



## Washington Referral List

*Anxiety, Sexual Assault Recovery, PTSD, Alcohol services*

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### Crisis Services/Hotlines

**Suicide and Crisis Lifeline (English and Spanish):** 988

**King County Crisis Connections:** 1-866-427-4747 (24-hour, year-round, toll free)

**Substance Abuse and Mental Health Services Helpline:** 1-800-662-HELP (1-800-662-4357)

**National Sexual Assault Hotline:** 1-800-656-HOPE (1-800-656-4673)

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### Bereavement Services

**Virginia Mason Grief Services** (*no cost*)

**Address:** Virginia Mason Seattle Main Campus, 1218 Terry Ave., First Floor, Seattle, WA 98101

**Phone:** (206) 223-6340

**Website:** <https://www.vmfh.org/our-services/hospice-palliative-care-grief-services/grief-services/natural-death-services>

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### Sexual Assault Services

**KCSARC (King County Sexual Assault Resource Center)**

**Address:** 707 S Grady Way #300, Renton, WA 98057

**Phone:** (888) 99-VOICE (888-998-6423) (24-hour resource line)

**Website:** <https://www.kcsarc.org/en/contact/>

**SARIS (Sexual Assault and Relationship Violence Information Service)** (*UW program for students who are survivors, no cost*)

**Address:** Elm Hall Rm 109, 1218 NE Campus Pkwy, Seattle, WA 98105

**Phone:** (206) 685-4357

**Website:** <https://sites.uw.edu/qcenter/wiki/resource-repository/sexual-assault-and-relationship-violence-information-service-saris/>

**Harborview Abuse and Trauma Center (Seattle, Bellevue, & Shoreline)**

**Seattle office:** Harborview Medical Center, 401 Broadway, Suite 2075 Seattle, WA 98122

**Bellevue office:** UW Medicine Factoria, 13231 SE 36<sup>th</sup> St., Suite 110 Bellevue, WA 98006

**Shoreline office:** Center for Human Services, 17018 15<sup>th</sup> Ave NE Shoreline, WA 98155

**Phone:** (206) 744-1600 (24-hour)

**Website:** <https://depts.washington.edu/uwhatc/contact-us/>

*Disclaimer: Please note that we do not have a direct affiliation with these sites and cannot guarantee that they will be a good fit for you, nor that they will have availability.*



## **Washington Coalition of Sexual Assault Programs**

**Website:** <https://www.wcsap.org/help/csap-by-city> \*to view their various locations throughout Washington state and their contact information, please use this link

## **Jamie Katz, MSW, LMHC**

**Address:** 3715 South Hudson Street #105 Seattle, WA 98118

**Phone:** (206) 819-1472

**Website:** <https://www.jamiekatzseattle.com>

## **YWCA (domestic violence, sexual assault, and commercial sexual exploitation)**

**Address:** 1118 Fifth Ave, Seattle, WA 98101 (Main Office)

**Phone:** (877) 757-8297 (call or text)

**Website:** <https://www.ywcaworks.org/programs/gender-based-violence-specialized-services-toll-free-call-text-line-8777578297>

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## **Domestic Violence Services**

### **New Beginnings**

**24-hour help line:** (206) 737-0242

**Administrative office:** (206) 783-4520

**Website:** <https://newbegin.org>

### **The Salvation Army Catherine Booth House**

**Phone:** (206) 324-4943

**Website:** [https://volunteer.uwkc.org/agency/detail/?agency\\_id=58629](https://volunteer.uwkc.org/agency/detail/?agency_id=58629)

### **LifeWire (formerly Eastside Domestic Violence Program)**

**Phone:** (425) 746-1940 or (800) 827-8840 (24-hour)

**Website:** <https://www.lifewire.org>

### **Domestic Violence Services of Snohomish County**

**Phone:** (425) 252-2873

**Website:** <https://dvs-snoco.org>

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## **Mental Health Clinics**

### **U-District/Wallingford**

#### **NeighborCare Health at 45<sup>th</sup> Street**

**Address:** 1629 N 45<sup>th</sup> St, Seattle, WA 98103

**Phone:** (206) 633-3350

**Website:** <https://neighborcare.org/clinics/45th-street/>

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**UW Outpatient Psychiatry (Roosevelt)** *(need referral from UW provider)*

**Address:** 4225 Roosevelt Way NE, 3rd Floor, Seattle, WA 98105

**Phone:** (206) 598-7792

**Website:** <https://www.uwmedicine.org/locations/psychiatry-outpatient-uwmc-roosevelt>

**The Seattle Clinic**

**Address:** 1700 Westlake Ave N, Suite 400, Seattle, WA, 98109

**Phone:** <https://www.theseattleclinic.com/ourcommunity> *\*each provider has a different contact method*

**Website:** <https://www.theseattleclinic.com/>

**The Psychological Services and Training Center (at UW)** *(for the general community, sliding fee scale)*

**Address:** Kincaid Hall Suite 410, 3751 W Stevens Way NE Seattle, WA 98195

**Phone:** (206) 543-6511

**Website:** <https://psych.uw.edu/community/the-clinic>

**Hall Health Center** *(at UW, for students, employees, and their families)*

**Address:** 4060 E Stevens Way NE Seattle, WA 98195

**Phone:** (206) 685-1011

**Website:** <https://wellbeing.uw.edu/unit/hall-health/>

**UW Student Counseling Center** *(for students)*

**Address:** 401 Schmitz Hall, 1410 NE Campus Pkwy, Seattle, WA 98105

**Phone:** (206) 543-1240

**Website:** <https://wellbeing.uw.edu/unit/counseling-center/>

**UW Calm Clinic**

**Address:** Kincaid Hall, 3751 W Stevens Way NE Seattle, WA 98195

**Phone:** (206) 543-6511

**Website:** <https://sites.uw.edu/calmclinic/>

**Seattle Psychotherapy Collaborative (Fremont)**

**Address:** 4803 Fremont Ave N Seattle, WA 98103

**Phone/Email:** <https://www.seattlepsychotherapycollaborative.com/about-us>

*\*please use this link to view contact information for each provider*

**Website:** <https://www.seattlepsychotherapycollaborative.com>

**North**

**Northwest Family Life Learning and Counseling Center**

**Address:** 12360 Lake City Way NE, Suite 420, Seattle, WA 98125

**Phone:** (206) 363-9601

**Website:** <https://northwestfamilylife.org>

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## Downtown/Capitol Hill Area

### **Country Doctor Community Clinic**

**Address:** 500 19<sup>th</sup> Ave E, Seattle, WA 98112

**Phone:** (206) 299-1600 *(accept med coupons, sliding fee scale)*

**Website:** <https://cdchc.org/clinic/country-doctor/>

**Evidence Based Treatment Centers** *(only accept Regence or Premera (Blue Shield or Blue Cross) insurance, participant should mention UWCATS by name.)*

**Address:** 1200 5<sup>th</sup> Ave, Suite 800, Seattle, WA 98101

**Phone:** (206) 374-0109

**Website:** <https://ebtseattle.com>

### **Harborview Behavioral Medicine Clinic**

**Phone:** (206) 744-9600 *(accept medical coupons) (phone is answered by a triage service. If looking for impatient, ask IBIS urgent care clinic within Medical Health Center, which is not the same as the ER.)*

### **Wellspring Family Services**

**Address:** 1900 Rainier Ave S Seattle, WA 98144

**Phone:** (206) 826-3050

**Website:** <https://wellspringfs.org>

### **Sound Mental Health (Capitol Hill)**

**Address:** 1600 East Olive St, Seattle, WA 98122

**Phone:** (206) 901-2000

**Crisis line:** 1-877-435-7055

**Website:** <https://www.sound.health/blog/locations/sound-seattle-capitol-hill/>

## South

### **Sound Mental Health (Auburn)**

**Address:** 4238 Auburn Way N, Auburn, WA 98002

**Phone:** (206) 901-2000

**Website:** <https://www.sound.health/blog/locations/sound-counseling-services-auburn/>

### **Sound Mental Health (Kent)**

**Address:** 841 Central Ave N, #C-114, Kent, WA 98032

**Phone:** (206) 901-2000

**Website:** <https://www.sound.health/blog/locations/sound-kent/>

### **Sound Mental Health (Tukwila)**

**Address:** 6100 Southcenter Blvd, 3<sup>rd</sup> Floor, Tukwila, WA 98188

**Phone:** (206) 901-2000

**Website:** <https://www.sound.health/blog/locations/sound-counseling-services-tukwila-west/>

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## East

### **THIRA Health**

**Address:** 11400 SE 6th Street, Suite 200 Bellevue, WA 98004

**Phone:** (425) 873-8276

**Website:** <https://www.thirahealth.com/>

### **Eastside Psychological Associates**

**Bothell location:** 19803 North Creek Pkwy Ste 205 /

**Issaquah location:** 1740 NW Maple St. Ste 210

**Phone:** (425) 458-5048 *\*prefer contact form on website*

**Website:** <https://www.eastsidepsychologicalassociates.com/>

### **SeaMar Community Health Centers: Bellevue Behavioral Health Clinic**

**Address:** 3801 150th Ave SE Bellevue, WA 98006

**Phone:** (425) 460-7114

**Website:** <https://www.seamar.org/king-bh-bellevue.html>

## For specific populations

### **Asian Counseling and Referral Service (ACRS) (Seattle)**

**Address:** 3639 Martin Luther King Jr. Way S, Seattle, WA 98144

**Phone:** (206) 695-7600

**Website:** <https://acrs.org/contact-us/>

### **Catholic Community Services of Western Washington**

**Address:** 100 23<sup>rd</sup> Ave S, Seattle, WA 98144

**Phone:** (206) 328-5696 or (206) 323-6336

**Website:** <https://ccsw.org/view-contact-information-by-county/> *\*to view contact information by county, please use this link*

### **Consejo Counseling (Renton, South Park, Lake City, Bellevue, Tacoma, Shelton, Graham, Belfair, Mount Vernon)**

**Phone:** (206) 461-4880

**Website:** <https://www.consejocounseling.org/visit-us> *\*to view their various locations throughout Washington state, please use this link*

### **Jewish Family Service (Seattle)**

**Address:** 1601 16<sup>th</sup> Ave., Seattle, WA 98122

**Phone:** (206) 461-3240

**Website:** <https://www.jfsseattle.org/#>

### **Samaritan Center of Puget Sound (formerly Presbyterian Counseling Service) (Seattle, Bellevue, Bainbridge Island, Spokane, & Poulsbo)**

**Address:** 564 NE Ravenna Blvd Seattle, WA 98115

**Phone:** (206) 527-2266 (Seattle & Bellevue)

**Website:** <https://samaritanps.org/about-us/locations/> *\*to view contact information for other locations, please use this link*

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**Lutheran Counseling Network (Seattle, Shoreline, Federal Way, Kent, Renton, SeaTac, Everett, Marysville, Enumclaw, Bothell, and Bellingham)**

**Address:** Phinney Ridge Lutheran Church, 7500 Greenwood Ave N Seattle, WA 98103 (Seattle location)

**Phone:** (206) 364-1046 (Seattle & Shoreline)

**Website:** <https://www.lutherancounseling.net/contact> \*to view contact information for other locations, please use this link

**Seattle Indian Health Board (International District, Pioneer Square, and Lake City)**

**Phone:** (206) 324-9360 (main line) or 1-800-833-6384 (toll-free)

**Website:** <https://www.sihb.org/about/contact-us/> \*to view the addresses of their clinics, please use this link

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**Veterans Services**

**Washington State Department of Veterans Affairs:** +1 (877) 904-8387

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**Clinical Trials/Other Studies**

**Northwest Clinical Research Center**

**Address:** 1951 152<sup>nd</sup> Pl NE, Suite 200, Bellevue, WA 98007

**Phone:** (425) 453-0404

**Website:** <https://www.nwrcr.net/contact/>

**ClinicalTrials.gov**

**Website:** <https://clinicaltrials.gov/> (can search for studies)

**Institute of Translational Health Sciences (ITHS) at UW**

**Website:** <https://www.iths.org/participate/studies/> (can search for studies)

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**Drug and Alcohol Services**

**Alcohol and Drug Helpline (24-hour) (Seattle) (also provides mental health referrals)**

**Phone:** (206) 722-3700

**Website:** <https://kingcounty.gov/en/legacy/depts/community-human-services/mental-health-substance-abuse/prevention/alcohol-drugs>

**WA State Dept. of Social and Health Services (DSHS)**

**Phone:** +1 (877) 501-2233

**Website:** <https://www.dshs.wa.gov/dshs-contact-us>

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### **Recovery Centers of King County**

**Phone:** (253) 854-6513

**Seattle:** (206) 322-2970

**Kent:** (253) 479-0321

### **King County Withdrawal Management (Detox) Services (Seadrunar)**

**Address:** 10344 14<sup>th</sup> Ave S, Seattle, WA 98168

**Phone:** (206) 245-1086

**Website:** <https://kingcounty.gov/en/legacy/depts/community-human-services/mental-health-substance-abuse/services/substance-use-disorder/services/detox>

### **King County Withdrawal Management (Detox) Services (Recovery Place Seattle at Beacon Hill)**

**Address:** 1701 18<sup>th</sup> Ave S Seattle, WA 98144

**Phone:** (253) 833-7444

**Website:** <https://kingcounty.gov/en/legacy/depts/community-human-services/mental-health-substance-abuse/services/substance-use-disorder/services/detox>

### **Harborview Mental Health and Addiction Services**

**Address:** Patricia Steel Building, 401 Broadway, 1<sup>st</sup> Floor, Seattle, WA 98104

**Phone:** (206) 744-9657

**Website:** <https://www.uwmedicine.org/locations/addictions-program-harborview>

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### **Dialectical Behavior Therapy (DBT)**

#### **The Marsha M. Linehan DBT Clinic (UW)**

**Address:** Kincaid Hall Suite 410, 3917 University Way NE, Seattle, WA 98195

**Phone:** (206) 685-3295

**Email:** [DBTClinic@uw.edu](mailto:DBTClinic@uw.edu)

**Website:** <https://psych.uw.edu/community/the-clinic/dbt-clinic/services>

#### **Bob Goettle / Noelle Mestres (formerly Maple Leaf DBT)**

**Address:** 9221 B Roosevelt Way NE / 555 Dayton Street Suite J

**Phone:** (206) 372-8400 / (425) 771-7036

**Website:** <https://www.bobgoettle.com/about-bob> / <http://www.noellemestres.com/>

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### **Pierce County (Tacoma)**

#### **Cheryl O. Hart, PsyD. (anxiety or fears, CBT, any/out of network insurance)**

**Address:** Gig Harbor, WA

**Phone:** (253) 514-8331

**Website:** <http://www.drcherylhart.com/contact>

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### **DBT Center of Tacoma**

**Address:** 5219 N Shirley St., Suite 100, Ruston, WA 98407

**Phone:** (253) 434-4220

**Website:** <https://www.dbtcenteroftacoma.com>

### **Phoebe Mulligan** (*specializes in PE, CPT, and trauma-focused CBT*)

**Address:** 1019 Regents Blvd, Suite 102 Fircrest, WA 98466

**Phone:** (206) 498-6998

**Email:** [pmulligan.licsw@gmail.com](mailto:pmulligan.licsw@gmail.com)

**Website:** <https://www.phoebemulligan.com>

### **Rebuilding Hope Sexual Assault Center**

**Address:** 101 E 26<sup>th</sup> Street, Suite 200, Tacoma, WA 98421

**Phone:** (253) 597-6424

**Crisis line:** +1 (855) 757-7273 (24-hr)

**Website:** <https://rebuildinghope.org>

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## Spokane

### **Laura Koch, PhD** (*evidenced-based PTSD treatment*)

**Address:** 140 S Arthur St, Suite 665, Spokane, WA 99202

**Phone:** (509) 957-8290

**Email:** [drkoch@laurenkochphd.com](mailto:drkoch@laurenkochphd.com)

**Website:** [www.laurenkochphd.com](http://www.laurenkochphd.com)

### **Lutheran Community Services NW**

**Address:** 210 W Sprague Ave, Spokane, WA 99201

**General Phone:** (509) 747-8224

**Sexual Assault Support Line (24-hour):** (509) 624-7273

**Website:** <https://lcsnw.org/office/spokane/>

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## Kittitas County (Ellensburg)

### **Comprehensive Healthcare, Ellensburg Center**

**Address:** 707 N Pearl St Ellensburg, WA 98926

**Phone:** (509) 925-7507

**Website:** <https://comphc.org/locations/ellensburg-center/>

### **Comprehensive Healthcare, Aspen Victim Advocacy Services** (*no cost*)

**Address:** 220 W 4th Ave Ellensburg, WA 98926

**Phone:** (509) 925-9384

**Website:** <https://comphc.org/locations/aspen-victim-advocacy-services-ellensburg-%204th-street-center/>

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## Valley Psychological Services

**Address:** 2109 W Dolarway Rd Ellensburg, WA 98926

**Phone:** (509) 968-5086

**Website:** <https://valley-psych.com>

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## Yakima County

### **Comprehensive Healthcare, Yakima Center**

**Address:** 402 S 4<sup>th</sup> Ave Yakima, WA 98902

**Phone:** (509) 575-4084

**Website:** <https://comphec.org/locations/yakima/>

### **Comprehensive Healthcare, Aspen Victim Advocacy Services** (*no cost*)

**Address:** 402 S 4<sup>th</sup> Ave Yakima, WA 98902

**Phone:** (509) 452-9675

**Website:** <https://comphec.org/locations/aspen-victim-advocacy-services-yakima-%20%20center/>

### **Comprehensive Healthcare, Substance Use Disorder Treatment Center**

**Address:** 402 S 4th Ave Yakima, WA 98902

**Phone:** (509) 575-4922

**Website:** <https://comphec.org/locations/substance-use-disorder-services-yakima/>

### **Lighthouse Advocacy, Prevention, and Education Center**

**PO Box:** PO Box 93 Sunnyside, Washington 98944

**Phone:** (509) 837-6689

**Crisis line:** +1 (877) 604-7462 (*24-hr, toll free*)

**Website:** <https://thelighthousewa.org>

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## Grant County

### **Renew, Grant Behavioral Health & Wellness** (*Ephrata, Mattawa, Moses Lake, Quincy, Royal City, & Grand Coulee*)

*\*Please use the following link and scroll down to find the addresses and phone numbers for each of their locations:* <https://www.grantcountywa.gov/764/Contact>

**Main phone:** (509) 765-9239

**Crisis line:** (800) 852-2923 (*24-hr*)

**Website:** <https://www.grantcountywa.gov/761/Renew>

## Bellingham/Lynden

### **Associates in Mental Health** (*Group Practice*)

**Address:** 1155 N State Street Suite 404 Bellingham, WA 98225

**Phone:** (360) 715-2488

**Website:** <https://amhinfo.com>

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### **Lutheran Counseling Network**

**Location 1:** Our Saviour's Lutheran Church, 1720 Harris Ave Bellingham, WA 98225

**Location 2:** Christ the Servant Lutheran Church, 2600 Lakeway Dr Bellingham, WA 98229

**General Phone:** 360-715-2166

**Website:** <https://www.lutherancounseling.net>

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### **Thurston County, Mason County, and Grays Harbor**

#### **Safe Place Olympia**

**Address:** 521 Legion Way SE Olympia, WA 98501

**Phone:** (360) 786-8754

**24-hr helpline:** (360) 754-6300

**Email:** [safeplace@safeplypia.org](mailto:safeplace@safeplypia.org), [confidential@safeplypia.org](mailto:confidential@safeplypia.org)

**Website:** <https://www.safeplypia.org>

#### **TherapyDen, Therapists in Olympia, WA**

**Website:** <https://www.therapyden.com/therapists/us/wa/olympia>

#### **Behavioral Health Resources** (*Grays Harbor, Mason County, & Thurston County*) (*accepts Medicaid insurance*)

*\*Please use the following link and scroll down to find the addresses and phone numbers for each of their locations:* <http://www.bhr.org/contact/>

**Main office:** 3857 Martin Way E Olympia, WA 98506

**General phone:** (360) 704-7170

**Website:** <http://www.bhr.org>

#### **Thurston-Mason County Medical Society, Community Health Resources**

**Website:** [https://www.tmcms.org/community\\_health\\_resources](https://www.tmcms.org/community_health_resources)

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### **Vancouver, WA**

#### **Amy Wagner, PhD** (*specializes in CBT, DBT, PE, CPT, BAT, & IBCT, tele-health and in-person available*)

**Address:** 804 Officers Row Vancouver, WA 98661

**Phone:** (206) 427-7978

**Email/contact form:** <https://amywagnerphd.com/contact-amy-w-wagner-phd/>

**Website:** <https://amywagnerphd.com>

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