Counseling and Mental Health Resources:

* **Sea Mar Community Health** – Mental and Behavioral Health for Children, Adults, Families. Sliding scale, accepts Apple Health, & Medicaid. Español.

Monroe 360-512-2044 or Everett 425-312-0277 <https://www.seamar.org/services-bh.html>

* **Compass Health** – Mental and Behavioral Health for Children, Adults, and Families. Sliding scale, accepts Apple Health & Medicaid.

Everett 425-349-6200, Lynnwood 425-774-4269, Monroe 425-349-8810 [www.compasshealth.org](http://www.compasshealth.org)

* **The Everett Clinic-** Behavioral Healthoffices available in various locations including Snohomish, Bothell, Everett, Lake Stevens & Mill Creek.

425-339-5453

<https://www.everettclinic.com/medical-departments/behavioral-health>

* **Eastside Psychological Associates-** Mental health providers in therapy and psychiatry in Bothell.

425-481-5700

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

* **Snohomish Psychology Associates-** Mental health providers in therapy in Everett and Edmonds.

425-789-1073

<http://www.snohomishpsychology.com/>

* [**Seattle Children’s Psychiatry & Behavioral Medicine**](https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/patient-family-resources)- offices in Everett, Bellevue, & Seattle.

206-987-2211

<https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/>

* **Catholic Community Services**- Counseling, Chemical Dependency, Anger Management, Community Outreach Services. Sliding Fee Scale, accepts Apple Health, and Medicaid.

425-257-2111 or 888-240-8572

<https://ccsww.org/>

* **Alderwood Counseling Associates**- Range of counseling services provided in Lynnwood.

425-640-7919

<http://www.alderwoodcounseling.com/>

* **Cascade Counseling**- Range of counseling services provided in Monroe.

360-794-4830

<http://cascadecounselingmonroe.com>

* **The Center: A Place of Hope** - Counseling treatment in Edmonds for mental health, addiction, eating disorders, relationships.

1-888-771-5166

[www.aplaceofhope.com](http://www.aplaceofhope.com)

* **Evergreen Park Professionals** – Licensed psychologists providing a range of therapy services in Everett.

425-347-7275

[www.evergreenparkprofessionals.com](http://www.evergreenparkprofessionals.com)

* **Mill Creek Family Services**- Adult, youth, couples, and family counseling in Mill Creek and Everett.

425-357-9111

<https://www.millcreekfamilyservices.com/>

* **Evergreen Neurodevelopmental Center, LLC** - Nicole Bain, PhD. Psychologist in Lynnwood specializing in autism, anxiety, ADHD, depression, learning disabilities, executive functioning, and parenting support.

 425-753-5001

[www.endc.org](http://www.endc.org)

* **Counseling Centers of North Puget Sound**- Provides a range of counseling services in mission partnership with the Presbytery and local churches throughout parts of Snohomish and King County. Sliding Fee Scale.

360-568-8737

<http://www.counselingnps.com>

* **Sky Valley Counseling**- group of independent practitioners serving mental health needs to families and children. Located in Monroe.

360-243-4217

<http://skyvalleycounseling.com/>

* **Affordable Counseling**- Serving children, teens, and adults on a sliding fee scale with or without insurance. Located in Edmonds.

425-778-5544

[www.myaffordablecounseling.com](http://www.myaffordablecounseling.com)

* **Envision Counseling-** Licensed social workers, mental health counselors, and couple/family therapists providing a range of services in Bothell. State insurance not accepted.

206 858-1177

<https://www.envisioncounseling.net/>

* **North Shore Youth and Family Services**- Range of counseling services and classes specializing in mental health, substance use, parenting support, and juvenile rehabilitation. Located in Bothell.

425-485-6541

<http://northshoreyouthandfamilyservices.org/index.html>

* [**Snohomish County Human Services Mental Health Liaison**](https://snohomishcountywa.gov/2886/BH-Children-and-Youth-Programs#:~:text=Snohomish%20County%20has%20a%20Children%E2%80%99s%20Mental%20Health%20Liaison,help%2C%20click%20on%20the%20button%20below%20for%20resources%3A)**-** support in navigating human services in Snohomish County

425-388-7234 or email: lizapatchen-short@snoco.org

* [**Counseling Washington**](https://www.counselingwashington.com/) **–** Directory help with finding a counselor throughout the state as well as other health and mental health resources.

www.counselingwashington.com

* **Verdant Health Commission-** Free Health and Mental Health Resources [www.verdanthealth.org/healthcare-resources/mental-health-resources/](http://www.verdanthealth.org/healthcare-resources/mental-health-resources/)
* **Resources for the uninsured**-

[www.verdanthealth.org/healthcare-resources/resources-for-uninsured](http://www.verdanthealth.org/healthcare-resources/resources-for-uninsured) /

COVID-19 resources

* [**Snohomish County Covid-19 Response & Community Resource Hub**](https://snohomish-county-coronavirus-response-snoco-gis.hub.arcgis.com/?fbclid=IwAR3qfY1IFEEtVEVonxiMXD6N3QUZptFTRRovdP0-YBVKM3-Pq_IdU4RblIE)-

This link has maps and links to services available in Snohomish County:

<https://snohomish-county-coronavirus-response-snoco-gis.hub.arcgis.com/>

* **Snohomish Health District** – Coronavirus Information

[www.snohd.org/484/Novel-Coronavirus-2019](http://www.snohd.org/484/Novel-Coronavirus-2019)

Parenting Resources

* [**Parenting Press**](http://www.parentingpress.com/)- Information on developmental issues, books, and dealing with various difficulties of childhood.

www.parentingpress.com

* **STEP (Systemic Training for Effective Parenting) Parenting Classes**- Virtual classes available.

425-409-9317

<https://familyservicesnw.org/education/>

* **Positive Parenting Solutions**- Online parenting course.

<https://www.positiveparentingsolutions.com/>

Childcare/Extracurricular Resources

* **YMCA of Snohomish County**-

425-258-9211 Snohomish

360-805-1879 Monroe/Sky Valley

<https://ymca-snoco.org/>

* **Boys & Girls Club Snohomish** -50% off scholarships available during COVID19

360-568-7760 Snohomish

<https://bgcsc.org/snohomish-clubs/snohomish-club/>

Community Outreach Resources:

* **Snohomish Community Food Bank**-

1330 Ferguson Park Road Snohomish

360-568-7993

Tuesdays 3-6 pm and Fridays 10 am- 1 pm

<https://snohomishfoodbank.org/>

* **Mill Creek Community Food Bank**-

4326 148th St. SE Mill Creek (Gold Creek Community Church)

425-316-3333

Monday & Thursday 4:00 – 7:00 pm

<https://hopecreekcf.org/mill-creek-community-food-bank/>

* **Housing Authority of Snohomish County** –

<https://hasco.org/>

* **Housing Assistance Information Department of Social & Health Services**-

<https://www.dshs.wa.gov/housing-assistance>

* **Multi-Family Housing Association**-

[www.wmfha.org/rental-assistance#SnohomishCounty](http://www.wmfha.org/rental-assistance#SnohomishCounty)

* **Unemployment Benefits and Information**-

 [www.esd.wa.gov/unemployment](http://www.esd.wa.gov/unemployment)

* **Employer and Worker Assistance Information-** Paid family and medical leave, rapid response services.

<https://esd.wa.gov/>

* **Hands in Hand**- Outreach programs for students and families in need. Located in Everett.

425-374-2461

<http://www.handinhandkids.org/>

* **Dawson Place Child Advocacy Center**- Services for child victims of physical and sexual abuse. Located in Everett.

425-789-3000

[www.dawsonplace.org](http://www.dawsonplace.org)

* **Cocoon House**- Housing for homeless teens, advocacy, parenting classes & support groups. COVID-19 support with help paying bills, utilities, transportation, medication, & food (need to have a child 8-18 years old). [Email: Referrals@cocoonhouse.org or call (425)551-9661]

425-259-5802 for general information

 [www.cocoonhouse.org](http://www.cocoonhouse.org)

* **Volunteers of America**- Providing a variety of community resources

[www.voaww.org](http://www.voaww.org)

1-800-223-8145 or Dial 2-1-1

Crisis Resources:

* **Snohomish County Crisis Services**- 24/7 Crisis Management Help

800-584-3578 or 425-388-7215

* **National Suicide Prevention Lifeline**-

1-800-273-8255

* **Child Protective Services** **(CPS)**-

1-866-829-2153

* **Washington 211-** Connect to resources in the community.

Dial 2-1-1 from any phone.

<https://wa211.org/>

* **Domestic Violence Services of Snohomish County (DVS)-** Provides free and confidential services for victims of domestic violence.

425-25-ABUSE (425-252-2873) 24-hour crisis hotline

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

* **WA Recovery Helpline**- 24 hour help for substance abuse, mental health, and problem gambling.

1-866-789-1511

[www.warecoveryhelpline.org](http://www.warecoveryhelpline.org)

* **I’m Hurting Crisis Chat** – 24/7 online crisis chatline for emotional support for self-harm, suicide, and social media reporting. (Good resource for students 5th grade and up)

1-800-584-3578

<http://imhurting.org/>

* **Teen Link**- A helpline for teens by teens.

866-833-6546

<https://www.teenlink.org/>

* **Safe Place**- National Designated Safe Places for Youth. Snohomish: Snohomish Library and The Boys & Girls Club. To find other locations go to: <https://www.nationalsafeplace.org/find-a-safe-place>

\*Updated 9/17/2020

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