

# Mental Health Therapist/Counseling Resource List



Prepared by the Seattle Women's & Moms' Clinic Staff, October 2021

- This is not a complete list, another great resource is Psychology Today.
- *\*Insurance coverage can vary; please call your insurer beforehand.*
- REMINDER IF IN CRISIS: **CRISIS CLINIC** CONFIDENTIAL LOCATION (866) 789-1511
- RECENTLY EXPERIENCED SEXUAL ASSAULT: [WWW.KCSARC.ORG](http://WWW.KCSARC.ORG)

## GREATER SEATTLE AREA PROVIDERS:

### Everett Clinic:

Multiple locations, spreading from Shoreline to Stanwood.  
<https://www.everettclinic.com>

### Evergreen Health: Kirkland, Monroe

<https://www.evergreenhealth.com/health-services/>

### Mindful Therapy Group

5 locations spreading from Mountlake Terrace to Southcenter  
<https://www.mindfultherapygroup.com>

### Overlake Medical Center + Clinic

7 locations spreading from Sammamish to Seattle  
*\*INPATIENT CARE available\**  
<https://www.overlakehospital.org/services/>

### Pacific Medical Center

14 locations spreading from Lynnwood to Puyallup  
<https://www.pacificmedicalcenters.org/what-we-do/>

### Polyclinic: Behavioral Health

Bellevue, Seattle, Tacoma, Issaquah  
<https://www.polyclinic.com>

### Seattle Children's Hospital (+Autism Center)

Multiple locations from Seattle to the Tri-Cities  
<https://www.seattlechildrens.org>

### Sound: The Forefront of Healthcare

7 locations spreading from Seattle to Auburn  
<https://www.sound.health>

### SWEDISH Health Services

5 locations spreading from Mill Creek to Seattle  
*\*INPATIENT CARE available\**  
<https://www.swedish.org>

### UW Medicine: Seattle Area (multiple hospitals)

*\*INPATIENT CARE available\**  
<https://www.uwmedicine.org>

### Virginia Mason

8 locations spreading from Kirkland to Bainbridge Island  
<https://www.virginiamason.org>

**Zoom Care:** Multiple locations from Woodinville to Seattle  
<https://www.zoomcare.com>

## COMMUNITY RESOURCES & SUPPORT: Check for financial assistance options.

**A Positive Alternative:** Seattle  
<https://apositivealternative.com>

**Asian Counseling and Referral Services (ACRS):** Seattle  
<https://acrs.org>

**Associated Behavioral Health Care (ABHC):** Bellevue, Seattle  
<https://abhc.com>

**Atlantic Street Center - Behavioral Health:** Seattle, Kent  
<https://atlanticstreetcenter.org>

**Autism Spectrum Therapies (AST):** Lynnwood, Seattle, Spokane  
<https://autismtherapies.com>

**Behavioral Health Works:** Seattle  
<https://www.bhwcares.com>

**Catholic Community Services:** Seattle  
<https://ccsww.org>

**Cascade Behavioral Hospital:** Tukwila  
*\*INPATIENT CARE available\**  
<https://www.cascadebh.com>

## COMMUNITY RESOURCES & SUPPORT: (continued)

**Castele, Williams & Associates Comprehensive Behavioral Health, INC:** Tacoma  
<https://www.castelewilliamschb.com>

**Center for Human Services:** Shoreline, Edmonds, Everett, Lynnwood  
<https://www.chs-nw.org>

**Coastal Treatment Services, INC:** Bellevue  
<https://coastaltreatment.com>

**Community House Mental Health Agency (CHMHA):** Seattle  
<https://chmha.org>

**Connections - Behavior Planning and Intervention:** Kirkland  
<https://connections-behavior.com>

**Consejo Counseling and Referral Service:** Lake City  
<https://consejocounseling.org>

**Downtown Emergency Service Center (DESC):** Seattle  
<https://www.desc.org/what-we-do/crisis-response/>

**Eastside Social Skill Therapy:** Issaquah  
*\*Partnered with Premera\**  
<https://eastsidesocialskills.com>

**Eating Recovery Center of Washington:** Bellevue  
<https://www.eatingrecoverycenter.com/recovery-centers>

**Fairfax:** Monroe, Kirkland, Everett  
*\*INPATIENT CARE available\**  
<https://www.fairfaxhospital.com>

**Family Therapy and Recovery:** Tacoma  
<https://www.familytherapyrecovery.com>

**Full Life Care:** Everett, Seattle, Federal Way, Kent  
<https://www.fulllifecare.org>

**Ikron Corporation:** Greater Seattle Area  
<https://seattle.ikron.org/home/>

**Imagine Behavioral and Development Services**  
6 locations spreading from Bellevue to Kennewick  
<https://caravelautism.com/locations?>

**International Community Health Services (ICHs+)**  
Seattle, Shoreline, Bellevue  
<https://www.ichs.com>

**King County Sexual Assault Resource Center:** Greater Seattle Area  
<https://www.kcsarc.org/en/>

**Meier Clinics:** Bothell  
<https://www.meierclinics.com>

**Multicare Behavioral Health**  
Multiple locations including Seattle + Tacoma  
<https://www.multicare.org/>

**Navos:** Seattle, Burien  
*\*SERVICES FOR IMMIGRANTS + REFUGEES, INPATIENT CARE available\**  
<https://www.navos.org>

**Northshore Youth and Family Services:** Bothell  
<https://www.northshoreyouthandfamilyservices.org/>

**Pacific Islamic Community and Cultural Services:** Bothell  
*\*SERVICES FOR MUSLIM COMMUNITIES\**  
<https://www.picacs.org>

**Pacific Mental Health:** Lynnwood, Seattle  
<https://pacmh.org>

**Pioneer Human Services**  
6 locations spreading from Seattle to Bellingham  
<https://pioneerhumanservices.org/treatment/>

**Refugee Women's Alliance:** Seattle*\*SERVICES FOR REFUGEES\**<https://www.rewa.org>**Residence XII:** Kirkland*\*INPATIENT CARE available\**<https://www.residencecxi.org>**Schick Shadel Hospital:** Burien<https://www.schickshadel.com>**Sea Mar Community Health Center**

Multiple locations from King to Whatcom County

*\*SERVICES AVAILABLE IN SPANISH\**<https://www.seamar.org>**Seattle Behavior Consulting and Therapy:** Seattle<https://www.mentalhealthfacilities.net/listings/>**Seattle Counseling Service for Sexual Minorities:** Seattle<https://seattlecounseling.org>**Seattle Indian Health Board:** Seattle<https://www.sihb.org>**Seneca Family of Agencies**

Multiple Locations in King and Pierce Counties

<https://senecafoa.org>**Sound Education and Behavior Associates:** Seattle<https://www.sebaseattle.com>**Southeast Youth and Family Services:** Seattle<https://seyfs.org>**Steps:** Seattle*\*Partnered with Premera\**<https://autismsteps.com/contact/>**Telecare - King County E&T:** Federal Way<https://www.telecarecorp.com/king-county-et>**The Evergreen at Northpoint:** Bellevue, Seattle<https://www.northpointseattle.com/>**Therapeutic Health Services:** Seattle, Bellevue, Kent, Everett<https://ths-wa.org>**Thira Health:** Bellevue*\*Partnered with Premera\**<https://www.thirahealth.com>**Ukrainian Community Center of WA:** Seattle, Renton*\*SERVICES AVAILABLE FOR EASTERN EUROPEAN**IMMIGRANTS + REFUGEES\**<http://uccwa.org>**Valley Cities Counseling and Consultation**

8 locations spreading from Enumclaw to Des Moines

*\*INPATIENT CARE available\**<https://www.valleycities.org>**Vashon Youth and Family Services:** Vashon*\*SERVICES AVAILABLE FOR THE LATINO COMMUNITY\**<https://vyfs.org>**Washington National Counseling:** Covington<https://www.wnc-counseling.com>**YMCA Family Services and Mental Health:** Greater Seattle Area<https://www.seattleyymca.org/social-impact-center>**You Grow Girl!:** Seattle<https://www.yougrowgirl.org>**EATING DISORDERS/DISORDERED EATING SERVICES***\*Insurance coverage varies, call your insurer beforehand\****Bravespace Nutrition:** Seattle<https://www.bravespacenutrition.com>**OPAL Food + Body Wisdom:** Seattle<https://www.opalfoodandbody.com>**The Emily Program:** Seattle, Spokane, South Sound*\*ALSO OFFERS 24/7 RESIDENTIAL CARE\**<https://www.emilyprogram.com>**ONLINE ACCESS THERAPY***\*Service fees : Check to see if your insurance is partnered.**If not, fees tend to be lower with local clinic providers in comparison to Televisits.***Better Help**<https://www.betterhelp.com>**Talkspace***\*Partnered with Premera\**<https://www.talkspace.com>**CLINICS/PROVIDERS WITH FINANCIAL ASSISTANCE PROGRAMS**

<ul style="list-style-type: none"> <li>• Asian counseling and referral service (ACRS)</li> <li>• Atlantic Street Center: Behavioral Health program, family support</li> <li>• Autism Spectrum Therapies (AST)</li> <li>• Catholic community services</li> <li>• Cascade Behavioral hospital</li> <li>• Community house mental health Agency (CHMHA)</li> <li>• Community psychiatric clinic - Belltown</li> <li>• Downtown emergency service center - crisis solutions center</li> </ul>	<ul style="list-style-type: none"> <li>• Eating recovery center of Washington</li> <li>• Fairfax Behavioral health - Kirkland, Monroe, Everett</li> <li>• Full Life Care</li> <li>• International Community Health Services (ICHS+)</li> <li>• KING COUNTY SEXUAL ASSAULT RESOURCE CENTER</li> <li>• Multicare behavioral health</li> <li>• Navos</li> <li>• Schick Shadel Hospital - Drug and alcohol treatment center</li> <li>• Sea Mar Community Health Center - Seattle Behavioral Health Clinic</li> </ul>	<ul style="list-style-type: none"> <li>• Seattle Indian Health Board</li> <li>• Sound: the forefront of healthcare</li> <li>• Southeast Youth and Family Services</li> <li>• Therapeutic Health Services</li> <li>• UW Medicine</li> <li>• Vashon Youth and Family Services (VYFS) - services for Latino individuals and families</li> <li>• YMCA Family Services and Mental Health - Greater Seattle</li> <li>• You Grow Girl!</li> </ul>
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