

## **Mental Health Resources**

While this is intended to provide advocacy and other resources for those with mental health diagnoses, the language used may be triggering for some. If so, please reach out to your support team. If in crisis or experiencing a mental health emergency, please call the 24 hour Crisis Line at 866-427-4747.

### **Crisis Assistance**

**Crisis Line** <http://crisisclinic.org/find-help/crisis-line/> (866) 427-4747 or (206) 461-3222

24 hour immediate assistance for individuals, families and friends experiencing an emotional crisis. Can also provide referrals and connections to other services.

**Harborview Psychiatric Walk-In Emergency Services** (206) 744-3000

To provide treatment services such as psychiatric evaluations, medication monitoring and case management.

### **King County Specific**

**King County Mental Health Resources** <http://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/mental-health.aspx> (800) 790-8049

Publicly funded mental health services for low-income clients.

**King County Crisis and Commitment Services** <http://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/mental-health/services/crisis-services/commitment-services.aspx> (206) 263-9200

Provides crisis outreach services and evaluation of those with mental health disorders.

**Children's Crisis Outreach Response System (CCORS)** <http://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/mental-health/services/Youth/CrisisOutreach.aspx> Contact the Crisis Clinic to be referred: (206) 461-3222

Provides crisis services to children, youth and families in King County, including mobile crisis outreach, non-emergent outreach appointments and crisis stabilization services.

**Community Mental Health Treatment (outpatient)** <http://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/mental-health/services/outpatient.aspx> (206) 263-9010

Provides community mental health treatment (outpatient services) to clients who also qualify for Medicaid (Apple Health).

## Legal Information and Advocacy

**Catholic Community Services**      <http://www.ccsww.org>      (206) 323-6336

As one of their core values of justice, Catholic Community Services is dedicated to advocating for the rights of low-income and vulnerable populations.

**Center for Human Services**      <http://www.chs-nw.org/>      (206) 362-7282

Can provide client focused mental health services through the Counseling Program. They also provide services including but not limited to: collaboration to provide and strength a client's support system, psychiatric evaluation and medication monitoring.

**Disability Rights Washington**      [www.disabilityrightswa.org](http://www.disabilityrightswa.org)      (206) 324-1521

Private non-profit organization that protects the rights of those with disabilities. Can also provide advocacy for those with mental health diagnoses.

**National Alliance on Mental Illness (NAMI)**      [www.namiwa.org](http://www.namiwa.org)      (206) 783-4288

Educational resources, outreach and advocacy for those affected by mental illness.

**Washington Law Help**      [www.washingtonlawhelp.org](http://www.washingtonlawhelp.org)

Washington Law Help provides legal educational materials for a myriad of legal issues. A more extensive list of mental health resources, including the intersection of mental health and substance abuse and applying for mental healthcare, can be found by typing "Mental health resources" into the search bar.