

Seattle Lutheran Mental Health Resources

24-Hour Crisis Line **206.461.3222** <http://crisisclinic.org/>

24/7 Crisis Text Line: Text HOME to 741741

Community mental health clinics (local)

Associated Behavioral Health Care - West Seattle

<https://www.abhc.com/>

206.935.1282

NAVOS Mental Health Solutions

<http://www.navos.org>

206.248.8226

West Seattle and Burien Locations

Seamar Community Health Center

<http://www.seamar.org/>

Numerous Locations including

White Center Location:

9650 15th Avenue SW, #100

Seattle, WA 98106

206.965.1000

Swedish West Seattle Primary Care (and mental health services)

<https://www.swedish.org>

3400 California Ave. SW

Suite 300

Seattle, WA 98116

Phone: 206-320-3399

Specialized outpatient mental health treatment

Asian Counseling and Referral Services

<http://www.acrs.org/services/>

206.695.7600

Atlantic Street Center Counseling Services

<http://www.atlanticstreet.org/programs>

206.329.2050

Consejo Counseling & Referral Services

<http://www.consejocounseling.org>

206.461.4880

Seattle Counseling Service: *Dedicated to promoting health and wellness within the LGBTQ community*

<http://www.seattlecounseling.org/>

206.323.1768

Southwest Youth and Family Services

<http://www.swyfs.org/>

206.937.7680

Wellspring Counseling – West Seattle

<http://www.wellspringfs.org/counseling/why-wellspring-counseling>

206.524.9055

Support Groups/Family Support

NAMI – National Alliance for Mental Illness (Helpline, Support groups and groups for family members)

www.nami-greaterseattle.org

206.783.9264

Suicide Prevention / Family Care:

ForeFront - a Seattle organization dedicated to suicide prevention, education, and support for individuals and family/friends affected by suicide.

<http://www.intheforefront.org>

Forefront Cares box. Anyone can call within the year of a death by suicide of a loved one to receive a care box.