

## **Washington Resources**

For Students with Mental Health Concerns

### **A state-wide resource:**

- [www.wapsych.org](http://www.wapsych.org) – This website contains an online tool for looking up licensed psychologists throughout the state of Washington when you click on “Locate a Psychologist”

### **Local Off-campus Resources in King County:**

- Asian Counseling and Referral Service  
Seattle and Bellevue offices  
206-695-7600  
<http://www.acrs.org/>
- Consejo Counseling and Referral for the Latino Community  
Seattle  
206-461-4880  
<http://www.consejo-wa.org/contactus.htm>
- Harborview Psychiatry Services  
Seattle  
Phone: 206-731-3425
- Roosevelt Clinic  
Seattle  
Phone: 206-598-7793
- Seattle Mental Health  
Seattle  
Phone: 206-302-2200
- Samaritan Center of Puget Sound  
Seattle  
Phone: 206-527-2266
- Low Cost Therapy Associates  
Locations vary  
Phone: 206-903-9195
- Seattle Counseling Service for Sexual Minorities  
(206) 323-1768  
<http://www.seattlecounseling.org/>

## A facility in Tacoma that may offer a temporary place to stay for someone in acute crisis:

### **Crisis Triage (24-hour)**

3580 Pacific Avenue  
Tacoma, WA 98418

253-798-4357

Short-term psychiatric crisis intervention services provided in a safe, medically supervised environment.

The Crisis Triage Center is a short-term behavioral health observation and treatment unit for individuals experiencing a mental health crisis of any type. The CTC utilizes the clinical expertise of psychiatric nursing and mental health professionals to provide an effective clinical alternative to jails, hospitals, and helps prevent more severe deterioration. Persons may stay for as little as an hour or up to 72 hours, depending on the severity and nature of their crisis. The CTC provides a professionally staffed, quiet and safe environment that enables a person to stabilize during a period of crisis. CTC staff assist the individual to regain composure/control over the factors and circumstances contributing to their crisis, be observed and evaluated, and referred or returned to the appropriate setting at discharge. Active discharge planning is a key feature of the CTC service and begins immediately on admission.

### **Eating Disorder Resources:**

- ◇ [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) – This website contains an online tool for looking up treatment providers in various states when you click on “treatment referrals.”
- ◇ Samaritan Center of Puget Sound  
564 NE Ravenna  
Seattle, WA  
Phone: 206-527-2266  
<http://www.samaritanps.org/>
- ◇ The Moore Center  
Bellevue, WA  
425-451-1134  
<http://www.moorecenterclinic.com/>

### **Hotlines – 24 hours**

King County Crisis Line: (206) 461-3222 or (866) 427-4747

Pierce County Crisis Line: (253) 798-4333 or 1-800-576-7764

Whatcom County Crisis Line: 1-800-584-3578

Crisis Lines for other counties in Washington state can be found at:

<http://www1.dshs.wa.gov/mentalhealth/crisis.shtml>

National Hopeline: 1-800-SUICIDE (1-800-784-2433)