

Mental Health Crisis & Counseling Resources for Summer 2021



Crisis Resources:

Call 911 or go to the nearest Emergency Department

King County 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) or chat at 866TEENLINK.org

Substance Abuse & Mental Health Services Administration (SAMHSA) Disaster Distress Helpline: 1.800.985.5900

Transgender Suicide Hotline: 877.565.8860 or 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!

Asian Counseling & Referral Service (ACRS): 206.695.7511 | acrs.org

Consejo Counseling: 206.461.4880 | consejocounseling.org

Crossroads Counseling & Consulting: 425.922.9846 | crcandc.com

Emmaus Counseling Center: 425.869.2644 | emmauscounseling.net

Eastside Psychological Associates: 425.458.5048 | eastsidepsychologicalassociates.com

The Evergreen Clinic: 425.821.1810 (main line option 2), 425.825.9644 (new patient) | theevergreenclinic.com

Friends of Youth: 425.392.6367 | friendsofyouth.org

Kirkland Psychotherapy Inc: 425.522.3969 | kirklandpsychcare.com

Lightheart Psychological Associates: 425.996.8592 | lightheartassociates.com

Redmond Youth Counseling: 425.968.2079 | redmondyouthcounseling.com

Sound: 206.302.2300 | sound.health

Wellspring Family Services: 206.524.9055 | wellspringfs.org

Youth Eastside Services (YES): 425.747.4937 | youtheastideservices.org