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](mailto: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](tel: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](mailto: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

*Note: The information in this Referral List is provided as a courtesy. Snohomish School District expressly disclaims any representation or warranty, express or implied, concerning the accuracy, completeness or fitness for a particular purpose of the information. Persons accessing this information assume full responsibility for the use of the information and understand and agree that Snohomish School District is not responsible or liable for any claim, loss, or damage arising from the use of the information. Reference to specific services does not constitute or imply recommendation or endorsement by Snohomish School District. This information is provided in response to parent/guardian/provider request, therefore, the requesting party (e.g. parent, guardian, etc.) assumes full financial responsibility of any charges or payments accrued in seeking services.*