

# Behavioral Health Treatment Outline

Highest Level of Care



Inpatient

Immediate safety need, for those at imminent risk of harm to self, harm to others or grave disability; 24/7 monitoring and support w/ typical stay 3-10 days. Primarily for stabilization and medication changes – some focus on coping skill development.

Partial Hospitalization Program (PHP)

20 + hours per week focusing on skill development; participants must have identified supports outside program hours; typical stay two weeks w/goal to prevent inpatient stays or as step-down from inpatient.

Intensive Outpatient Program (IOP)

Typically, 3-5 days/week, 3 hours/day for up to 12 weeks; focus on reintegrating daily life with continued support.

Lowest Level of Care

## Additional types of support

Skill-Based Groups	Support Groups	Medication Management	Individual Therapy
Professionally facilitated groups designed to further explore and enhance knowledge and skills. Can be ongoing or time limited.	Emotional and instrumental support mutually offered by either mental health professional or peers/individuals w/ similar challenges and diagnoses. Ongoing (not time limited) w/ goal of emotional support and building social connections.	Psychiatrist or psychiatric nurse practitioner; should be in conjunction with individual therapy for long term support of symptoms.	Work with a therapist to process through personal issues and focus on specific symptoms or needs.

## Partial Hospitalization Program (PHP)



Partial  
Hospitalization  
Program

Intensive  
Outpatient  
Program

### [Swedish Edmonds](#)

(425) 640-4098

**PHP** | Adult Mental Health

2 Wks | 5 Days | 5 Hrs (9AM-2:30PM)

21601 76th Ave W, Edmonds, WA 98026

**Insurance** | Most Commercial | Medicaid | Medicare

### [Swedish Ballard](#)

(206) 297-5089

**PHP** | Adult Mental Health (9AM-3PM)

2 Wks | 5 Days | 5 Hrs

5300 Tallman Ave NW, Seattle, WA 98107

**Insurance** | Most Commercial | Medicaid | Medicare

### [Eating Recovery Center](#)

(877) 825-8584

**PHP** | Eating Disorders | 4 Wks | 7 Days | 8 - 10 Hrs

901 Boren Ave, Seattle, WA 98104

**Insurance** | Most Commercial | One Medicaid

### [Fairfax](#)

(425) 821-2000

**PHP** | Young Adult | Adult | 50+

3 - 6 Wks | 5 Days | 6 Hrs

**Insurance** | Most Commercial | Medicaid | Medicare

### [Northpoint Seattle](#)

(425) 510-5748

**PHP** | Mental Health & **Substance Use**

4 - 6 Wks | 5 Days | 5 Hrs

2111 N Northgate Way, Ste 101, Seattle, WA 98133

**Insurance** | Most Commercial

### [Newport Institute](#)

(855) 611-4626

**PHP** | Young Adult

**\*Up to Age 35\***

M - F (5 Days) | Full Day (6 - 8 Hrs)

**Insurance** | Most Commercial

### [Overlake Medical Center](#)

(425) 688-5681

**PHP** | 1.5 Wk | 5 Days | 6 Hrs (8:30AM-2:30PM)

1750 112th Ave NE, Ste B-102, Bellevue, WA 98004

**Insurance** | Most Commercial | Medicare

### [Pathlight Mood & Anxiety Center](#)

(877) 825-8584

**PHP** | Mood & Anxiety | 4 Wks | 7 Days | 6 - 7 Hrs

901 Boren Ave, Seattle, WA 98104

**Insurance** | Most Commercial

### [Rogers Behavioral Health](#)

(425) 956-3900

**PHP** | Depression | OCD & Anxiety

4 - 6 Wks | 5 Days | 6 Hrs (8:30AM-3PM)

1215 114th Ave SE, Bellevue, Washington 98004

**Insurance** | Most Commercial

### [The Center • A Place of HOPE](#)

(888) 771-5166

**Program** | 4 - 8+ Wk | 6 Days | 5 - 6 Hrs **\*Faith Based\***

547 Dayton Street, Edmonds, WA 98020

**Insurance** | Most Commercial

### [Thira Health](#)

(425) 620-4266

**\*Women & Gender Non-Conforming\***

**PHP** | Mental Health | Eating Disorder

6 - 8 Wks | M - Sun (7 Days) | Full Day (7 - 9 Hrs)

**Insurance** | Most Commercial

## Intensive Outpatient Program (IOP)



Partial  
Hospitalization  
Program

Intensive  
Outpatient  
Program

### [Swedish Edmonds](#)

(425) 640-4098

IOP | Adult Mental Health

3 Wks | 3 Days | 3 Hrs (4:30PM-8:00PM)

21601 76th Ave W, Edmonds, WA 98026

Insurance | Most Commercial | Medicaid | Medicare

### [Charlie Health](#)

(866) 219-5070

IOP | AM | PM

\*Up to Age 34\*

9 - 12 Wks | 3 Days | 3 Hrs

Insurance | Most Commercial | Medicaid

### [Eating Recovery Center](#)

(877) 825-8584

### [Eating Recovery At Home](#)

IOP | Eating Disorders | Binge Eating

8 Wks | 3 Days | 3 Hrs

2732 Grand Ave Everett, WA 98201

4230 198th St SW Lynnwood, WA 98036

Insurance | Most Commercial | One Medicaid

### [Evergreen Recovery Center](#)

(425) 259-5842

IOP | Mental Health & Substance Use | 3 Days

Insurance | Most Commercial | Medicaid

### [Fairfax](#)

(425) 821-2000

IOP | AM | 8 Wks | 3 - 5 Days | 3 Hrs

IOP | PM | 8 Wks | 3 Days | 3 Hrs

Insurance | Most Commercial | Medicaid | Medicare

### [UW Medical Center](#)

(206) 668-1873

IOP | Geropsych 64+ | Adult 18+

12 Wks | 3 Days | 4 Hrs

1560 N 115th Street, Medical Office Building (MOB)

Suite #102, Seattle, WA 98133

Insurance | Most Commercial | Medicaid | Medicare

### [Northpoint Seattle](#)

(425) 510-5748

IOP | Mental Health & Substance Use

9 - 20 Wks | 3 - 4 Days | 3 Hrs

2111 N Northgate Way, Ste 101, Seattle, WA 98133

Insurance | Most Commercial

### [Newport Institute](#)

(855) 611-4626

IOP | Young Adult

\*Up to Age 35\*

M - F (5 Days) | 3 Hrs

Insurance | Most Commercial

### [Pathlight Mood & Anxiety Center](#)

(877) 825-8584

### [Pathlight At Home](#)

IOP | Mood & Anxiety | 8 Wks | 3-4 Days | 3 Hrs

901 Boren Ave, Seattle, WA 98104

Insurance | Most Commercial

### [Rogers Behavioral Health](#)

(425) 956-3900

IOP | Depression | OCD & Anxiety

4 - 6 Wks | 5 Days | 3 Hrs

1215 114th Ave SE, Bellevue, Washington 98004

Insurance | Most Commercial

### [Smokey Point](#)

(360) 651-6400

IOP | Mental Health | Substance Use

6 Wks | 5 Days | 3 Hrs

Insurance | Most Commercial | Medicaid | Medicare

### [Thira Health](#)

(425) 620-4266 | (425) 454-1199

\*Women & Gender Non-Conforming\*

IOP | Morning | 7 Wks | 5 Days | 3 Hrs

IOP | Evening | 12 Wks | 3 Days | 3 Hrs

Insurance | Most Commercial

### [Lakeside Milam Recovery Center](#)

866-459-2078

IOP | Substance Use with Mental Health Focus

7 Mos | 3 Days | 3 Hrs (9AM-12PM) (6-9PM)

Insurance | Most Commercial

## Insurance Index

### Aetna

Charlie Health  
Eating Recovery Center  
Fairfax  
Overlake Medical Center  
Pathlight Mood & Anxiety Center  
Rogers BH (Single Case Agreements)  
The Center: A Place of HOPE  
Smokey Point  
Swedish Edmonds & Ballard  
UW Medical Center  
Newport Institute

### Cigna

Charlie Health  
Eating Recovery Center  
Fairfax  
Overlake Medical Center  
Pathlight Mood & Anxiety Center  
Rogers BH  
Smokey Point  
Swedish Edmonds & Ballard  
The Center: A Place of HOPE  
Thira Health  
UW Medical Center  
Newport Institute

### Tricare

Charlie Health  
Fairfax  
Smokey Point  
Swedish Edmonds & Ballard  
Thira Health  
UW Medical Center

Newport Institute

### Kaiser

Charlie Health  
Eating Recovery Center  
Fairfax  
Overlake Medical Center  
Pathlight Mood & Anxiety Center  
Rogers BH  
Smokey Point  
Swedish Edmonds & Ballard  
The Center: A Place of HOPE  
Thira Health  
UW Medical Center  
Newport Institute

### Medicaid - CHPW Community Health Plan of WA

Charlie Health (Also Amerigroup,  
Coordinated Care, & UHC)  
Eating Recovery Center  
(King County Only)  
Fairfax (Also Coordinated Care)  
Smokey Point  
Swedish Edmonds & Ballard  
UW Medical Center

### Medicare Part B

Fairfax  
Overlake Medical Center  
Smokey Point  
Swedish Edmonds & Ballard  
UW Medical Center

### Premera Blue Cross Regence Blue Shield

Charlie Health  
Eating Recovery Center  
Fairfax  
Overlake Medical Center  
Pathlight Mood & Anxiety Center  
Smokey Point  
Swedish Edmonds & Ballard  
Rogers BH  
The Center: A Place of HOPE  
Thira Health  
UW Medical Center  
Newport Institute

### United Health Care (UHC)

Charlie Health  
Eating Recovery Center  
Overlake Medical Center  
Pathlight Mood & Anxiety Center  
Rogers BH  
Smokey Point  
Swedish Edmonds & Ballard  
Thira Health  
UW Medical Center  
Newport Institute

## Therapy & Medication Management

- **Psychology Today**

- 1) Use the online database to search for mental health providers
- 2) Filter by location, insurance, and more criteria

**1**

**2**

- **Insurance Provider**

- 1) Use the online database to find in-network providers
- 2) Call the service line number on the back of your insurance card to find in-network providers

	<a href="https://aetna.com/individuals-families/find-a-doctor.html">aetna.com/individuals-families/find-a-doctor.html</a>
	<a href="https://anthem.com/find-care">anthem.com/find-care</a>
	<a href="https://hcpdirectory.cigna.com">hcpdirectory.cigna.com</a>
	<a href="https://chpw.org/find-a-doctor">chpw.org/find-a-doctor</a>
	<a href="https://wa-doctors.kaiserpermanente.org">wa-doctors.kaiserpermanente.org</a>
	<a href="https://medicare.gov/care-compare">medicare.gov/care-compare</a>
	<a href="https://tricare.mil/finddoctor">tricare.mil/finddoctor</a>
	<a href="https://uhc.com/find-a-doctor">uhc.com/find-a-doctor</a>

## Therapy & Medication Management - Pg 1

### [ACRS Therapy Associates](#) (206) 695-7511

Bellevue | Kent | Seattle

### [Asian Counseling Treatment Services](#)

Lakewood (253) 302-3826 Therapy Only

Lynnwood (425) 776-1290

### [Bay Psychiatric](#) | (425) 252-9216 Everett

### [Balanced Living Therapy](#) Therapy Only

Edmonds (425) 977-4988 \*Medicaid & Commercial\*

### [Behavioral Healthcare](#)

Aberdeen | Chehalis (360) 532-0060

Lacey (360) 491-2232

### [Bluestone](#) | (425) 775-4059 Edmonds

### [Compass Health](#) | (844) 822-7609 \*Medicaid Only\*

Bellingham | Coupeville | Eastsound | Everett

Friday Harbor | Lopez Island | Lynnwood | Mount Vernon

### [Consejo Counseling](#)

King County (206) 461-4880

Snohomish County (360) 763-5595

Belfair | Mason | Bellevue | Graham \*Medicaid Only\*

Mount Vernon | Renton | Shelton | Seattle | Tacoma

### [CRew Program](#) | (206) 956-9570 \*Medicaid Only\*

Federal Way | Kent | Seattle \*King County Residents\*

### [Emmaus Counseling Center](#) | (425) 869-2644

Bellevue | Bellingham | Bothell

Issaquah | Lynnwood Mukilteo | Redmond

### [LifeStance](#) Bothell (253) 752-7320

Edmonds (253) 752-7320 Federal Way (253) 752-7320

Gig Harbor (253) 752-7320 Issaquah (425) 228-5336

Kirkland (253) 752-7320 Olympia (253) 752-7320

Renton (425) 228-5336 Sammamish (253) 752-7320

Seattle (253) 752-7320 Spokane (253) 752-7320

Tacoma (253) 752-7320 Vancouver (360) 906-1190

### [LightHeart Associates in Seattle](#)

(425) 657-5438 Edmonds

### [Mill Creek Family Services](#) Therapy Only

(425) 357-9111 Mill Creek | Everett

### [Mindful Health Solutions](#) | (844) 867-8444

Tacoma | Seattle | Wenatchee

### [Mindful Therapy Group](#) | (425) 640-7009

Mountlake Terrace | Seattle | Vancouver

### [MindHealth Associates](#) Psychiatry Only

(425) 673-7585 Lynnwood

### [Navos](#) \*Medicaid Only\*

(206) 248-8226 Burien

### [Pathways Mental Health Services](#) Therapy Only

Olympia (360) 799-5782 \*Medicaid & Commercial\*

### [Psychiatric Medicine Associates](#)

(206) 386-3103 Seattle

### [Puget Sound Psychiatric Center](#)

(425) 806-5021 Bothell

## Therapy & Medication Management - Pg 2

[Sanctuary Psychological Services](#) Therapy Only  
(425) 774-8049 Edmonds | Oak Harbor

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[SeaMar](#) \*Medicaid + Medicare\*  
Aberdeen (360) 538-1461 Anacortes (360) 542-8819  
Bellevue (425) 460-7114 Bellingham (360) 734-5458  
Everett South Silver Lake (425) 609-5505  
Everett (425) 312-0277 Federal Way (253) 681-6640  
Gig Harbor (253) 280-9888 Kelso (360) 261-7020  
Kent (206) 764-8019 Lakewood (253) 246-6820  
Lynnwood (425) 977-2560 Monroe (360) 805-3122  
Mount Vernon (360) 542-8920  
Oak Harbor (360) 679-7676 Puyallup (253) 864-4770  
Seattle (206) 766-6976 Seattle (206) 965-1055  
Seattle (206) 788-3380 \*GeroPsych\*  
Tacoma (253) 396-1634 Tumwater (360) 704-7590  
Vancouver (360) 558-5790 Yelm (360) 400-4860

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[Seattle Counseling Center](#) Therapy Only  
(206) 785-1953 Seattle

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[Shifa Mental Health](#) Everett (425) 742-4600  
Mount Vernon (360) 336-6868

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[Snohomish Psychology Associates](#) Therapy Only  
(425) 789-1073 Edmonds | Everett

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[Sadler-Bridges Wellness Group](#) Therapy Only  
(786) 988-0595 Edmonds

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[Sound](#) | (206) 901-2000  
Auburn | Bellevue | Kent | Seattle | Snoqualmie | Tukwila

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[Sunrise Service](#) \*Medicaid Only\*  
Bellingham (360) 746-7200  
Everett (425) 595-5200  
Island County (360) 544-3800  
Mountlake Terrace (425) 678-6800  
Mount Vernon (360) 336-3762  
Stanwood (360) 926-8490

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[Therapeutic Health Services](#)  
(833) 278-4357 \*Medicaid + Medicare Only\*  
Bellevue | Everett | Kent | Seattle | Shoreline

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[The Juanita Center](#) Therapy Only  
(425) 328-9528 Seattle

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[Valley Cities](#) | (253) 833-7444 \*Medicaid\*  
Auburn | Des Moines | Enumclaw  
Federal Way Kent | Lakewood | Seattle | Renton

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[Vanguard Psychiatry](#) Psychiatry Only  
(425) 329-7921 Port Hadlock

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[Way Finder Counseling](#) Therapy Only  
(206) 558-4488 Lynnwood

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[Western WA Med Group](#) | (425) 328-9528 Seattle

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## Low-Cost Therapy

<a href="#">Alliant Therapy Group</a> 	\$70	<a href="#">Navigate Family Therapy</a>  	Sliding Fee Scale
(425) 361-7987	Interns	(206) 459-7994	Interns
		Edmonds   Federal Way   Seattle	
<a href="#">Atlas Counseling</a>  	\$40-60	<a href="#">Resonant Relationships</a> 	\$85-170
Seattle (206) 639-2880	Interns	(206) 854-4693	Interns   Therapists
			LGBTQIA
<a href="#">AUS Community Counseling Clinic</a> 	\$0	<a href="#">Riverbank Therapy</a>  	\$50-75
Seattle (206) 268-4840	Interns   Sliding Fee Scale	Seattle (206) 681-7586	Interns
<a href="#">Bastyr Center for Natural Health</a>  	\$35	<a href="#">Samaritan Center of Puget Sound</a> 	Christian
Seattle (206) 834-4100	Interns   12 Sessions	(206) 527-2266	Sliding Fee Scale
<a href="#">City University Counseling Center</a> 	\$5-25	<a href="#">Self Space</a>  	\$60
Seattle (206) 239-4760	Interns   No Waitlist	(206) 414-8918	Kirkland   Seattle
			Interns
<a href="#">DMHS Free Therapy and Wellness Program</a>	BIPOC	<a href="#">The Couple and Family Therapy Center</a>  	\$5-50
therapy@dmhsus.org	Interns   12 Sessions	Tacoma (253) 535-8782	Interns   Sliding Fee Scale
<a href="#">Healing Moments Counseling</a> 	\$60-80	<a href="#">Open Path</a>  	\$30-70
healingmomentscounseling.net	Interns	openpathcollective.org	Interns   Therapists
<a href="#">Holistic Child and Family</a>	\$75-100	<a href="#">Perfectly Queer Counseling</a> 	\$50
Seattle (206) 234-6932	Interns   LGBTQIA+	Seattle (206) 586-8822	Interns
<a href="#">Lycan Counseling</a>  	\$20-120	<a href="#">UV Cares</a> 	\$0
(509) 205-5559	Tri-Cities   Walla Walla	(509) 300-1113	Pay Whatever You Can Afford
	LGBTQIA2+		
<a href="#">MEND Seattle</a>  	\$50-120	<a href="#">Wellness Counseling</a>  	\$60-170
Seattle (206) 660-4396	Interns   Therapists	(360) 207-1588	Interns   Therapists
	QTBIPOC		
<a href="#">Modern Therapy Seattle</a> 	Sliding Fee Scale	<a href="#">Yellow Arrow Counseling</a> 	\$50-75
(206) 202-3133	Interns   Low Cost	(559) 961-7708	Interns



## Crisis Resources

### [988 Suicide & Crisis Lifeline](#)

Call/Text 988  
Chat 988lifeline.org

### [WA Warm Line](#)

9AM-10PM

877-500-WARM (9276)

### [Crisis Text Line](#)

Text HOME to 741741

### [ImHurting Crisis Chat](#)

Chat ImHurting.org

### [Veterans Crisis Line](#)

Call 988 Option 1  
800-273-8255  
Text 838255

### [The Trevor Project](#)

**LGBTQ+**

Call Trevor 866-488-7386  
Call Trans 877-565-8860  
Text TREVOR to 202-304-1200  
Chat thetrevorproject.org

### [Washington Recovery Help Line](#)

866-789-1511  
Text M-F 9AM-9PM

### [National Domestic Violence Hotline](#)

800-799-SAFE (7233)  
Text START to 88788 Chat thehotline.org

### [Statewide Domestic Violence Hotline](#)

800-562-6025

### [King County Domestic Violence Hotline](#)

206-737-0242 877-737-0242

### [Domestic Violence Services of Snohomish County](#)

425-25-ABUSE (22873)

### [Local Emergency Department](#)

911

## 2-1-1

### [211 of King County](#)

(King)

M-F 9AM-5PM

211 OR 800-621-4636

Text your zip code to 898211

### [211 of North Sound](#)

(Island, San Juan, Skagit, Snohomish,  
Whatcom)

M-F 9AM-4PM

800-223-8145

### [211 of South Sound](#)

(Pierce, Thurston, Lewis)

M-F 9AM-4PM

800-572-4357

## County Crisis Lines

### **Spokane County**

(Adams, Ferry, Lincoln, Pend, Oreille, Spokane, Stevens)

877-266-1818

### **Greater Columbia**

(Asotin, Benton, Columbia, Franklin, Garfield,  
Kittitas, Walla Walla, Whitman, Yakima)

888-544-9986

### **Beacon Health Options**

(Chelan, Douglas, Grant, Okanogan)

800-852-2923

### **Salish**

(Asotin, Benton, Columbia, Franklin, Garfield,  
Jefferson, Kitsap, Kittitas, Walla Walla, Whitman, Yakima,  
Clallam)

888-910-0416

### **Beacon Health Options**

(Clark, Klickitat, Skamania)

800-626-8137

### **Great Rivers**

(Cowlitz, Grays Harbor, Lewis, Pacific, Wahkiakum)

800-803-8833

### **North Sound**

(Island, San Juan, Skagit, Snohomish, Whatcom)

800-584-3578

### **King County**

(King)

206-461-3222

866-4-CRISIS (4747)

### **Thurston-Mason**

(Mason, Thurston)

800-270-0041

### **Beacon Health Options**

(Pierce)

800-576-7764

## Occupational Therapy for Mental Health

### [Horizon View Functional Therapy Edmonds](#)

(425) 830-1860

**Mollie Yates, OTR/L**

mollie.yates@horizonviewft.com

Mollie provides telehealth occupational therapy for adults struggling with everyday functioning due to the impacts of mental health symptoms, neurodivergence, and sensory processing concerns. Areas of specialty are burnout, interoception, habit formation, sleep and chronic pain. Mollie's work is shorter term than talk therapy, is goal-oriented and involves learning and practicing living and coping skills. Treatment may also include movement, homework, and creative activities depending on clients' needs and interests. Private pay with superbills provided for out-of-network insurance reimbursement.

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### [True Craft Therapy](#)

(206) 485-0744

**Megan Black, OTR/L**

megan@truecrafttherapy.com

Megan offers mental health occupational therapy with specializations in art- and nature-based approaches that help clients increase ease and satisfaction in daily life. She meets clients where they are and collaborates to build strengths, problem solve, and meet goals with neurodiversity affirming methods. She provides telehealth and outdoor in-person therapy and coaching to adults with mental health concerns, developmental disabilities, and neurodivergent adults. Private insurance and sliding scale options are available.

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### [Seattle Therapy Network](#)

(206) 763-0352

4636 East Marginal Way South, Suite B-100, Seattle, WA 98134

info@seattle-therapy-network.com

In our work with kids, we have discovered that many adults experience sensory challenges that impact comfort and ease in managing everyday roles, responsibilities, and routines. Discomfort with sensory processing can impact individuals on a spectrum ranging from mild to severe and can impact grooming, clothing options, managing demands of childcare, and participating in comfortable intimate relationships. Using a thorough exploration of an adult's sensory preferences and challenges we can develop therapy strategies, accommodations, modifications, and self-coping strategies that make you feel your best for more of your day.

## Dialectical Behavior Therapy (DBT)

[Harborview DBT](#) (206) 744-9622

[The DBT Center at EBTC](#) (206) 374-0109

[The DBT Clinic](#) (206) 685-3295

[Northwest DBT](#) NWDBTSeattle@gmail.com

## Free Mindfulness Groups

### [Center for Child & Family Well-Being](#)

Drop-in Session: Take a Self-Compassion Break

### [Frye Museum](#)

Mindfulness Meditation

1st & 3rd Wednesdays 12:30 - 1PM

### [Mindfulness Community of Puget Sound](#)

[Night Practice](#) | Mondays 6:30 - 8:30PM

[Morning Practice](#) | Mondays 6:30 - 8AM

[Newcomer Orientation](#) | 2nd Mondays 5:30 - 6:30PM

[People of Color Meditation](#) | 1st & 3rd Sundays 6PM

[Morning Walking Meditation](#) | Saturdays 8 - 8:45AM

### [Mindfulness Northwest](#)

[Midday Mindfulness](#) | Wednesdays 12 - 1PM

[Intro to Mindfulness](#)

[Intro to Self-Compassion](#)

[An Hour of Mindfulness](#)

### [Northwest Dharma Association](#)

Meditation Classes & Workshops

### [Saint Mark's Episcopal Cathedral](#)

Compline & Organ by Night | Sundays 9:30PM

Listen Live 98.1 FM

### [Seattle Children's](#)

[Mindfulness Classes](#) \*Parents/Caregivers\*

English | Wednesdays 8 - 8:30PM

English for Black Community | Sundays 2:30 - 3:30PM

Spanish | Thursdays 6 - 7:30PM

[Mindfulness & Collage](#) \*Parents & Teens 12+\*

Tuesdays 1 - 1:45PM

[Mindfulness Meditation](#) \*Parents/Caregivers\*

Tuesdays & Thursdays 12:30 - 1PM

Thursdays 12:30 - 1PM

### [Seattle Insight Meditation Society](#)

Guided Meditation | Tuesdays & Thursdays 9-9:40AM

### [Shambhala Seattle](#)

Open House | Sundays 9:45-12:30AM

### [Seattle Mindfulness Center](#)

[Tuesday Night Sit](#) | 7:30-8:30PM

[Friday Morning Sit](#) | 7:30-8:30AM

## Support Groups

### [Alcoholics Anonymous](#)

Area 072

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### **Anxiety & Depression Association of America**

#### [Seattle OCD Support & Recovery Group](#)

3rd Saturday | 10AM - 12PM | (206) 781-5614

[Anxiety Thursdays](#) (206) 285-0900

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### **Charlie Health**

#### [Suicide Survivor Support Group](#)

1st & 3rd Fridays | 12PM

#### [Athlete Support Group](#)

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### [DBSA Greater Seattle Support Group](#) (206) 748-1577

2nd & 4th Thursday | 7 - 9PM | **Depression** | **Bipolar**

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### [Dual Diagnosis Anonymous](#) **Substance Use**

[Couple Screws Loose](#)      Thursdays | 12 - 1:30PM

[Women Only](#)      Tuesdays | 8PM

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### **National Alliance on Mental Health**

[NAMI Eastside WA](#)      (425) 339-3620

NAMI Connection | NAMI Family Support Group

[NAMI Seattle](#)      (206) 783-9264

NAMI Connection | NAMI Family Support Group

[NAMI Snohomish County](#)      (425) 339-3620

NAMI Connection | NAMI Family Support Group

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### [The Center for Chronic Illness](#)

#### [Body Image and Chronic Illness](#)

3rd Wednesday | 3 - 4PM

#### [Creativity and Chronic Illness](#)

Sundays | 10 - 11:30AM

#### [Living Mindfully with Chronic Illness](#)

2nd & 4th Tuesdays | 6 - 7PM

#### [LGBTQIA+ and Living with Chronic Illness](#)

2nd Tuesday | 5 - 6PM

[Living with Chronic Illness](#)      **\*WA State Residents\***

2nd & 4th Wednesdays | 6:30 - 7:30PM

Living with Chronic Illness      **\*Spanish-Speaking**

2nd Tuesday | 11 - 12PM      **Women\***

#### [Supporting African Americans with Chronic Illness](#)

2nd Wednesday | 4 - 5PM

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### [The Healing Center](#)

(206) 523-1206

#### Young Adult Support Group

Early Loss Group      **\* Grief Support Group\***

#### Transitions Group

#### Memory Keepers Group

#### Survivors of Suicide

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## Substance Use Programs

### [Catholic Community Services Recovery Center](#)

Bellingham (360) 676-2187

Burlington (360) 757-0131

Everett (425) 258-5270

Marysville (360) 651-2366

Outpatient

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### [Center for Human Services](#) (206) 362-7282

Assessment | IOP | Outpatient | Pregnancy

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### [Compass Health](#) (844) 822-7609

Assessment | Individual & Group Therapy

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### [Evergreen Health Recovery Center](#) (360) 794-1405

Evaluation | Detox | Rehab | Residential | IOP/PHP  
Suboxone Treatment | Pregnancy | Outpatient

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### [Integrative Counseling Services](#) (206) 216-5000

Assessment | IOP | Outpatient

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### [Lakeside Milam Recovery Centers](#) (866) 418-9132

Detox | Residential | Outpatient

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### [Lifeline Connections](#) (800) 604-0025

Detox | Residential | Inpatient | Outpatient

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### [Comprehensive Treatment Center](#) (888) 273-4380

Individual & Group Therapy | Methadone

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### [Northpoint Recovery](#) (425) 385-0526

Rehab | Detox | Outpatient

### [Pioneer Human Services](#)

North Sound (425) 610-2075

Seattle (206) 768-1990

Residential | Community Care | Crisis & Diversion

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### [Providence Regional Medical Center](#) (425) 258-7390

Assessment | Consult | Detox & Stabilization | IOP  
Outpatient | Suboxone Treatment

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### [Sea Mar Turning Point](#) (206) 219-5980

Inpatient & Outpatient Rehab | Suboxone Treatment

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### [Stillaguamish Behavioral Health](#) (360) 435-3985

Outpatient | Suboxone Treatment

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### [Sunrise Recovery Services](#) (425) 212-4200

Assessment | IOP | Therapy | Outpatient

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### [Therapeutic Health Services](#) 833-278-HELP (4357)

Outpatient | Pregnancy

Methadone Treatment | Suboxone Treatment