



Counseling Resources

Community Resource	Phone	Address	Notes
Crisis Clinic http://crisisclinic.org/	<i>24 hour crisis line:</i> 1-866-427-4747 (206) 461-3222		Community Resources Online is the most up-to-date and comprehensive database of health and human services in King County. Over 13,000 services & 3,000 agencies listed, it is the most effective way to find assistance with such needs as: rent/mortgage payments, in-home care services, low-cost mental health or chemical dependency counseling.
Affordable Counseling http://myaffordablecounseling.com/	(425) 778-5544	7907 212 th St. SW Suites 200B/201, Edmonds, WA 98026	Provides quality mental health services for children, teens, and adults WITHOUT insurance. Fees are based on what you can afford to pay. Works with almost all major mental health issues concerning children, teens, adults, and couples.
Alcohol & Drug 24 Hour Help Line	<i>24 hour crisis line:</i> 1-800-562-1240 (206) 722-3700		For help in a crisis situation or for referral assistance. Statewide 24-hour information, referral service and crisis intervention hotline. Excellent resource for concerned family members, friends, employers and others.
Antioch Community Counseling Clinic http://antiochseattle.edu/clinic	(206) 268-4840	2326 6th Ave Seattle, WA 98121	Provides counseling and psychological services including individual therapy, family therapy, play therapy, clinical consultation, couples therapy, group therapy, art therapy and psychological assessment. All services are provided by qualified Masters and Doctoral students enrolled in clinical psychology programs at Antioch University Seattle. Antioch faculty members who are licensed mental health professionals supervise the student staff. Does not provide medication management or prescribe medications. Individuals, children, families, couples and groups: \$20-100 per 50-minute session. Sliding fee scale is determined based on annual gross household income and household size. Assessments for children and adults start at \$250. Does not accept Medicaid or Medicare.
Asian Counseling and Referral Service http://www.acrs.org/	(206) 695-7600	3639 MLK, Jr. Way S Seattle, WA 98144	Provides individual and family counseling and case management services. Services are usually provided at home or in school to provide a connection to the environment in which the youth live. Bilingual/bicultural case managers work in partnership with schools, DSHS - Children and Family Services Division - Child Protective Services, and juvenile justice workers; case

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			managers also function as an educational and supportive link to the broader mainstream services and the Asian/Pacific Islander American families they serve. Call to verify staff language compatibility. Sliding scale fees. Medicaid accepted.
<p>Atlantic Street Center</p> <p>http://www.atlanticstreet.org/</p>	(206) 329-2050	2103 South Atlantic St. Seattle, WA 98144	Provides professional mental health counseling, case management, and psychiatric support services to high-risk area children and youth. Services include individual therapy, family therapy, case management, psychiatric support and medication management. Serves youth, ages 5 to 21. Must be low-income or DSHS-eligible. Sliding scale fees.
<p>Ballard Northwest Senior Center</p> <p>http://www.ballardseniorcenter.org/</p>	(206) 297-0403	5429 32nd Ave NW Seattle, WA 98107	Provides counseling to individuals, couples and families. Offers problem-solving for adults and their family members. Facilitates a caregivers and other support groups. Services available to any adult, ages 50 or older, and their family members living in the Ballard/Queen Anne/Magnolia area. There are no restrictions for the caregivers and diabetes groups. Center membership: \$30 per year.
<p>Catholic Community Services</p> <p>http://www.ccsww.org/</p>	(206) 498-0810	100 23 rd Ave. S Randolph Carter Family Center Seattle, WA 98144	Provides counseling services to children and their families. Services include intake and assessment, individual counseling, family counseling, play therapy, parent support, parent education, psychiatric services, 24-hour crisis support, home visits and collaboration with schools and other community service providers. Program offers components specializing in help for children who have experienced abuse or trauma, or who have witnessed domestic violence. Treats children, ages 17 and younger, and their parents, throughout King County. Will not serve individual adults. Fees are based on a sliding scale. Medicaid and Crime Victims Compensation are accepted.
<p>Cathy Cobb, MSW, ACSW</p>	(206) 517-9101	800 Hindley Lane Edmonds, WA 98020	Provides counseling/therapy for children, adolescents, adults, and senior citizens for the following disorders: Major depression and overanxious disorder. Also provides therapeutic self-help materials and therapist referrals. Prefers NOT to treat psychotic persons; active substance abusers; and sexual offenders. Sliding scale payments as follows: Individual, \$50-\$90. Fee negotiable. Does not slide below \$50.



<p>Center for Counseling & Health Resources</p> <p>http://www.aplaceofhope.com/company_info.html#locations</p>	(425) 771-5166	547 Dayton St Edmonds, WA 98020	Provides comprehensive individual, family, and conjoint counseling for persons of all ages. Christian counseling available. Developmentally delayed clients accepted. Prefers NOT to treat sex offenders. Sliding scale fee: Individual, \$60-\$98; Group, \$25-\$45.
<p>Center for Human Services</p> <p>http://www.chs-nw.org/</p>	(206) 362-7282	17018 15th Ave NE Shoreline, WA 98155	Provides individual, couple, and family counseling for children, youth and adults. No fees for the screening interview. Counseling fees are based on a sliding scale of \$45-70. Accepts Medicaid, except from Snohomish County.
<p>Children's Response Center</p> <p>http://www.childrensresponsecenter.org</p>	(425) 688-5130	17018 15th Ave NE Center for Human Services Shoreline, WA 98155	Provides counseling by professional licensed social work staff. Initial evaluation, crisis treatment and ongoing treatment are conducted at the center and referrals for other treatments may be made to other agencies, as appropriate. Specialized counseling available for child/youth victims of sexual assault, physical abuse and other traumatic events. Counseling for children with sexual behavior problems and their parents/caretakers also available. Accepts Medicaid and Crime Victim's Compensation. Some assistance may be available for people unable to pay.
<p>Chinese Information and Service Center</p> <p>http://www.cisc-seattle.org</p>	(206) 624-5633	611 S Lane St Seattle, WA 98104	Programs designed to enhance families' ability to participate in a multicultural society. Includes preschool and youth programs to enhance academic achievement and bicultural identity, as well as bilingual parent education, family counseling and caregiver support to help bridge generational and cultural differences. Primarily serves limited-English-speaking Chinese and other Asian individuals and families. Services are free.
<p>Community House Mental Health Agency</p> <p>http://chmha.org/</p>	(206) 322-2387	431 Boylston Avenue Seattle, WA 98102	Helps people with severe and persistent mental illness increase their social, vocational, and life skills, with recovery as the program's overall goal. As an alternative to traditional clinical treatment, Community House provides a supportive family atmosphere for its members in which they can feel a sense of belonging and grow at their own pace.
<p>Community Psychiatric Clinic</p> <p>http://www.cpcwa.org/</p>	(206) 461-4544	10501 Meridian Ave N Suite D Seattle, WA 98133	Therapy program offers ongoing individual, family, relationship and group therapy for enrolled consumers. The child and family program provides services to children, adolescents and their families. Counseling is offered for individuals experiencing depressed mood, domestic violence, trauma, instability in relationships, death of



			a family member, recent diagnosis of a major illness of a loved one, stress due to care of elderly parents, work stressors, chronic pain, intense anxiety or panic, etc. Programs are also available for those in need of assessment and appropriate referral. Provides anger management strategies for controlling emotions and coping with difficult situations. Accepts enrolled clients with Medicaid/Medicare.
Compass Health http://www.compasshealth.org	(425) 672-3333	20903 70th Ave W Edmonds, WA 98043	Has a comprehensive range of behavioral health programs serving children, youth, adults, and older adults from a variety of income levels and ethnic cultures. Clients may be experiencing a crisis, seeking assistance for an emotional or behavioral problem, have both a mental health problem and a chemical dependency problem, or be chronically mentally ill. Accepts Medicaid. Call for more information.
Consejo Counseling & Referral Service http://consejocounseling.org/	(206) 461-4880	3808 S. Angeline St. Seattle, WA 98118	Provides mental health services to children and adolescents. Services include psychosocial intake and assessment, individual therapy, psychiatric care, medication management for clients, school and home-based counseling and special services for high-risk youth. Provides bus tickets and agency transportation to clients. Treats parents and their children. Primarily serves the Spanish-speaking Latino population. Fees vary by service. Accepts Medicaid.
Darrett J. Burr, MA, LMHCA, NCC http://www.ablecounselingservices.com	(206) 458-2556	Cabrini Tower 901 Boren Ave Suite 1300 Seattle, WA 98104	Treats issues including anxiety, depression, anger problems, divorce, sexual orientation issues, gender identity and domestic partner abuse. Provides mental health evaluations that satisfy court orders. Low-cost/sliding scale payments available.
Derek Crain, LICSW, ACSW, DCSW http://www.derekcraintherapy.com	(206) 948-1019	5803 232nd St Mountlake Terrace, WA 98043	Treats individuals, couples, groups and families. Works with a variety of concerns including depression and anxiety (including Obsessive Compulsive Disorder), mood disorders, trauma, Acute Stress Disorder, Post Traumatic Stress Disorder (PTSD), grief and loss, adolescent issues and life coaching/family counseling. Provides court evaluations, referrals for hospitalization, psychological assessments and psychosocial evaluations. Also provides clinical supervision and consultation. Individuals: \$100. Groups, couples and families: \$120. Sliding scale fees available (individuals: \$60; groups, couples and families: \$80). Accepts Medicaid/Medicare.



<p>Donna Bevan-Lee, MSW, PhD, LICSW</p> <p>http://donnaibeavanlee.com</p>	(206) 935-1484	4315 SW Stevens St, Seattle, WA 98116	Focus on all kinds of trauma, addictions, eating disorders, cross-addictions, death/loss, and sexual compulsivity or addiction. Low-cost/sliding scale payments available.
<p>Doralissa Griffin, LMHCA</p> <p>http://www.doralissagriffin.com</p>	(425) 478-7670	5508 234th St. SW Mountlake Terrace, WA 98043	Offers mental health counseling services to those experiencing difficulty in their lives. Focuses on anxiety, depression, sexual issues, abuse recovery, compulsive disorders, addictions, and life adjustment issues. GBLT and alternative lifestyle friendly. Treats adults and teens. Sliding scale fees.
<p>Downtown Emergency Service Center</p> <p>http://www.desc.org/</p>	(206) 464-1570	515 3 rd Ave Seattle, WA 98104	Clinical services for mentally ill, chemically dependent, female, elderly, physically or developmentally disabled, or medically compromised. Services: homeless outreach, shelter, & case management.
<p>Emily Fortuna, MA, LMHCA</p> <p>http://www.emilyfortuna.com</p>	(206) 696-8765	2319 N 45th St Suite 108 Seattle, WA 98103	Provides counseling for individual adults, adolescents, couples and families. Treats various issues including depression, anxiety, grief and loss, life transitions, sexuality, relationship issues, eating disorders and postpartum depression. Low-cost/sliding scale payments available. See website for details.
<p>Fremont Community Therapy Project</p> <p>http://www.therapyproject.org</p>	(206) 633-2405	3417 Fremont Ave N Suite 225 Seattle, WA 98103	Provides low-cost therapy and psychological and cognitive assessments. Services include therapy for individuals, ages 16 and older, and couples (same-sex and heterosexual); treatment with EMDR for survivors of trauma; assistance with depression, anxiety, post traumatic stress, life choices, communications difficulties, effects of harassment and discrimination, and remaining clean and sober. Treats people who can function independently, and who are not acutely suicidal, actively psychotic, or in need of case management services. Will not accept clients who are currently actively abusing drugs or alcohol and have no desire to get clean and sober. \$20-45 per 45-50-minute session. DBT Skills group cost from \$10-45 per group meeting with a minimum six month commitment. Medicaid is not accepted.
<p>Greenwood Senior Center</p> <p>http://www.greenwoodseniorcenter.org</p>	(206) 297-0875	525 N 85th St Seattle, WA 98103	Offers individual counseling for adults, ages 50 and older. Services are free, donations accepted.



Harborview Medical Center— Broadway http://www.harborview.org	(206) 744-9600	401 Broadway 1st Floor Seattle, WA 98122	Mental health care services are provided on an outpatient basis for diagnosis and treatment. Assessment and treatment are brief; the main purpose is to refer patients to appropriate agencies in the community for treatment. Initial screening and assessment is free; sliding scale fee available with other services. Accepts Medicaid/Medicare.
Harborview Medical Center— Third Avenue Center http://uwmedicine.washington.edu	(206) 521-1231	2028 3rd Ave Seattle, WA 98121	On-site psychiatrist is available three times weekly and offers mental health counseling after screening by social worker. Primarily serves homeless, low-income people without health insurance and a primary care provider. Accepts Medicaid/Medicare. Sliding scale fees are available. Assesses for charity care. Homeless people without resources do not have to pay for services.
Hayley Tapp, MA, LMHC http://www.hayleytapp.com	(206) 910-2462	1551 NW 54th St Suite 102 Seattle, WA 98107	Focus on depression, anxiety, anger management and bereavement counseling; works with clients on problems with addiction, eating disorders and those going through major transitions. Low-cost/sliding scale payments available.
Jewish Family Service http://www.jfsseattle.org/	(206) 861-3152	1601 16 th Ave Seattle, WA 98122	Provides individual, couples, family and group counseling for adults, children and adolescents. Specializes in dealing with issues related to depression, anxiety, PTSD, trauma, parenting relationships and life transitions. Offers culturally sensitive services for the Jewish community. Family Counseling geared toward healing and/or preventing family rifts. \$100 per hour. Subsidized sliding fee scale is available. Does not accept Medicaid.
Joseph Chiveney, MA, LMHC, CMHS http://www.joechiveney.com	(206) 437-0071	3712 S Ferdinand St Seattle, WA 98118	Comprehensive, relationship-focused therapy. Home visits and low-cost/sliding scale payments available.
Justin Pere, MA, LMHC http://www.claritycounselingseattle.com	(206) 910-1218	Clarity Counseling Seattle 18 W. Mercer St. Suite 360 Seattle, WA 98119	Works with men, women, and couples (gay & straight). Specializes in men's issues. Special training and experience working with caregivers, older adults and adult children of aging parents. Low-cost/sliding scale payments available.
La Esperanza Health Counseling Services http://www.laesperanzahcs.org	(425) 248-4534	20815 67th Ave W Suite 201 Lynnwood, WA 98036	Provides alcohol & drug information school, DUI assessments, relapse prevention, family intervention/counseling, DUI victim's panels, DV intervention program, anger management, and outpatient and intensive outpatient treatment. Targets Spanish speakers. Offers sliding scale fees.



<p>Lambert House http://www.lamberthouse.org</p>	<p>(206) 322-2515 Ext: 19</p>	<p>1818 15th Ave Seattle, WA 98122</p>	<p>Offers "Boys Who Like Boys," "Transgender," "Queer Young Females," and "Sex, Dating & Healthy Relationships" groups, which provide support and information for youth exploring issues of gender and sexuality. Peer support is facilitated by adult volunteers. Open to gay, lesbian, bisexual, questioning and transgender youth, ages 11 through 22. Services are free.</p>
<p>Lutheran Counseling Network http://www.lutherancounseling.net/index.html</p>	<p>(425) 258-2955</p>	<p>2702 Rockefeller Ave Everett, WA 98201</p>	<p>Provides conjoint, family, group, and individual counseling for adults regarding the following issues: bereavement; divorce; adult incest survivor; gender identity; marriage; premarital; sexual preference; and sexuality. Prefers NOT to treat: addictions, eating disorders, psychosis. Sliding scale fee: \$25-\$90/individ., \$100-\$260/group. Negotiable. Does not accept Medicaid.</p>
<p>Lutheran Community Services Northwest http://www.lcsnw.org</p>	<p>(206) 816-3253</p>	<p>115 NE 100th Street Suite 200 Seattle, WA 98125-8099</p>	<p>Provides mental health services to refugees, immigrants and U.S. citizens with marital problems, trauma, depression, anxiety disorders, Schizophrenia and other mental health disorders. Many services are provided by trained cross-cultural and professional mental health counselors in the language of the client. Provides clinical case management services for adults, older adults and youth, and assists clients in adjusting to a new culture as well as with available social services. Accepts Medicaid. Services are free if qualified.</p>
<p>Lutheran Community Services Northwest—North Puget Sound Area http://www.lcsnw.org</p>	<p>(425) 670-8984</p>	<p>6330 195th St SW Lynnwood, WA 98036</p>	<p>Professionally trained therapists are qualified to help with individual, family, and conjoint problems including: couple and family conflicts; marriage preparation/enrichment; parenting skills; separation, grief, transition and rebuilding; anxiety, depression, loneliness, anger, or lack of fulfillment; physical or sexual abuse; anger management; and suicidal thoughts or feelings. Sliding scale fee. Accepts Medicaid.</p>
<p>Mary Murphy, EdD, LICSW http://www.mary-murphy.com</p>	<p>(206) 550-0374</p>	<p>First West Building 200 1st Ave W Suite 400 Seattle, WA 98119</p>	<p>Serves college students of all ages, helping them attain their life-long goals. Can help with issues like sudden loss of a family member, change in relationships, work schedule change, balancing family, work, and school, becoming a new parent, and many other stresses that compete for your time in achieving your academic goals. Offers both short-term and long-term therapy. Maintains time slots for discounted fees and works to accommodate low-</p>



			income clients as best as possible. Out-of-network provider, so for those with insurance, provides documentation to give to insurer.
Mary Torres, MA, LMHCA http://wseattlecounseling.com	(206) 335-7429	3400 Harbor Ave SW Suite 301 Seattle, WA 98126	Provides support groups and counseling services to individuals, couples, parents, teens, and young adults regarding issues such as: depression, anxiety, conflict resolution, codependency & enmeshment, identity issues, emptiness & isolation, suicide, grief & loss, adolescence & young adulthood, transition & adjustment, cutting & self-harm, anger, forgiveness & reconciliation, communication, stress & social issues, marriage, divorce, & blended families, self-esteem & self-care, work & academic concerns. Sliding scale fees available to those who qualify: \$15-70/individual session; \$25-40/group session. FOR NSCC STUDENTS (MUST MENTION THAT YOU ARE ONE): \$10/individual or group session.
Nancy Code, MSW, LICSW	(206) 523-2171	411 W Mercer St., Seattle, WA, 98119	Focus on grief and loss, bereavement, anxiety and depression, PTSD, life transition issues, relationships and mental illness. Sensitive to LGBTQ issues. Low-cost/sliding scale payments available.
Narcotics Anonymous http://www.seattlena.org	(206) 790-8888	PO Box 70404 Seattle, WA 98127	Facilitates 12-step program support groups and a 24-hour helpline for people who have desire to stop using drugs. Provides emotional support and peer-in-recovery counseling to help chemically dependent people deal with feelings and share experiences. Recovery literature is available for free at meetings. Transportation provided upon advance request if available. Services are free.
Northshore Youth and Family Services	(425) 485-6541	10309 NE 185th Street Bothell, WA 98011	Offers individual, family, and group counseling services and information and referral to adults, youth and families in North King and South Snohomish counties, but will take clients from other areas. Counseling: \$100. Medicaid is accepted from King County only. Clients receiving public assistance should call for special fee rates if they do not have insurance or Medicaid.
Odessa Brown Children's Clinic www.odessabrown.org	(206) 987-7200	2101 E. Yesler Way Seattle, WA 98122	Behavioral and mental health counseling services to children ages 4–18 years. Treatment includes diagnostic evaluations, individual & family therapy, & home and school visits. Offer follow-up and psychological testing.



<p>Pioneer Counseling Services</p> <p>http://www.pioneerhumanservices.org</p>	<p>(206) 470-3856</p>	<p>1100 Virginia St Suite 210 Seattle, WA 98101</p>	<p>Provides mental health assessments, mental health counseling, psychiatric evaluations and medication monitoring. Also offers individual, group, and couples mental health counseling. Licensed therapists on staff work specifically with issues such as grief and loss, post-traumatic stress, and co-occurring disorders. Serves adults in the Greater Seattle area. Mental Health Evaluations: \$250. Psychiatric Evaluations: \$250-370. Medication Monitoring: \$60 flat fee. Accepts Medicaid for Mental Health Services (Includes Medication Monitoring and Therapy). Limited availability of free services for qualifying Medicaid applicants.</p>
<p>Providence Hospice of Seattle</p> <p>http://www.providence.org/hospiceofseattle</p>	<p>(206) 320-4000</p>	<p>425 Pontius Ave N Suite 300 Seattle, WA 98109</p>	<p>Telephone support and counseling: Brief, one-on-one counseling is available for individuals who have experienced a recent loss. Support Groups: Groups that are open to the community are available for children, ages 3 through 18, and adults. Adult Bereavement services conducts support groups with focus on the general tasks of grieving, how to provide self-care and creating an environment where group members share their experience of loss. Community Referral: Provides assistance finding grief support services outside of King County. No set fees for services.</p>
<p>Recovery Centers of King County</p> <p>http://www.rckc.org</p>	<p>(206) 322-2970</p>	<p>464 12th Ave Suite 300 Seattle, WA 98122</p>	<p>Offers individually tailored program designed to address both the client's mental health and chemical abuse issues. May include education about chemical dependency and mental illness, individual counseling, group therapy, medication management, pre-vocational counseling and life skills training. Limited child care may be available. Treats adults, ages 18 and older, who are chemically dependent and mentally ill. Accepts Medicaid and sliding fee scale for eligible individuals.</p>
<p>Refugee Federation Service Center</p> <p>http://www.rfsc.org</p>	<p>(206) 725-9181</p>	<p>7101 MLK Jr Way S Suite 214 Seattle, WA 98118</p>	<p>Provides family counseling for refugees and their families, making 80% of the state's median income or below. Services are free.</p>
<p>Refugee Women's Alliance</p> <p>http://www.rewa.org</p>	<p>(206) 721-0243</p>	<p>4008 MLK Jr Way S Seattle, WA 98108</p>	<p>Offers culturally specific mental health consultation, counseling and case management for adults, children and families. Treats refugees, victims of human trafficking, asylees with Medicaid benefits, and Iraqi and Afghan special immigrants. Fees vary, call for details. Medicaid accepted.</p>



<p>Regina A. Scheel, MSW, LICSW http://www.reginaascheel.com</p>	<p>(206) 375-7657</p>	<p>Terrace Professional Building 5803 232nd St SW Mountlake Terrace, WA 98043</p>	<p>Counseling and psychotherapy working with adults with various life challenges. Specializes in treating co-occurring disorders (people with both mental health and addiction issues), gender-variant issues, and many other issues that may bring people into counseling such as grief, depression, anxiety, relationship issues, and others. Can bill insurance including Medicare, fee for service rates include some sliding scale appointments.</p>
<p>Restoration Family and Individual Counseling http://RestorationFIC.com</p>	<p>(206) 922-8176</p>	<p>5803 232nd Street SW Mountlake Terrace, WA 98043</p>	<p>Provides support for interracial/intercultural couples who want to have a successful relationship despite differences. \$50-70/session for a couple. Also provides expertise in anxiety, depression, domestic violence, grief & loss, life coaching, children & adolescent issues and family reunification support. \$50-\$70/session for individual. \$60-\$80/session for family. Sliding scale options available.</p>
<p>Richard T. Sirota, LICSW, CDP http://www.rationaltreatmentse rvices.com</p>	<p>(206) 459-2242</p>	<p>200 1st Ave W Suite 400 Seattle, WA 98119</p>	<p>Treatment is effective for individuals with various problems including substance abuse/mental health issues or both (i.e. co-occurring disorders). It also works well for relationship and communication issues. Low-cost/sliding scale payments available.</p>
<p>Ruth Berven, MA, LMHC</p>	<p>(425) 712-9792</p>	<p>406 Main St Suite 101B Edmonds, WA 98020</p>	<p>Provides counseling for adult individuals and couples. Works with people who have experienced trauma in their lives, especially domestic violence and childhood sexual abuse. Focuses on developing better relationships, using client's spiritual and religious beliefs as tools for growth. Individual and couples: \$50-100/hr. Home visits same.</p>
<p>Samaritan Center of Puget Sound http://www.samaritanps.org/</p>	<p>(206) 527-2266</p>	<p>Three Clinic Locations: Seattle Main Office (near Green Lake) 564 NE Ravenna Blvd Bellevue First Presbyterian Church 1800 100th Ave NE Kent Washington Baptist Convention 409 3rd Ave S Ste. A</p>	<p>Provides counseling and mental health services for individuals, couples and families whose limited income keeps them from being able to access quality care. Therapists who meet with clients are trained at a master's degree level and are in the process of meeting the requirements for Washington state licensure. Helps with concerns such as depression and anxiety, couple and family relationships, child and adolescent issues, abuse (physical/sexual/emotional), transitions and life changes, self-esteem, self-image and identity, addictions and codependency, grief and loss and marriage and commitment issues. Fees vary based on income; call for details.</p>



<p>Sea Mar—Outpatient Chemical Dependency Services</p> <p>http://www.seamar.org</p>	(206) 766-6976	<p>10001 17th PI S Lower Level Seattle, WA 98168</p>	<p>Provides bilingual chemical dependency outpatient services. Offers drug and alcohol evaluations, DUI assessments, deferred prosecution, relapse prevention, monthly monitoring, aftercare, intensive outpatient treatment, as well as family counseling. CAN SERVE YOUTH AGES 12-18. Accepts Medicaid.</p>
<p>Sea Mar—Snohomish County</p> <p>http://www.seamar.org/</p>	(425) 977-2560	<p>19707 44th Ave W Suite 101 Lynnwood, WA 98036</p>	<p>A bilingual/bi-cultural staff offers comprehensive mental health services to persons of all ages. Provides individual, couples, family and group counseling; geriatric counseling; consultation and education; case management; and outreach for patients of all ages. Primarily for the Chicano/Latino community, but will serve other low-income persons as well. Sliding scale fees.</p>
<p>Seattle Children's—Mental Health Services</p> <p>http://www.seattlechildrens.org</p>	(206) 987-3560	<p>4800 Sand Point Way NE Seattle, WA 98105</p>	<p>Provides evaluation and treatment services for children and adolescents, ages 1 through 18. Services include comprehensive psychiatric assessment, medication evaluation and management, short-term and long-term therapy, and psychological testing. Financial aid available for families without any insurance if financial eligibility criteria are met. Accepts Medicaid.</p>
<p>Seattle Counseling Service</p> <p>http://www.seattlecounseling.org/</p>	(206) 323-1768	<p>1216 Pine Street #300 Seattle, WA 98101</p>	<p>Therapy/case/medication management, chemical dependency treatment, group services, & education, for gay, lesbian, bisexual, & transgender communities.</p>
<p>Seattle Eating Disorders Counseling and Consulting</p>	(206) 499-5584	<p>5803 232nd St SW Mountlake Terrace, WA 98043</p>	<p>Offers individual, marriage and family counseling. Specializes in treating eating disorders, addiction, depression and anxiety, mood disorders, trauma, Acute Stress Disorder, Post Traumatic Stress Disorder, grief and loss and life transitions. All are welcome. Sliding scale fees available.</p>
<p>Seattle Indian Health Board</p> <p>http://www.sihb.org/mental_health.html</p>	(206) 324-9360	<p>611 12th Ave S Suite 200 Seattle, WA 98144</p>	<p>Offers individual, couples and family counseling. Services include crisis intervention, medication management, and psychiatric evaluation and testing. Counseling addresses issues such as anxiety, post traumatic stress disorder and depression. Serves American Indian and Alaska Native communities only. Offers discounted fee schedule based on income verification. Accepts Medicare/Medicaid.</p>



<p>Seattle Psychoanalytic Society & Institute</p> <p>http://www.spsi.org</p>	<p>(206) 328-5315</p>	<p>4020 E Madison St Suite #230 Seattle, WA 98112</p>	<p>Offers intense long-term therapy for children, adolescents and adults through psychoanalysis. Operates as a training program for psychoanalysts. Psychoanalysis is a highly specialized treatment based on the observation that people are often unaware of the many factors that determine their emotions and behavior. Because it addresses core problems as well as symptoms, psychoanalysis is a comprehensive treatment with the goal of bringing about mental health through increased self-understanding. Must be willing to commit to analysis for a period of time arranged with an analyst. While fees can be negotiated, the typical minimum fee is \$40 per session. Medicaid accepted.</p>
<p>Seattle's Union Gospel Mission</p> <p>http://www.ugm.org</p>	<p>(206) 622-5177</p>	<p>318 2nd Ave Ext S Men's Shelter Seattle, WA 98104</p>	<p>Offers Christian counseling, guest services and guest relations for anyone in need. Also delivers a Christian ministry in Spanish, including pastoral counseling, chapel services, ESL classes and AA meetings. Services are free.</p>
<p>Shari French, MS, LMFT</p>	<p>(206) 669-9538</p>	<p>20016 Cedar Valley Road Suite 105 Lynnwood, WA 98036</p>	<p>Therapy for individual adults and adolescents, family therapy and couples therapy. \$90 per hour for individuals, \$100 per hour for couples. Sliding fee scale available, please ask.</p>
<p>Snohomish Health District— First Steps Program</p> <p>http://www.snohd.org</p>	<p>(425) 339-5200</p>	<p>3020 Rucker Ave, Suite 306 Everett, WA 98201</p>	<p>Public Health Nurses can provide information regarding needs related to pregnancy and health concerns. Behavioral Health Specialist/Social Worker can provide home-based psychosocial assessments and referrals, counseling, conflict resolution, anger management, physical/mental abuse, chemical dependency, depression and relationships. Nutritionists are available to provide clinic or home-based nutrition assessments, education, and counseling. Services available to women who are pregnant and eligible for medical coupons. They are provided throughout pregnancy and until infant is 12 months old. FREE.</p>
<p>Somali Community Services of Seattle</p>	<p>(206) 760-1181</p>	<p>3320 Rainier Ave S Seattle, WA 98144</p>	<p>Provides peer counseling, referrals and assistance. Case managers can assist with immigration requirements, filling out forms and applications, translation and interpretation, and cultural and behavioral orientations. Primarily serves Somali refugees and immigrants. Services are free.</p>
<p>Sound Mental Health</p> <p>http://www.smh.org/</p>	<p>(206) 302-2300</p>	<p>Chemical Dependency Services: 9706 4th Ave NE</p>	<p>Chemical Dependency Services provides an outpatient substance abuse treatment program specializing in serving those with co-occurring disorders. Assists in reducing</p>



		<p>Northgate Delta Building 303 Seattle, WA 98115</p> <p>1600 East Olive St Seattle, WA 98122</p> <p>Child and Family Services:</p> <p>9706 4th Ave NE Northgate Delta Building 303 Seattle, WA 98115</p> <p>2719 East Madison Suite 200, Seattle, WA, 98112</p>	<p>denial and increasing motivation to develop sober support systems. Also provides alcohol and other drug assessments, DUI assessments, and an alcohol & drug information school. Child and Family Services provides individual, couple and family counseling; group therapy; psychiatric evaluations and medication prescription; psychological testing; and limited treatment for children. Services available to residents of King County. Dual diagnosis program for priority mentally ill consumers who also have substance abuse or dependency problems. Accepts Medicaid/Medicare. Sliding scale fee available for private pay clients.</p>
<p>Southeast Youth and Family Services</p> <p>http://www.seyfs.org</p>	(206) 721-5542	<p>3722 South Hudson St. Seattle, WA 98118</p>	<p>Provides individual and family counseling, case management, advocacy, information and referral, and crisis intervention to African individuals and families. Also offers employment assistance for African youth and cultural adjustment and orientation. All Africans are welcome, but focus is on East Africans. Services are free.</p>
<p>Southwest Youth and Family Services</p> <p>http://www.swyfs.org</p>	(206) 937-7680	<p>4555 Delridge Way SW Seattle, WA 98106</p>	<p>Provides individual, family and group counseling for youth and their families in Southwest Seattle. Group counseling for youth includes A.R.T. (Aggression Replacement Training) and Decision Making Group and other groups which may be scheduled throughout the year. Limited child care may be available. \$0-100 per hour, sliding scale; will accept Medicaid.</p>
<p>Therapeutic Health Services</p> <p>http://www.ths-wa.org</p>	(206) 546-9766	<p>16715 Aurora Ave N Suite 102 Shoreline, WA 98133</p> <p>1116 Summit Ave Seattle, WA 98101</p> <p>5802 Rainier Ave S Seattle, WA 98118</p> <p>1901 MLK Jr Way Seattle, WA 98144</p> <p>1305 Seneca St Seattle, WA 98101</p>	<p>Provides comprehensive, supportive mental health services and case management, including services for those with co-occurring disorders. Provides mental health assessments to ascertain a mental health diagnosis and treatment planning as part of ongoing treatment. Provides individual evaluation by psychiatrists for clients who may need medication. Psychiatrist will prescribe and monitor medication, if appropriate. Provides group counseling for adults that address the following: anxiety/depression, seeking safety, and grief and loss. Enrolled and registered clients can access crisis counseling as well. Rainier branch additionally has adult day treatment. Eastside branch does not have co-occurring disorder treatment. Limited child care may be available. Specializes in assisting African Americans. Sliding scale fees: \$0-80. Accepts Medicaid.</p>



<p>Therapeutic Health Services— Encompass Program</p> <p>http://www.ths-wa.org</p>	<p>(206) 322-7676 Ext: 248</p>	<p>1901 MLK Jr Way Seattle, WA 98144</p>	<p>Provides 16 weeks of cognitive behavioral therapy by trained licensed clinicians. Participants receive a comprehensive clinical and diagnostic evaluation which is the foundation for individually tailored treatment plans. Treats substance abuse disorders and a range of psychiatric disorders including depression and anxiety disorders, attention and behavioral problems, and psychosocial problems that commonly co-occur. Psychiatrists or psychiatric nurse practitioners provide medication evaluation and monitoring when clinically indicated. Serves adolescents and young adults, ages 13 through 25, with co-occurring substance and mental health problems. Accepts Medicaid. Offers sliding scale fees based on income and family size. Intake: \$300-500. Counseling fees vary; call for details.</p>
<p>University of Washington-- Department of Psychology</p> <p>http://web.psych.washington.edu/</p>	<p>(206) 543-6511</p>	<p>Guthrie Annex I University of Washington Seattle, WA 98195</p>	<p>Provides psychotherapy and other psychological services to residents of the Seattle metropolitan area. Staff Therapists work with people of all ages who are experiencing psychological distress. Serves children and adolescents with a wide variety of problems, ranging from behavioral difficulties in school or at home, to sadness and low self-esteem. Also serves adults experiencing such problems as anxiety, depression, and family and relationship difficulties. In addition, currently offers special services for those needing substance use evaluations, and learning disability assessment and intervention. Cannot work with clients requiring hospitalization or intensive medical care. Psychotherapy fees are determined according to the clinic's two-tiered fee scale and are based upon the client's gross annual income. For psychotherapy intakes, all clients pay a fee which includes an intake interview and initial psychological testing.</p>
<p>Urban Impact</p> <p>http://www.urbanimpactseattle.org</p>	<p>(206) 975-6919</p>	<p>7728 Rainier Ave S Seattle, WA 98118</p>	<p>Offers individual, couple and family counseling from a Christian world view. Specialties include ADHD testing, anger management, depression, domestic violence, family therapy, grief and loss, spiritual concerns, medical issues and trauma treatment. Focuses on African American families. Offers sliding fee scales. Does not accept Medicaid/Medicare.</p>



<p>Women's Therapy Referral Service</p> <p>http://www.therapyreferral.org</p>	<p>(206) 634-2682</p>	<p>1914 N 34th St Suite 405 Seattle, WA 98103</p>	<p>Coordinator meets with client, provides education about therapy, coaches client on how to effectively interview a therapist and matches client with three therapists to meet his/her needs. Client receives an in-person consultation with each of these therapists. Therapists offer a broad range of credentials, therapeutic modalities and specializations. One of the therapists on staff is able to write prescriptions to her therapy clients. Families, adults, and couples of all sexual orientations are welcome. \$110 referral fee with income-based sliding scale to \$50. Includes initial screening and matching session followed by in-person consultations with three therapists. Financial arrangements for ongoing therapy are arranged with the therapist (Therapy fees \$90-140, modest fee reduction possible.)</p>
<p>YMCA of Greater Seattle—Family Services and Mental Health</p> <p>http://www.seattleyymca.org</p>	<p>(206) 382-5340</p>	<p>2100 24th Ave S Seattle, WA 98144</p>	<p>Family First In-Home Program provides children with intensive case management and therapy services while they are living with their biological or adoptive families. The program focuses on maintaining the family unit to help families become self-sufficient. Services last 12 to 18 months. Outpatient Counseling Services (OCS) serves youth 20 years of age or younger and their family members residing within King County. Clients receive individual, group and/or family counseling. Payment is on a sliding scale.</p>
<p>Youth Eastside Services</p> <p>http://www.youtheastideservices.org</p>	<p>(425) 747-4937</p>	<p>999 164th Ave NE Bellevue, WA 98008</p>	<p>The "Teen Dating Violence Program" offers individual and group counseling for teens who are victims of dating and relationship violence. Coordinates educational presentations about teen domestic violence to schools and other groups. Operates a 24-hour crisis line for teen victims of domestic violence at Eastside Domestic Violence Program and operates a peer education program. Services available to youth, ages 6 through 20 (may vary by service), and their families residing in Bellevue, Redmond, Kirkland, or attending school in the Lake Washington or Bellevue School District. Services are free.</p>
<p>YWCA—Pathways for Women</p> <p>http://www.ywcaworks.org</p>	<p>(425) 412-2360</p>	<p>19703 68th Ave West Lynnwood, WA 98036</p>	<p>Provides sliding scale for individual and group counseling for men, women and children.</p>