

Mental Health Resources and Support for Kids

HOUSING

Cocoon House- Housing for homeless teens , advocates for teens, parenting classes ,support group and counseling 425-259-5802 www.cocoonhouse.org

Friends of Youth Housing for youth 206-236-5437 www.friendsofyouth.org

Safe Place 1-800-422-8336 Safe housing for kids 12-17 in crisis www.nationalsafeplace.org

INFORMATION AND REFERRAL

Help Me Grow WA-Free childhood developmental screening, parenting classes etc. 1-800-322-2588

Recovery Helpline 24/7 1-866-789-1511

Providence Sexual Assault 425-252-4800

Teen Link 6-10 p.m. 1-866-833-6546

National Runaway Safeline 1-800—786-2929

GLBT National Youth Talk Line 1-800-246-7743

211-Information and Referral

C.H.A.L.K.'s National Youth Talk Line 1-888-977-3399

COUNSELING RESOURCES

Access Line 888-693-7200 Schedules mental health appointments if Apple Health/Medicaid eligible

Compass Health Provide a full continuum of outpatient care for kids includes counseling, med management. Accepts Apple Health/Medicaid and sliding scale. Everett, Monroe, Smokey Point, Lynnwood 425-212-3900 www.compasshealth.org

SeaMar Behavioral Health Provides outpatient services, counseling, med management in Everett, Lynnwood and Monroe. Accepts Apple Health/Medicaid www.seamar.org

Catholic Community Services Counseling , case management, med management for all kids in Everett Accepts Apple Health/Medicaid 425-257-1621 www.ccsww.org

Affordable Counseling 425-778-5544-Counseling for those with no insurance www.myaffordablecounseling.com

FAMILY SUPPORT

ChildStrive 425-353-5656 is a community-based service provider for families with children, ages birth to three who have developmental disabilities www.childstrive.org

Institute for Family Development 425- 374-4279 In-home family preservation services to help families thrive

Dawson Place 388-7497 Child Advocacy Center for sexual abuse www.dawsonplace.org

OPS 206-988-5463 Survivor-led support groups and other services for prostituted persons www.seattleops.org

Within Reach 1-800-322-2588 Helping families get food, vaccinations, apply for health insurance etc. www.withinreachwa.org

Verdant Health Commission Community wellness classes and support www.verdanthealth.org

Domestic Violence Services 425-25-ABUSE (2873) 24 hour hotline, DV support groups , advocacy

At –Risk Youth Petition 425-388-7800 #7

TeamChild 425-258-3132 Legal Advocacy for Youth

Hopelink Transportation to medical appointments www.hope-link.org

Famiias Unidas 425-513-2880 Latino Resource and Referral Center www.familysupport.lcsnw.org

ARC 425-258-2459 Advocacy for people with developmental disabilities, resources etc. www.thearc.org

MEDICAL

Planned Parenthood Reproductive health care Everett 425-339-5220 Lynnwood 425-775-3522 www.plannedparenthood.org

Free Medical Clinics www.freeclinicdirectory.org

Children’s Hospital 206-987-2000 inpatient psychiatric support and eating disorder clinic

Farifax Hospital 425-284-1706 Inpatient psychiatric hospital for kids www.fairfaxbehavioralhealth.com

EDUCATION/TRAINING

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Job Corps Job training for 16-24 year olds 425-388-0166 www.jobcorps.gov
Sno Isle Skill Center 425-348-2220 Prepares high school students to be successful in the high-tech work force www.snoisletech.com
Early Head Start/HeadStart 425-388-6439 or 425-712-9000 Provides child development services, family support for kids younger than five years-of-age and their families; based on income eligibility www.eduu.edu/birthtofive
Parents are Vital in Education (PAVE) Advocacy, workshops, resources regarding special education www.wapave.org
EARLY INTERVENTION
Early Childhood Education and Assistance Program (ECEAP) 425-388-7268 is a free pre-school serving low-income children and families providing quality educational experiences
Early Head Start/Head Start A program for income eligible kids and families to help kids birth to five years to help with school readiness North County 425-388-6439 South Central County 425-712-9000 www.edcc.edu/birthtofive
Snohomish County Early Intervention Program Provides support to children ages birth to three who have or are at high –risk of a delay. 425-388-7402 1-800-927-9308 www.snohomishcountywa.gov/dd
Department of Early Learning-Connecting to Childcare, Early Head Start, Kindergarten Readiness 1-866-482-4325 www.del.wa.gov
ENRICHING ACTIVITIES
Music Project Music performance , enrichment and therapy for kids www.scmusicproject.org
Project Girl Girls of color mentoring program www.project-girl.com
Everett Boys and Girl Club 425-259-5147 Sport for kids, after school program and more www.bgcsc.org in other communities as well
Boy Scouts of America 425 338-0380 www.mountbakerbsa.org
Girl Scouts www.girlscoutswa.org
YWCA of Snohomish County 425-258-9211 www.ymca-snoco.org
Big Brothers Big Sisters 425-252-2227 Mentors for kids ages 6-14 form single parent families www.bbbs-snoco.org
GLOBE LGBTQ support group and activities for kids www.globeyouth.com
EYSO -Everett Youth Symphony Orchestra www.eyso.info
Snohomish County 4-H 425-357-6044 www.snohomishcountywa.gov/Search4-H
YMCA of Snohomish County Recreation and childcare www.ymca-snoco.org
Everett 425-258-921; Marysville 360-653-9622; Mukilteo 425-353-9622; Monroe
Casino Road Enrichment Center YMCA -after school programs, tutoring, GED programs
CRISIS SERVICES
Access Line 1-800-747-8654; 425-388-7215 Call to ask for a designated mental health professional to be dispatched to assess a kid for voluntary or involuntary treatment. This is to be used as a last resort. This number also can help set up an initial assessment and counseling.
Care Crisis Response Service Triage Line 800-584-3578/425-258-4357 Open 24/7 to discuss crisis related needs .
Crisis Chat www.carecrisis chat.org (5 days a week 3-11:30 p.m.) Crisis support via instant messaging.
Suicide Prevention Lifeline 1-800-273-TALK (8255) Support for someone who is struggling with suicide thoughts.
Child Protective Services 1-800-562-5624 To report abuse or neglect of a child.
Protection Order Programs 425-388-3638
Access Line 888-693-7200 Schedules mental health appointments if Apple Health/Medicaid eligible
National Runaway Hotline 1-800-RUNAWAY
The Trevor Project 1-866-4-U-TREVOR Providing crisis and suicide services to lesbian, gay , bisexual, transgender ,and questioning youth
PARENTING SUPPORT
Cocoon House Project SAFE 425-317-9898 free parent consultations for 90 minutes with a counselor , support group and

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parenting classes www.cocoonhouse.org

Parent Help 123 www.parenthelp123.org

CHANGES 360-653-5464 Support Group Network for Parents cpsn.org

PFLAG- 425-252-5927 Parent and friend group of lesbian and gay kids

National Association for Mental Illness (NAMI) 425 347-5365 Advocacy, training and support groups for a family member of a loved one struggling with a mental illness 5 www.namisnohomishcounty.org