

Community Mental Health Resources

This is a stressful time impacting our lives in different ways. We may notice changes in how we think, feel and connect with ourselves and each other. If you or someone you know is feeling overwhelmed with stress, sadness, worry or grief, remember it's okay to ask for help. Coping with stress will make you, the people you care about, and your community stronger. Below are some resources and programs to consider.

Learn about what's Available

- **National Alliance on Mental Illness (NAMI) Helpline** - Provides information, resource referrals and support to people living with a mental health condition, their family members and caregivers. Call 800-950-6264 or send an email to info@nami.org.
- **Washington 211**: Provides information on Washington's mental health resources and other types of assistance. Call 2-1-1 or visit www.win211.org for more information.

Get Emotional Support 24/7

- **SAMHSA Disaster Distress Helpline**: Connect with a counselor at 1-800-985-5990 or by texting TalkWithUS to 66746. Spanish-speakers can call and press "2" for bilingual support. Interpretation also available in over 100 other languages.
- **Teenlink**: A free helpline for teens and those who are care for them. Call 1-866-833-6546, chat, or text. Visit www.teenlink.org for more information, tips and local resources.
- **Friendship Line**: Trained volunteers offer a caring ear and friendly conversation for adults, age 60 and older, and adults living with disabilities. Call 1-800-971-0016 or visit www.ioaging.org to connect.
- **Crisis Line**: Trained counselors available for individuals, families and friends. Call 1-866-427-4747, text: HOME to 741741 or visit www.crisistextline.org.
- **WA Warm Line**: Peer support help line for people living with emotional and mental health challenges. Call 877-500-WARM (9276) TTY: 206-461-3610 or visit www.crisisconnections.org/wa-warm-line.

Connect to a Counselor

Finding support for you or a loved one can feel challenging. Below are a few ways to get connected to a counselor. Note: Low to no cost and insurance covered options are available.

- **For Apple Health/Medicaid**: King County Department of Community and Human Services provides referrals for mental health and substance use services. Call 206-263-8997 or 1-800-790-8049 to learn more.
- **The Community Health Access Program (CHAP)** connects you with care you can afford. Interpreters are available. Call 1-800-756-5437, visit www.kingcounty.gov/CHAP or email: CHAP@kingcounty.gov
- **Washington's Mental Health Referral Service for Children and Teens**: Referral service for youth (<18 years old) and their families. Get connected to mental health providers that meet your needs and your insurance coverage. Visit www.seattlechildrens.org/clinics/washington-mental-health-referral-service.
- **Washington Counselors of Color Directory**: Provides counseling and therapy from providers who understand the specific needs of people of color and various cultures. Visit www.multiculturalcounselors.org to learn more.
- **Open Path Collective Therapy**: Providers offer sessions for individuals, couples and families between \$30 and \$60. Visit www.openpathcollective.com to learn more.

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