resources

SUMMER 2025



CRISIS RESOURCES:

Call 911 or go to the nearest Emergency Department

King County 24hr 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

Trevor Project: +1(866) 488-7386 | thetrevorproject.org

MENTAL HEALTH COUNSELING:

Search psychologytoday.com or lifestance.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 Latino Community): (425) 500-2298 | 4tomorrow.today

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

Center for Relational and Family Therapy: (425) 279-5017 | craftpnw.com

Centered Mind Counseling: (425) 269-3277 | centeredmindcounseling.com

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

CrossPath Counseling: (425) 369-1111 | crosspathcounseling.com

Dayspring Behavioral Health: (425) 295-7697 | dayspringbehavioralhealth.com/

Eastside Counseling Center: <https://eastsidecounselingcenter.com/>

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

Eastside Therapy Associates: eastsidetherapyassociates.com

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

Friends of Youth: (425) 869-6490 | friendsofyouth.org

LightHeart Mental Health: (425) 996-8592 | lightheartassociates.com

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

Peninsula Psychological Center: (425) 821-1810 | kitsapcounselor.com

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

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

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