

Community Counseling Resource List

Crisis Lines:

King County (24 hours) 206-461-3222 or 866-4CRISIS
Pierce County (24 hours) 800-576-7764
Crisis Text Line (24 hours) Text HOME to 741-741
Teen Line 866-833-6546
Trans Lifeline 1-877-565-8860 and translifeline.org
Suicide & Crisis Lifeline 988
Crisis Text Line via Facebook – “Send Message” at [facebook.com/crisistextline](https://www.facebook.com/crisistextline)
The Trevor Project <http://www.thetrevorproject.org>

Samaritan of Puget Sound –

Therapy – Samaritan Center of Puget Sound
13 Locations including South King County
Call: 206-527-2266
Reduced fee on a sliding scale based on estimated annual income.

Valley Cities Counseling and Consultation –

Home - Valley Cities Behavioral Health Care
2705 'I' Street NE, Auburn, WA 98002
Call: 253-833-7444
Sliding scale based on income and the number of dependents.

Navos Mental Health and Wellness Center –

Navos Mental Health & Wellness Center - MultiCare
1210 SE 136th St. Burien, WA 98166
Call: 206-257-6600
Accepts Medicaid (Apple Health)

Asian Counseling and Referral Services –

<http://acrs.org>
3639 Martin Luther King Jr. Way S Seattle, WA 98144
Call: 206-695-7600
Sliding scale based on family size and income.

Seattle Counseling Services for Sexual Minorities –

Seattle Counseling Service - Gay City: Seattle's LGBTQ Center
South King County
Call: 206-323-1768
Contact center directly regarding cost.

Lutheran Counseling Network –

Seattle Counseling and Psychotherapy | Therapists & Counselors
15 sites at churches throughout the King County area (counseling is non-denominational).
Auburn/Federal Way Area – 253-839-1697
Kent/Renton Area – 425-271-9711
Sliding scale based on income.

Catholic Community Services –

Mental Health Services | Catholic Community Services of Western Washington
1229 West Smith St Kent, WA 98032 AND other South King County locations
Call: 253-854-0077
Contact center directly regarding cost.

Samaritan Center of Puget Sound –

Therapy – Samaritan Center of Puget Sound

Locations in the Puget Sound area, teletherapy is also available.

South King County – 206-527-2266

Sliding-scale fees may be available for those who qualify.

Atlantic Street Center –

Individual & Family Therapy | Atlantic Street Center

610 W Meeker St. Suite 201 Kent, WA 98032

Call: 253-859-7792

Contact center directly regarding cost

Consejo Counseling and Referral Services –

<http://consejocounseling.org>

Multiple locations in Washington State including Renton

Call: 206-461-4880

Accepts Medicaid and provides a sliding scale fee for uninsured clients.

The Antioch Clinic –

AUS Community Counseling and Psychology Clinic > Antioch University

Seattle and online counseling services

Call: 206-268-4840

Low fee, sliding scale based on household income – starting at \$0 for those that qualify.

Therapeutic Health Services –

Mental Health – THS: Therapeutic Health Services | Addiction Recovery in WA

Multiple locations in Washington State including Kent

Call: 206-726-4100

Sliding scale providers may reduce fees depending on income and location.

ReWA Center for Social-Emotional Wellbeing –

Center for social-emotional wellbeing - Refugee Women's Alliance

Kent Washington

Call: 206-496-4330

Reach out for information regarding fees.

Psychology Today –

<http://www.psychologytoday.com>

Search for individual counselors and psychologists based on location, insurance and concerns/ struggles

Multicultural Counseling –

Multicultural Counselors | Counselors

Search for individual counselors by ethnicity, language, religion and location.

BIPOC Mental Health Resources –

BIPOC Mental Health Resources | NAMI Seattle

Seattle Central College Counseling BIPOC Resources –

BIPOC Resources | Seattle Central College

TherapyFund Foundation –

WA/CA Therapy Fund Foundation

Green River College on Campus Resources

Center for Transformational Wellness

Student Affairs Building, room 122

www.greenriver.edu/ctw/

The Benefits Hub

Student Affairs Building, room 122

www.greenriver.edu/campus/campus-resources/benefits-hub/

Violence Prevention Center

Student Affairs Building, room 122

www.greenriver.edu/campus/campus-resources/violence-prevention-center/

