



Hope. Healing. Recovery.

www.sound.health

DELIVERING COMPREHENSIVE SERVICES

SOUND employs an extraordinary, dedicated, multidisciplinary team of chemical dependency and mental health professionals — social workers, counselors, marriage and family therapists, psychiatrists, psychologists, psychiatric nurse practitioners, nurses and peer leaders. (All are state registered, licensed and/or certified.)

OUR CLINICAL TEAM INCLUDES EXPERTS IN A DIVERSE RANGE OF SPECIALITIES.

- Mental health
- Substance Use Disorders - child, adolescent, adult and geriatrics
- Culturally and linguistically appropriate services
- 2SLGBTQIA+ expertise
- Deafness/Hard of hearing
- Intellectual & Developmental Disabilities specialists
- Medical services as provided by board-certified psychiatrists; psychiatric nurse practitioners; and physician assistants
- Addictions Medicine
- Peer Support services
- Vocational Support services

SAMSHA CERTIFICATION

- SOUND's three Certified Community Behavioral Health Clinics (Auburn, Bel-Red, and Capitol Hill) are certified by the SAMHSA, the Substance Abuse and Mental Health Services Administration

YOUR ASSURANCE OF RECEIVING PROFESSIONAL, QUALITY CARE.

- State licensed Behavioral Health (Mental Health and Substance Use Disorder) provider, operating continuously since 1967
- Contracted and certified vendor for King County
- Approved and/or preferred provider for Medicare and health/managed care plans

ACCREDITATION

To ensure that our care is delivered to the highest standards possible, SOUND undergoes rigorous state, county and national accreditation

- Since 2008 SOUND has been continuously accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), an independent, tax-exempt accreditor of human service providers. SOUND maintains accreditation with CARF through annual quality updates and periodic on-site reviews. In addition, we comply with county and state quality standards and regularly engage in internal quality and performance improvement activities and client surveys to ensure that our services meet the needs of our clients.

ALL LOCATIONS

*Walk-In services are for adult mental health and adult substance use disorder. For all other services please call first.

Auburn East

* CCBHC

4238 Auburn Way N.
Auburn, WA 98002 📞 206-901-2000

Hours

Office Hours	Walk-In
Monday - Friday 8:00am - 5:00pm	Tues, Thurs, Fri 8:00am - 12:00pm

Auburn West

* CCBHC

4238 Auburn Way N.
Auburn, WA 98002 📞 206-901-2000

Hours

Office Hours
Monday - Friday 8:00am - 5:00pm

Bel-Red

* CCBHC

13555 Bel-Red Rd. Suite 228
Bellevue, WA 98005 📞 206-901-2000

Hours

Office Hours	Walk-In
Monday - Friday 8:00am - 5:00pm	Mon, Tues, Thurs 8:00am - 12:00pm

Belltown

2329 4th Ave.
Seattle, WA 98121 📞 206-901-2000

Hours

Office Hours	Walk-In
Monday - Friday 8:00am - 5:00pm	Monday - Friday 8:00am - 12:00pm

Capitol Hill

* CCBHC

1600 E. Olive St.
Seattle, WA 98122 206-901-2000

Hours

Office Hours

Monday - Friday
8:00am - 5:00pm

Walk-In

Monday - Friday
8:00am - 12:00pm

Walk-In SUD

Monday - Friday
8:00am - 12:00pm

East Marginal Way

4636 East Marginal South, Suite b130
Seattle, WA 98134 206-901-2000

Kent

841 Central Ave. N. #C114
Kent, WA 98032 206-901-2000

Hours

Office Hours

Monday - Friday
8:00am - 5:00pm

Lake City Way

11000 Lake City Way NE
Seattle, WA 98125 206-901-2000

Hours

Office Hours

Monday - Friday
9:00am - 5:00pm

Walk-In

Mon, Tues, Wed, Fri
8:00am - 12:00pm

Northgate

10700 Meridian Ave.
Seattle, WA 98133 206-901-2000

Hours

Office Hours

Monday - Friday
8:00am - 5:00pm

Walk-In

Mon, Tues, Thurs
8:00am - 12:00pm

Rainier Valley

1900 Rainier Ave. S, Suite 241
Seattle, WA 98144 206-901-2000

Hours

Office Hours

Monday - Friday
9:00am - 5:00pm

Redmond (The Together Center)

16255 NE 87th St. Suite 160
Redmond, WA 98052 206-901-2000

Hours

Office Hours

Monday - Friday
9:00am - 5:00pm

Snoqualmie

7713 Center Blvd. SE Suite 190
Snoqualmie, WA 98065 206-901-2000

Hours

Office Hours

Monday - Friday
8:00am - 5:00pm

Tukwila East

6400 Southcenter Blvd.
Tukwila, WA 98188 206-901-2000

Hours

Office Hours

Monday - Friday
8:00am - 5:00pm

Tukwila West

6100 Southcenter Blvd.
Tukwila, WA 98188 206-901-2000

Hours

Office Hours

Monday - Friday
8:00am - 5:00pm

CLIENT SERVICES

For more information about client services or to enroll in a service contact us at:

Phone: [\(206\)-901-2000](tel:(206)901-2000)

Fax: (206) 302-2210

Toll Free: [\(800\) 828-1449](tel:(800)828-1449)

Video Phone (Deaf Services): [\(206\) 455-7929](tel:(206)455-7929)

GENERAL INQUIRIES

For general inquiries and questions about SOUND please contact us at:

Phone: [\(206\) 901-2000](tel:(206)901-2000)

Fax: (206) 901-2010

Email: marketing@sound.health



Mental & Behavioral Health - MultiCare

How to Access Mental & Behavioral Health Care

We offer a wide range of mental and behavioral health services for children, adults and families across the Pacific Northwest. Whether you're looking for outpatient counseling, addiction support or inpatient psychiatric care at one of our hospitals, there are many ways to get started and access the help you need.



Talk to your primary care provider

Many of our primary care clinics offer mental and behavioral health services on-site. Your primary care doctor or other health care provider can connect you with the services best suited to your specific concerns.

[Find a Primary Care Provider](#)



Call our access center

We'll help you find the services you need at a location in your community. Call our Access Center at 253-697-8400, Monday through Friday, 8am to 4:30pm.

[Call 253-697-8400](#)

Outpatient Mental & Behavioral Health Care

Mental and behavioral health challenges can affect the way we think, the way we feel and our ability to function in day-to-day life. Some challenges are related to life events such as the death of a loved one, a divorce, a serious illness, the birth of a baby or the loss of a job.

Other challenges may be related to symptoms of common conditions, such as anxiety, depression or substance use disorder. Often, mental and behavioral health concerns — whether due to a stressful life situation, a condition or both — can be treated in an outpatient setting.

In addition to our outpatient behavioral health clinics, MultiCare has on-site mental health professionals available in many of our adult and pediatric primary care locations. This means you or your loved one may be able to receive outpatient behavioral health consultations and treatment in the same place you receive primary care. [Visit our How to Access Care page to learn more.](#)

We also partner with organizations within the community, such as school districts and skilled nursing facilities, to provide on-site outpatient behavioral health care. By bringing outpatient behavioral health services to existing clinics and community locations, we help ensure that you and your loved ones can get the care you need when you need it.

Our services

Regardless of where you're receiving care, our team of mental health professionals works with you to develop a customized path of treatment that addresses your specific challenges and symptoms as well as your goals for wellness. Depending on your particular situation, you may benefit from one or more of our outpatient services.

Counseling

Counseling, also referred to as therapy, involves talking to a mental health clinician about issues you're experiencing in your life. We offer one-on-one as well as group counseling sessions for people of all ages as well as families. Our team of mental health counselors, marriage and family therapists, and social workers can help you:

- Learn strategies for coping with challenging symptoms or distressing life events
- Understand the connection between your thoughts, feelings and behaviors
- Work through parenting challenges or relationship difficulties
- Improve your communication and problem-solving skills
- Connect with community resources such as job training or financial counseling

Medication management

Treatment for some mental health conditions may include prescription medication. Medications can help enhance your quality of life, relieve symptoms and improve functioning. Some medications may be temporary while others may be lifelong.

Your care team will monitor your use of these medications and make adjustments as needed to minimize side effects, avoid complications and help you achieve the best possible outcome.

Psychiatric evaluations and services

We offer comprehensive psychiatric evaluations and services tailored to your unique needs. Our dedicated team of mental health professionals is here to support you through life's challenges, providing personalized care to help you achieve mental wellness. We focus on understanding your concerns and developing effective treatment plans that enhance your quality of life, relieve symptoms, and improve overall functioning.



MultiCare Behavioral Health

325 E Pioneer, Puyallup, WA 98372
[Get Directions](#)

General Hours
Monday - Friday: 8am - 4:30pm

Phone: [253-697-8400](tel:253-697-8400)

Fax: 253-697-8590

Walk-In Assessment Clinic

We offer a walk-in assessment clinic for adults and children receiving Medicaid benefits. The specialists at the walk-in clinic offer in-person mental health assessments on a first-come, first-served basis.

The walk-in assessment clinic is open Mon-Fri, 9am to 4:30pm.

Walk-in assessments for substance use disorders are available Mon-Fri, 8am-2pm.

Directory

New patients, please call: [253-697-8400](tel:253-697-8400)

Existing patients, please call: [1-888-910-6300](tel:1-888-910-6300)

Inpatient Psychiatric Services at Auburn Medical Center

Sometimes mental and behavioral health challenges require more care than can be provided in an outpatient setting. At MultiCare Auburn Medical Center, we offer inpatient psychiatric care for adults of any age experiencing a mental health crisis. Two of our units also specialize in providing inpatient psychiatric services for adults 60 and over.

Adult Behavioral Health Unit

Our 20-bed Adult Behavioral Health Unit provides care for people 18 and over on both a voluntary and involuntary basis. We specialize in treating people experiencing depression, anxiety disorders, thoughts of self harm, psychosis, or other severe behavioral health disorders.

This unit incorporates many of the latest designs and protocols that help keep patients and staff safe, while still providing a pleasant and comfortable environment.

Geriatric inpatient units

Auburn Medical Center has two inpatient psychiatric units that specialize in the care of adults 60 and over. Our **Memory Wellness Unit** provides care for people who have a diagnosis of dementia, or a similar cognitive impairment, who are displaying behaviors that prevent them from safely living in their current environment.

Our **Emotional Wellness Unit** treats older adults who have anxiety disorders, depression, thoughts of self-harm, psychosis or other severe behavioral health concerns.

Your loved one may benefit from our inpatient geriatric programs if they experience sudden changes in their mental or physical condition that lead to:

- Trouble keeping up with daily medications (taking too much or too little)
- Difficulty performing activities of daily living, such as eating and bathing
- Behavior that puts themselves or others at risk
- Difficulty communicating their thoughts and needs
- An inability to control their feelings and emotions

Both geriatric units are primarily voluntary programs, but we accept involuntary patients on a case-by-case basis.

How we help

A variety of professionals with specialized mental and behavioral health training, such as psychiatrists, advanced registered nurse practitioners, registered nurses, social workers, occupational therapists and creative arts therapists, support your loved one during their inpatient hospital stay.

Across all three of our inpatient units, our goal is to provide stabilizing treatment, support patients' comfort and safety, and help them transition back into a community setting. Treatment in our inpatient units may include:

- **Counseling.** Therapy can help patients cope with depression, anxiety and other behavioral health challenges.
- **Medication management.** Medications may be an important part of recovery. We provide around-the-clock medication management so we can adjust medications as needed and prevent medication-related complications.
- **Therapeutic group activities.** An active daily schedule of therapeutic group activities, including art, music and movement therapy, helps support engagement and healing.
- **Medical care.** Physicians work side by side with mental health specialists to deliver seamless care for medical conditions (medical care only provided for patients on our geriatric units).
- **Rehabilitation.** From speech therapy to help with daily activities, such as eating and getting dressed, our therapists deliver personalized care to help your loved one maintain as much independence as possible (rehabilitation services only provided for patients on our geriatric units).



Contact us

Please call our team to refer a patient for admission to our adult psychiatric inpatient units.

Adult Behavioral Health Unit

Monday-Friday, 8am to 6pm: [253-545-2336](tel:253-545-2336)

After hours and weekends: [253-545-2050](tel:253-545-2050)

Geriatric inpatient units

Monday-Friday, 8am to 4:30pm: [253-545-2336](tel:253-545-2336)

After hours and weekends: [253-545-2813](tel:253-545-2813)



Home - Valley Cities Behavioral Health Care

Mental Health Care at Valley Cities

We provide mental health services for children, adolescents, adults, and seniors, including individual, family, and group counseling. Call us today to get support at [\(253\) 833-7444](tel:(253)833-7444).

Evidence-Based Programs

Our wide range of evidence-based programs deliver best practices, such as:

- Eye Movement Desensitization and Reprocessing (EMDR)
- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing (MI)
- Peer Support
- WRAP-Wellness Recovery Action Plan
- CBTp for psychosis

We support individuals seeking wellness in their lives, and our staff is there beside each person to assist them on this journey.

Mental health services at Valley Cities look different for each person because the team of providers is built around your specific needs. Services offered include screening and diagnostic intake assessment, and may include case management, therapy, peer support, medication management, treatment plans, and care coordination.

Substance Use care at Valley Cities.

Valley Cities Behavioral Health offers Washington State-Certified Substance Use Disorder Treatment for adults ages 18 and over.

Our Substance Use Disorder (SUD) and Co-Occurring Disorders (COD) treatment services are based on the concept of recovery. Your recovery is a personal process to achieve wellness, built on hope, healing and overcoming stigma. Our team of multi-disciplinary clinicians will support you as you rebuild your life. You will become empowered as you progress in your recovery journey.

Treatment Services and Resources

Valley Cities offers both inpatient and outpatient SUD treatment options. An initial assessment helps us determine the nature and severity of the substance use disorder, whether you have a co-occurring disorder, and recommend the appropriate services and supports.

Valley Cities serves both individuals who are court ordered and those that have made the decision on their own or with their family to seek treatment. You may be recommended to inpatient or outpatient services depending on a variety of factors, including current substance usage and severity, your recovery environment, and continued use potential, among other factors.




FIND A VALLEY CITIES LOCATION NEAR YOU

In need of public transportation to get to one of our clinics? Use the information below to plan your trip to our locations.

KING COUNTY METRO RESOURCES

[King County Metro Routes, Schedules, and Maps](#)
[King County Metro Trip Planner](#)

If you cannot access the King County Metro website, call 206-553-3000 for trip assistance.

<p>Auburn</p> <p>2704 Y Street NE Auburn, WA 98002</p> <p>Hours: Monday-Friday 8:30AM-5:00PM</p> <p>AUBURN INFO</p> 	<p>Federal Way</p> <p>1336 S 336th Street Federal Way, WA 98003</p> <p>Hours: Monday-Friday 8:30AM-5:00PM</p> <p>FEDERAL WAY INFO</p> 	<p>Enumclaw</p> <p>1335 Cole Street Enumclaw, WA 98022</p> <p>Hours: Monday-Friday 8:30AM-5:00PM</p> <p>ENUMCLAW INFO</p> 
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Kent

325 West Gowe Street
Kent, WA 98032

Hours: Monday-Friday 8:30AM-5:00PM

[KENT INFO](#)



Midway

Valley Cities at Healthpoint

Located in Healthpoint building on 2nd floor.

26401 Pacific Hwy S.
Des Moines, WA 98198

Hours: Monday-Friday 8:30AM-5:00PM

[MIDWAY INFO](#)



Meridian Center for Health

10521 Meridian Ave. N.
Seattle, WA 98133

Hours: Monday-Friday 8:30AM-5:00PM

[MERIDIAN INFO](#)



Rainier Beach

8444 Rainier Avenue South
Seattle, WA 98118

Hours: Monday-Friday 8:30AM-5:00PM

[RAINIER BEACH INFO](#)



Renton

221 Wells Ave. South
Renton, WA 98057

Hours: Monday-Friday 8:30AM-5:00PM

[RENTON INFO](#)



Pike Place

1537 Western Ave.
Seattle, WA 98101

Hours: Monday-Friday 8:30AM-5:00PM

[PIKE PLACE INFO](#)



Bitter Lake

929 N 130th St. Suite 3
Seattle, WA 98133

Hours: Monday-Friday 8:30AM-5:00PM

[BITTER LAKE INFO](#)



Recovery Place Seattle

Detox and Inpatient Substance Use Disorder Treatment

1701 18th Ave. South
Seattle, WA 98144
Phone: (206) 731-7210

[RECOVERY PLACE SEATTLE INFO](#)



Recovery Place Kent

Inpatient Treatment Services

505 Washington Ave S
Kent, WA 98032
Phone: (253) 652-7294

[RECOVERY PLACE KENT INFO](#)



The Steven A. Cohen Military Clinic at Valley Cities

6103 Mt. Tacoma Dr.
Lakewood, WA 98499
Phone 253.215.7070

Mon- Thurs – 8:30 am – 7:00 pm
Friday – 8:30 am – 3:00 pm
Saturday – By Request
Sunday – Closed

[STEVEN A. COHEN CLINIC INFO](#)



Behavioral Health Care | HealthPoint | Washington

Our Behavioral Health providers are licensed psychologists who work as apart of our health teams at HealthPoint. Their role is to provide whole-person care alongside your primary care provider, focusing on their expertise of helping patients improve their quality of life and functioning. They can help you make positive changes to cope with anxiety, depression, grief, stress, relationship issues, addiction, chronic disease management like diabetes, chronic pain, and other conditions that might affect your health and well-being.

If you are interested in meeting with a HealthPoint Behavioral Health provider, please speak with your medical provider or [call your clinic](#) to request an appointment. Behavioral health care is available to all HealthPoint patients, no referral is needed.

Please note: Typical visits with Behavioral Health average 20-30 minutes. Some patients get everything they need out of one visit and some patients have follow-up visits. The Behavioral Health provider will help you decide what are the next steps in your care including if you need any additional referrals to a specialty mental health provider.



Auburn

126 Auburn Avenue
Auburn, WA 98002

[Get Directions](#)

Clinic Departments

Medical (253) 735-0166
Dental (253) 804-8713
Pharmacy (877) 233-0246

[Learn More](#)



Auburn North

923 Auburn Way North
Auburn, WA 98002

[Get Directions](#)

Clinic Departments

Medical (253) 351-3900
Pharmacy (877) 233-0246

[Learn More](#)



Bothell

10414 Beardslee Blvd
Bothell, WA 98011

[Get Directions](#)

Clinic Departments

Medical (425) 486-0658
Dental (425) 424-6350
Pharmacy (877) 233-0246

[Learn More](#)



Evergreen School-Based Health Center

830 SW 116th Street
Seattle, WA 98146

[Get Directions](#)

Clinic Departments

Medical (206) 835-2615

[Learn More](#)



Federal Way

33431 13th Place South
Federal Way, WA 98003

[Get Directions](#)

Clinic Departments

Medical (253) 874-7634
Dental (253) 874-7646
Pharmacy (877) 233-0246

[Learn More](#)



HealthPoint @ Family First Community Center

16200 116th Avenue SE
Renton, WA 98058

[Get Directions](#)

Clinic Departments

Medical (425) 400-1899
Dental (425) 400-1899



Highline High School - Based Health Center

225 S 152nd St
Burien, WA 98148

[Get Directions](#)

Clinic Departments

Medical (206) 870-3623

[Learn More](#)



Kent

403 East Meeker Street
Kent, WA 98030

[Get Directions](#)

Clinic Departments

Medical (253) 852-2866

Dental (253) 796-4071

Pharmacy (877) 233-0246

[Learn More](#)



Kent Urgent Care

219 State Avenue North
Suite 100

Kent, WA 98030

[Get Directions](#)

Clinic Departments

Medical (253) 372-3602

[Learn More](#)



Midway

26401 Pacific Highway South
Des Moines, WA 98198

[Get Directions](#)

Clinic Departments

Medical (206) 870-3590

Dental (206) 870-3600

Pharmacy (877) 233-0246

[Learn More](#)



Redmond

16255 NE 87th Street,
Ste 150, Bldg. A-Forest,
Redmond, WA 98052

[Get Directions](#)

Clinic Departments

Medical (425) 882-1697

Dental (425) 883-8000

Pharmacy (877) 233-0246

[Learn More](#)



Renton

200 South 2nd Street
Renton, WA 98057

[Get Directions](#)

Clinic Departments

Medical (425) 226-5536

[Learn More](#)



Renton High School-Based Health Center

400 S 2nd St.
Renton, WA 98057
[Get Directions](#)

Clinic Departments

Medical (425) 424-6310

[Learn More](#)



SeaTac

4040 S 188th St #201
SeaTac, WA 98188
[Get Directions](#)

Clinic Departments

Medical (206) 277-7200
Dental (206) 835-2612
Pharmacy (877) 233-0246

[Learn More](#)



Sunset Neighborhood Center

2902 NE 12th Street Suite #102
Renton, WA 98056
[Get Directions](#)

Clinic Departments

Medical (425) 882-6000

[Learn More](#)



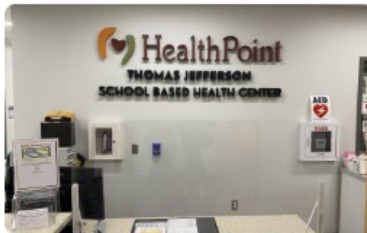
TAF@Saghalie School-Based Health Center

33914 19th Ave SW
Federal Way, WA 98023
[Get Directions](#)

Clinic Departments

Medical (253) 804-3589

[Learn More](#)



Thomas Jefferson School-Based Health Center

4248 S. 288th Street
Auburn, WA 98001
[Get Directions](#)

Clinic Departments

Medical (253) 520-6000

[Learn More](#)



Tukwila

13030 Military Road South
Second Floor
Tukwila, WA 98168
[Get Directions](#)

Clinic Departments

Medical (206) 439-3289
Dental (206) 839-3600
Pharmacy (877) 233-0246

[Learn More](#)

Crisis Services

The Crisis Line is available around the clock and offers immediate support to people in crisis.

A mental health crisis happens when a person experiences a serious emotional disturbance. Even though this is non-life threatening, people in crisis need immediate help to prevent their situation from getting worse or becoming an emergency.

People experiencing a mental health crisis may:

- Appear disoriented and out of touch with reality
- Have difficulty performing normal functions, such as speaking or sitting still
- Feel agitated or deeply upset and unable to be calmed
- Talk about hurting themselves or others
- Display highly unusual behavior

This is a free service. If you or someone you know is in mental health crisis, please call:

The Pierce County Crisis Line at 800-576-7764 (TTY 886-353-7180) if you live in Pierce County

The King County Crisis Line at 866-427-4747 (TTY 206-461-3219) if you live in King County
Crisis Line.