

Counseling Resources for Clients

AppleHealth or Medicaid through Washington Health Plan Finder (Amerigroup, Community Health Plan of WA, Coordinated Care, Molina, or UnitedHealthcare)

- A. Look at the back of your health insurance card and contact your insurance provider directly for counselor recommendations within your network.
- B. Go online through your insurance provider's website to find counselors in your network and contact your counselor of choice directly for an appointment.

If you are also a resident of Snohomish, Skagit, Whatcom, San Juan, or Island County, you can connect with a counselor through:

- C. Volunteers of America at www.voaww.org
 - a. Providers include Catholic Community Services, Compass Health, Sea Mar, and Sunrise Services (See "Snohomish County Mental Health Agencies" List)

Private health insurance or able to pay sliding scale fees based on income

- *Living in Bothell, Kenmore, Woodinville, Skykomish, North King, and South Snohomish Counties?*

- A. North Shore Youth and Family Services – 425-485-6541
19201 120th Ave NE Suite 108 Bothell, WA 98011 // www.northshoryouthandfamilyservices.org
 - a. Individual, couple, and family counseling for family and relationship conflict, divorce, depression and substance abuse, school issues, adjustments to change, communication, etc.
 - b. Parenting program also available for help with violence prevention, stress management, effective communication skills, positive discipline, etc.
 - c. Drug and alcohol abuse programs for adolescents through age 21 also available.

Private Health Insurance

- A. Look at the back of your health insurance card and contact your insurance provider for counselors in your insurance network.
- B. Go online through your insurance provider's website to find counselors in your network and contact your counselor of choice directly for an appointment.
- C. Be sure to check if you will have a co-pay, and if so, how much it will be.

Employee Assistance Programs (EAP)

- A. Check and see if your employer has an Employee Assistance Program (EAP) as part of your benefits package. You may be able to utilize your EAP for several free or low-cost counseling sessions. Contact HR or your EAP provider for more information.

Open to Any and All Clients

- A. 24/7 Care Crisis Line – 1-800-584-3578 or 425-258-8517
 - a. “Offers immediate help to individuals, family, and friends...with professional counselors who can help you sort through problems, explore options, and connect you with resources. The goal of their staff is to provide individuals dealing with crises or traumatic events with emotional support while offering hope and care in a time of need.”
 - b. Includes interpreter services in over 150 languages
- B. Care Crisis Chat – www.carecrisischat.org.
 - a. “Offers a confidential, secure, and anonymous way of reaching out for help when you don’t know where to turn. Talk with their chat specialists about issues that may be difficult to talk about anywhere else. [This] is a place to find non-judgmental support and help through a difficult time. No issue is too big and no problem is too small...”
- C. Therapist Finder -- www.psychologytoday.com/us/therapists/washington
 - a. Review counselors, sort by insurance accepted and specialties, and see who might be the best meet your needs
- D. Cedar Valley Counseling 425-338-7589 <http://cedarvalleycounseling.com/>
 - b. Counseling services for children, teens, couples, and adults
 - c. Areas of focus include: depression, anxiety, grief & loss, trauma, and PTSD
 - d. Depression, DBT and Bariatric support groups
 - e. Accept many insurances, including AppleHealth
 - f. Located in Lynnwood, WA
- E. Affordable Counseling – 425-778-5544 <http://www.myaffordablecounseling.com/>
 - g. Counseling services for children, teens, and adults for a variety of issues and challenges
 - h. Pay-what-you-can services – Accept insurance and sliding scale payment plans
 - i. Located in Edmonds, WA
- F. Multicultural Counselors -- <https://www.multiculturalcounselors.org/>
 - j. Searchable database for counselors from multiethnic, multilingual, and/or diverse religious backgrounds in Washington State
 - k. Costs and insurances accepts may vary widely