Low-Cost Counseling and Support Referrals

2-1-1 Community Resources Online
http://crisisclinic.org/education/2-1-1-community-resources
2-1-1 Community Resources Online is the most up-to-date and comprehensive database of health and human services available for all of Washington State.

Crisis Clinic 24-Hour Crisis Line
http://crisisclinic.org/find-help/crisis-line/
The 24-Hour Crisis Line provides immediate help to individuals, families and friends of people in emotional crisis. They can help you determine if you or your loved one needs professional consultation and can link you to the appropriate services.

National Alliance on Mental Illness (NAMI)
http://www.nami-greaterseattle.org
NAMI is a national advocacy organization that offers classes and support groups at no cost to those who need them, connecting people with shared experiences and providing guidance on how to navigate a complex mental health system.

Washington Recovery Help Line
http://crisisclinic.org/find-help/wa-recovery-helpline/
Professionally trained volunteers and staff are available to provide emotional support 24 hours a day, and offer local treatment resources for substance abuse, problem gambling and mental health as well as to other community services.

King County Sexual Assault Resource Center
http://www.kcsarc.org/
KCSARC provides sexual assault-related services for people of all ages in King County.

SEATTLE AREA

Alliance Community Psychotherapy Clinic
http://alliancecommunitypc.org
- Individual psychotherapy
- Sliding fee scale

Alliant Counseling
http://www.allianttherapy.com/index.html
- Interns supervised by licensed mental health counselor for one year
- Anxiety, depression, relationship issues, eating disorders
- $40 sessions
Antioch University Counseling Center 206-268-4840
http://www.antiochseattle.edu/student-campus-resources/campus-resources/mental-health-counseling/community-counseling-and-psychology-clinic
- Mental health counseling provided by Master’s or Doctorate level students
- Sliding fee scale

Asian Counseling and Referral Service 206-695-7511
http://www.acrs.org
- Mental health counseling and substance use treatment for youth and adults
- Services focus on Asian/Pacific Islanders but all are welcome
- Accepts Medicaid, insurance, private pay, sliding fee scale

Associated Behavioral Health
http://abhc.com
- Mental health counseling, psychiatric services and substance use treatment for adults and adolescents
- Accepts insurance and has multiple payment options

Seattle Locations
West Seattle 206-935-1282
North Seattle 206-781-2661

Atlantic Street Center 206-329-2050
http://www.atlanticstreet.org/programs
- Mental health counseling and support services for children, youth and families of color
- Free

Bastyr Center for Natural Health Counseling Program 206-834-4100
http://www.bastyrcenter.org/services/counseling
- Short-term mental health counseling provided by Master’s or Doctorate level students
- Sliding fee scale

Catholic Community Services Family Counseling & Mental Health 206-498-0810
http://www.ccsww.org/site/PageServer?pagename=families_familypreservation_childandfamilycounseling
- Counseling services for children/youth (ages 0-21) and their families
- Accepts Medicaid and sliding fee scale

Community Psychiatric Clinic 206-545-2354
http://www.cpcwa.org/Services/aopmh.html
- Mental health counseling and substance use treatment
- Accepts Medicaid, Medicare, most major insurance, and sliding fee scale

Consejo Counseling and Referral Service 206-461-4880
http://consejocounseling.org
- Mental health counseling and substance use treatment for Latino adults and youth
- Psychiatric care, adult geriatric support services, natural health services, domestic violence advocacy, HIV/AIDS medical case management

**Harborview Center for Sexual Assault and Traumatic Stress**  206-744-1600
[http://depts.washington.edu/hcsats/services-all.html#counseling](http://depts.washington.edu/hcsats/services-all.html#counseling)
- Crisis response and counseling for individuals and families affected by child abuse and neglect, crime, exposure to domestic and community violence, accidents, disasters and other traumatic events
- Accepts insurance, Medicaid, limited Harborview Charity Care, Crime Victims Compensation

**The Healing Center**  206-523-1206
[http://www.healingcenterseattle.org/](http://www.healingcenterseattle.org/)
- Grief support for adults, children and families
- Individual and family counseling, groups for adults and children
- Some services are free; some services have sliding fee scale

**Mindful Therapy Group**  206-453-5707
[http://www.mindfultherapygroup.com](http://www.mindfultherapygroup.com)
- Mental health counseling and psychiatric services
- They also offer low cost counseling with Master’s level interns
- Accepts private insurance and sliding fee scale

**Open Path Psychotherapy Collective**  1-800-268-2833
- Collective of therapists who provide in-office treatment for $30 to $50 a session
- Clients pay a one-time membership fee
- Does not accept private insurance

**Pioneer Counseling Services**  206-470-3856
[http://pioneerhumanservices.org/treatment](http://pioneerhumanservices.org/treatment)
Mental Health Counseling
- Mental health counseling and psychiatric services for individuals and couples. $45 or GAX or CNP through DSHS
Chemical Dependency Outpatient Treatment
- Individual counseling 1x/month; Outpatient groups 1 hr/week; Intensive outpatient groups 2 hrs/week
- Free – paid for by King Count

**The Psychotherapy Cooperative**  206-320-7988
[http://www.psychotherapycooperative.org](http://www.psychotherapycooperative.org)
- Long-term therapy individually with adults who experience depression or discouragement, problems with self-esteem or anxiety, difficulty with life transitions and other issues influencing the quality of life
- Sliding fee scale
Samaritan Center of Puget Sound 206-527-2266
http://www.samaritanps.org
- Counseling for individuals, couples and families
- $65-$125 depending on income; no maximum amount of sessions
- Samaritan Funds Scholarship, $15-$50 if income less than $50,000; maximum of 12 sessions

Seattle Counseling Service 206-323-1768
http://www.seattlecounseling.org
- Mental Health and Addiction services to LGBTQ population
- Accepts Medicaid, Medicare, insurance, and sliding fee scale

Seattle Therapy Alliance 206-660-4395
http://seattletherapyalliance.com
- Counseling for woman-identified folks between the age of 18 and 65 who wish to attend long-term therapy on a weekly basis and who can afford to pay $65-$35 per session
- Now accepting couples and families who wish to attend long-term therapy on a weekly basis and can afford to pay $75-$45 per session
- Counseling provided by Master’s-level graduate students and post-graduate externs

Shepherd’s Counseling Services 206-323-7131
http://www.shepherdstherapy.org
- Individual, couples, and group therapy for adult survivors of childhood sexual abuse
- Accepts private insurance and sliding fee scale

Solstice Mental Health 206-224-3745
http://www.fulllifecare.org/we-can-help/by-service/solstice-behavioral-health
- Mental health counseling
- Accepts Medicaid and sliding fee scale

The Soldiers Project Northwest 206-290-1035
https://www.thesoldiersproject.org/get-help
- Counseling for military service members and their family members
- Free

Sound Mental Health
http://www.smh.org/counseling
- Comprehensive recovery-oriented outpatient counseling and case management for King County residents experiencing current mental health symptoms, including specialized programs for adults, children and families, older adults, individuals who are deaf or hard of hearing, ethnic/cultural minorities, the developmentally disabled, and criminal or juvenile justice involved adults and youth.
- Accepts Medicaid, Medicare, and some private insurance

Seattle Locations
Capitol Hill 206-302-2200
North Capitol Hill 206-302-2700
Northgate 206-302-2900
Sound Mental Health Counseling and Children’s Services 206-302-2600

Sea Mar Behavioral Health Center 206-766-6976
- Mental health counseling
- Accepts DSHS medical coupons, private insurance, and sliding fee scale

Southwest Youth and Family Services 206-937-7680
http://www.swyfs.org/what-we-do/counseling
- Counseling for children, youth, and families in English, Spanish & Samoan
- Support groups and family support in English, Spanish, Arabic, Somali, Cambodian, and Samoan
- Support for Native American youth
- Accepts medical coupons, insurance, sliding fee scale

Therapeutic Health Services 206-323-0930
http://ths-wa.org
- Mental health counseling, psychiatric services and substance use treatment
- Accepts Medicaid, private insurance and sliding fee scale

Wellspring Family Services 206-524-9055
https://www.wellspringfs.org/counseling/about-our-counseling-services
- Counseling for individuals, couples, and children
- Domestic Violence Intervention
- Accepts private insurance and sliding fee scale

EASTSIDE

Asian Counseling and Referral Service 206-695-7511
http://www.acrs.org
- Mental health counseling and substance use treatment for youth and adults
- Accepts Medicaid, insurance, private pay, sliding fee scale

Associated Behavioral Health (Bellevue) 425-646-7279
http://abhc.com
- Accepts insurance and has multiple payment options
- Counseling, mental health assessments, adolescent and child psychiatric services, medication management, domestic violence perpetrator treatment, anger management, alcohol & drug assessments and treatment for youth and adults

Consejo Counseling and Referral Service (Bellevue) 206-461-4880
http://consejocounseling.org
- Mental health counseling and chemical dependency services for Latino adults and youth
- Psychiatric care, adult geriatric support services, natural health services, domestic violence advocacy, HIV/AIDS medical case management

NUhope Community Counseling Center (Kirkland) 425-889-5261
https://www.northwestu.edu/nuhope
- Individual therapy for adults, adolescents and children, family therapy, and group therapy.
- Mental health-themed workshops open to the community
- Services provided by Northwest University counseling psychology doctoral students
- Sliding fee scale

Sea Mar Behavioral Health Center (Bellevue) 425-460-7114
http://www.seamar.org/location.php?xloc=47&xser=3&xcty=4&xserloc=49
- Mental health counseling
- Accepts DSHS medical coupons, private insurance, and sliding fee scale

Sound Mental Health
http://www.smh.org/counseling
- Comprehensive recovery-oriented outpatient counseling and case management for King County residents experiencing current mental health symptoms, including specialized programs for adults, children and families, older adults, individuals who are deaf or hard of hearing, ethnic/cultural minorities, the developmentally disabled, and criminal or juvenile justice involved adults and youth.
- Accepts Medicaid, Medicare, and some private insurance

Eastside Locations
Bellevue 425-653-4900
Redmond 425-869-6634 or 425-653-4960

Therapeutic Health Services (Bellevue) 425-747-7892
http://ths-wa.org
- Mental health counseling, psychiatric services and substance use treatment
- Accepts Medicaid, private insurance and sliding fee scale

Wellspring Family Services
https://www.wellspringfs.org/counseling/about-our-counseling-services
- Counseling for individuals, couples, and children
- Domestic Violence Intervention
- Accepts private insurance and sliding fee scale

Eastside Locations
Bellevue 425-453-7890
Redmond 425-869-6687
Youth Eastside Services (Bellevue, Redmond, Kirkland) 425-747-4937
http://www.youtheastsideservices.org/services/index.php?page=Youth+%26+Family+Counseling&section=Services&page_id=4
- Counseling for youth and family, LGBTQ youth, substance abuse
- Spanish speaking counselors available
- Accepts medical coupons and insurance

SOUTH KING COUNTY

Associated Behavioral Health (Kent) 253-867-5344
http://abhc.com
- Accepts insurance and has multiple payment options
- Counseling, mental health assessments, adolescent and child psychiatric services, medication management, domestic violence perpetrator treatment, anger management, alcohol & drug assessments and treatment for youth and adults

Consejo Counseling and Referral Service (Kent) 206-461-4880
http://consejocounseling.org
- Mental health counseling and chemical dependency services for Latino adults and youth
- Psychiatric care, adult geriatric support services, natural health services, domestic violence advocacy, HIV/AIDS medical case management

King County Sexual Assault Resource Center (Renton) 800-998-6423 (24hr) 425-226-5062 (office)
- Individual therapy for children, teens and adults, as well as group therapy for adult survivors of child sexual abuse

Refugee Women’s Association 253-246-4003
http://www.rewa.org/services/licensed-behavioral-health/
- Bilingual/bicultural therapy services in Arabic, Chinese, English, Russian, Somali, Spanish, Thai, Vietnamese and other languages
- Focus on cultural adjustment and trauma associated with displacement
- Accepts Medicaid

Sea Mar Behavioral Health Center (Kent) 206-764-8019
http://www.seamar.org/location.php?xloc=47&xser=3&xcty=4&xserloc=49
- Individual and group psychotherapy
- Accepts DSHS medical coupons, private insurance, and sliding fee scale

Sound Mental Health (Auburn) 253- 876-7600
http://www.smh.org/counseling
- Comprehensive recovery-oriented outpatient counseling and case management including specialized programs for adults, children and families, older adults, individuals
who are deaf or hard of hearing, ethnic/cultural minorities, the developmentally disabled, and criminal or juvenile justice involved adults and youth.
- Accepts Medicaid, Medicare, and some private insurance

**Therapeutic Health Services (Kent)**

Http://ths-wa.org

- Mental health counseling, psychiatric services and substance use treatment
- Accepts Medicaid, private insurance and sliding fee scale

**SNOHOMISH COUNTY**

**Sunrise Counseling**

Http://sunrisecommunityliving.com/services/mental-health-services

- Mental health counseling
- Accepts Medicaid and sliding fee scale

**Therapeutic Health Services (Everett)**

Http://ths-wa.org

- Mental health counseling, psychiatric services and substance use treatment
- Accepts Medicaid, private insurance and sliding fee scale