

Washington Mental Health Care Resources

General Information

- Washington Recovery Help line
1-866-789-1511
- 24 hour help for Substance Abuse, Problem Gambling, and Mental Health
www.warecoveryhelpline.org
- Washington Information Network
2-1-1
www.resourcehouse.info/Win211
- Washington State Department of Health and Human Services
www.dshs.wa.gov

Accessing a Mental/Behavioral Health Therapist

- Find a therapist
 - <http://therapists.psychologytoday.com>
 - www.helppro.com
- For those with Medicaid, contact your local Regional Support Network (RSN)
www.dshs.wa.gov/dbhr/rsn.shtml

If you have private insurance you may also contact your insurance company for a list of providers.

Family Support Organizations

- DSHS Parents and Families
www.dshs.wa.gov/parents.shtml
- DSHS Children's Administration
www.dshs.wa.gov/ca/general/index.asp
- Parent Trust
www.parenttrust.org
- Parent to Parent
www.p2pusa.org

Developmental Disabilities Resources

- Division of Developmental Disabilities
www.dshs.wa.gov/ddd
- To apply for DD Services please request an application from your local office. Office locator:
www.dshs.wa.gov/ddd/contacts.shtml

Juvenile Justice Services

- Juvenile Rehabilitation
www.dshs.wa.gov/jra/index.shtml
- Treatment and Programs
www.dshs.wa.gov/jra/Treatment.shtml
- Office of Juvenile Justice and Delinquency Prevention
www.ojjdp.gov

Military Family Resources:

- Home Base Program
www.homebaseprogram.org
- Resources for Military and Veteran Families
<http://mghpact.org/MilitaryandVeteranResources.php>
- National Resource Directory
www.nationalresourcedirectory.gov

Crisis Services

- Crisis Mental Health Care
www.dshs.wa.gov/dbhr/mhacutecare.shtml
- County Crisis Lines
www.dshs.wa.gov/dbhr/mhcrisis.shtml

**Please note – anyone can call their local DSHS crisis line regardless of their insurance coverage.

- US National Suicide Hotlines
1-800-SUICIDE
1-800-273-TALK
- Teenlink
1-866-833-6546
- A confidential teen-answered help line and computer chat service
<http://866teenlink.org>

Substance Abuse Services

- Substance Abuse Information for Washington State
www.dshs.wa.gov/dbhr/da_information.shtml
- Washington Alcohol Drug Helpline
206-722-3700 (in Seattle or cell phone)
800-562-1240 (in WA State)
<http://adhl.org>
- Washington Recovery Help line
1-866-789-1511
www.warecoveryhelpline.org
- Alcoholics Anonymous
<http://aa.org>
- Narcotics Anonymous
<http://na.org>
- Treatment Locator
<http://findtreatment.samhsa.gov>
- Treatment Options for Minors – A Guide for Parents
www.dshs.wa.gov/pdf/dbhr/da/ParentGuiderevised1209.pdf