

**RESOURCE CARD - UPDATED JUNE 2016**

**NAMI Seattle HelpLine** 206-783-9264 or reach us by email at [helpline@namiseattle.org](mailto:helpline@namiseattle.org).

Provides information, resources, and referrals to individuals and families affected by mental health conditions via phone, walk-in, or email. **For emergencies, please call 911.**

**24-HOUR CRISIS ASSISTANCE**

- **CRISIS LINE** 206-461-3222 or 1-866-427-4747; TTY 206-461-3219
- **HARBORVIEW PSYCHIATRIC WALK-IN EMERGENCY SERVICES** 325 9th Ave. Seattle, WA 98014, 206-744-3000
- **NATIONAL SUICIDE LIFELINE** 1-800-273-TALK; TTY 1-800-799-4889
- **WASHINGTON RECOVERY HELP LINE** Help for mental health, substance abuse, and gambling: 1-866-789-1511
- **CHILDREN'S CRISIS OUTREACH RESPONSE SYSTEM** 206-461-3222
- **THE TREVOR LIFELINE** Crisis intervention and suicide prevention for LGBTQ youth: 1-866-488-7386
- **KING COUNTY CRISIS AND COMMITMENT SERVICES** Initial crisis outreach and assessment for individuals in King County: 206-263-9200
- **SEATTLE POLICE CRISIS INTERVENTION TEAM** Officers certified to assist individuals in a mental health crisis: 206-615-1219 or 911. Request CIT officer.

**ADDITIONAL RESOURCES FOR URGENT SUPPORT**

- **TEEN LINK** 1-866-TEEN-LINK. (6PM - 10PM); TTY 206-461-3219
- **MENTAL HEALTH INTAKE AND BRIEF INTERVENTION SERVICES CLINIC AT HARBORVIEW** 7:30am-5pm, Monday-Friday; 401 Broadway, 1st Floor, Seattle, WA 98104; 206-744-9600
- **CONSEJO COUNSELING & REFERRAL SERVICE** 206-461-4880 (8AM - 5PM); [consejocounseling.org](http://consejocounseling.org)
- **JEWISH FAMILY SERVICE** 206-461-3240, ask for an Emergency Services Case Manager; [emergency@jfsseattle.org](mailto:emergency@jfsseattle.org)

- **WASHINGTON WARM LINE** Peer support for people living with mental illness: 206-933-7001; 1-877-500-WARM (5pm–9pm, Wednesday–Sunday)

## FREE CLINIC INFORMATION

- **WASHINGTON HEALTHCARE ACCESS ALLIANCE**  
1-267-713-9422, [www.wahealthcareaccessalliance.org](http://www.wahealthcareaccessalliance.org)

## LEGAL INFORMATION

- **CLEAR** Washington’s centralized intake and referral service for individuals seeking free legal assistance in King County: 1-877-211-9274 (Outside King County: 1-888-201-1014)
- **DISABILITY RIGHTS WASHINGTON** Provides disability rights information, general information about legal rights, and legal services for disability rights violations: 1-800-562-2702; [www.disabilityrightswa.org](http://www.disabilityrightswa.org)

## YOUTH AND FAMILY SERVICE INFORMATION

- **SEATTLE CHILDREN’S PSYCHIATRY AND BEHAVIORAL MEDICINE UNIT** 206-987-2055
- **UNIVERSITY DISTRICT YOUTH CENTER** Mental health and substance abuse counseling for at-risk, runaway and homeless youth ages 13-22; 206-526-2992, ext. 3
- **YMCA FAMILY SERVICES AND MENTAL HEALTH**  
206-382-5340

## GERIATRIC SUPPORT

- **NORTHWEST HOSPITAL GEROPSYCHIATRIC CENTER**  
206-368-1835
- **CASCADE BEHAVIORAL HEALTH** 855-852-2320;  
206-244-0180

## MILITARY VETERANS SUPPORT

- **SEATTLE VET CENTER** 206-658-4225 or 877-927-9387
- **VA SEATTLE** Mental Health Department: 206-764-2007 or 253-583-1626
- **VET CENTER COMBAT CALL CENTER** 1-877-WAR-VETS

## OTHER RESOURCES

- **KING COUNTY COMMUNITY RESOURCES HOTLINE** 1-877-211-9274 or 211 to locate a shelter, food bank, or other community resources near you.
- **SAMHSA NATIONAL HELPLINE (TREATMENT REFERRAL ROUTING SERVICE)** 1-800-662-4357 (English & Spanish); TTY 1-800-487-4889; <https://findtreatment.samhsa.gov>.

\*Esta guía también está disponible en español en nuestro sitio web:  
[namiseattle.org/get-help](http://namiseattle.org/get-help)