**CRISIS LINES**

National Suicide Prevention Lifeline 800-273-TALK

Crisis Clinic-Hospital Authorization 800-244-5767

*Authorizes payment for adults and children needing voluntary and involuntary hospitalization.*

King County Crisis and Commitment 206-263-9200

Mental Health Ombuds 206-205-5329

 800-790-8049 #3

Teen Link Help Line 206-461-4922

[www.866teenlink.org](http://www.866teenlink.org)

*Help Line for teens, staffed by professionally trained teen volunteers.*

24 Hour Crisis Line

 KING County 206-461-3222

 866-427-4747

 PIERCE County 800-576-7764

Veterans Crisis Line 800-273-8255

Addiction 206-764-2457

Primary Care Intake 206-277-4700

Washington Warm Line 1-877-500-WARM

*Talk to a person who has experienced mental health crisis*

Washington Recovery Help Line 1-866-789-1511

[www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org)

**ADULT SERVICES**

Arc of King County [www.arcofkingcounty.org](http://www.arcofkingcounty.org) 206-364-8384

*For people with intellectual and developmental disabilities*.

Cascade Behavioral Health 1-844-233-HOPE

Adult Co-occurring and Adult Psychiatric Unit 206-244-0180

[www.Cascadebh.com](http://www.Cascadebh.com) 206-248-0180

Church Council of Greater Seattle-Mental Health Ministry 206-525-1218

*Provides free mental health counseling and assessments.*

Crisis Clinic-Hospital Authorization 800-244-5767

*Authorizes payment for adults and children needing voluntary and involuntary hospitalization.*

Evergreen Healthcare Mental Health Crisis and In-Home Programs 425-899-6300

 [www.evergreenhealthcare.org](http://www.evergreenhealthcare.org)

Obsessive Compulsive Foundation 617-972-5801

[www.ocfoundation.org](http://www.ocfoundation.org)

Plateau Connections 360-625-0647

Youth and Adult Substance Abuse Services

Adult Mental Health Services

Postpartum Support International-Washington 888-404-7763

Senior Services 800-972-9990

*Providing services for mentally ill older adults living in nursing homes*

Senior Depression Treatment through PEARLS 360-802-0895

*Contact the Enumclaw Senior Center for Referral*

Valley Cities Counseling and Consultation 253-939-4055

[www.valleycities.com](http://www.valleycities.com)

**CHILD & YOUTH RESOURCES**

Enumclaw Youth & Family Services 360-825-4586

[www.cityofenumclaw.net/181/Youth-Family-Services](http://www.cityofenumclaw.net/181/Youth-Family-Services)

*Individual youth & family counseling, case management.*

Children’s Hospital and Regional Medical Center 206-987-2000

Girls and Boys Town National Hotline 800-448-3000

Institute for Family Development 253-874-3630

*Crisis Intervention providing in-home intervention to help families resolve crisis.*

Obsessive Compulsive Foundation 617-972-5801

[www.ocfoundation.org](http://www.ocfoundation.org)

**COMMUNITY RESOURCES**

Rainier Foothills Wellness Foundation 360-802-3206

[www.rfwellnessfoundation.org](http://www.rfwellnessfoundation.org)

*Mental Health Task Force*

**DSHS Community Services** Customer Connection 1-877-501-2233

<http://onlineapp.dshs.wa.gov>

**MEDICAL TRANSPORTATION RESOURCES**

Rainier Foothills Wellness Foundation Care Van 360-284-2444

Pierce County Beyond the Borders 253-789-4600 or 211

*Pilot program January to June 2015*

**FAMILY AND INDIVDUAL SUPPORT PROGRAMS**

NAMI – National Alliance for Mentally Ill

 PIERCE County 800-576-7764

 <http://www.namipierce.org/>

 SOUTH KING County 253-854-6264

 [www.namiskc.org](http://www.namiskc.org)

Out of the Ashes Ministry

 <https://www.facebook.com/pages/Out-of-the-Ashes-Ministries/123809587705881>