



SOMALI HEALTH BOARD

Behavioral Health Resource Guide

If you or a loved one is in a life-threatening emergency, please call 911.

These resources range from services that are specific to the Somali/Somali American experience to getting a basic understanding of Behavioral Health challenges, as well as services for everyone, regardless of identity

About the guide: This guide was created to connect King County residents to local mental health care providers.

Follow us: Follow us on [@somaliehealthboard](#) on [Facebook](#) and [Instagram](#), where we will continue sharing information and resources.

Instagram/Facebook/Twitter/Pinterest can be great resources for mental health. There are many pages and individuals who disseminate mental health information through videos, images, information, and more. Here are some more to follow:

[@somali_mental_health](#), [@xiishod](#), [@therapywithash](#), [@therapywithash](#)

NATIONAL HOTLINES

Name	Contact Info	Description
<u>Crisis Text Line</u>	TEXT HELP TO 741-741 24 hours a day, 7 days a week	Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.
<u>National Alliance on Mental Illness</u>	1-800-950-NAMI (6264) or info@nami.org Monday through Friday, 10 am–6 pm, ET.	The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals, and support to people living with mental health conditions, their family members and caregivers, mental health providers, and the public.
<u>National Domestic Violence Hotline</u>	Call 800-799-SAFE (7233) 24 hours a day, 7 days a week	Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services.
<u>National Suicide Prevention Lifeline</u>	Call 800-273-TALK (8255) 24 hours a day, 7 days a week	The National Suicide Prevention Lifeline connects you with a crisis center in the Lifeline network closest to your location. Your call will be answered by a trained crisis worker who will listen empathetically and without judgment. The crisis worker will work to ensure that you feel safe and help identify options and information about mental health services in your area. Your call is confidential and free.
<u>Postpartum Support International</u>	Call 1-800-944-4773 TEXT: English: 503-894-9453	The PSI HelpLine is a toll-free telephone number anyone can call to get basic information, support, and resources. The HelpLine messages are returned every day of the week.
<u>Substance Abuse and Mental Health Services Administration SAMHSA</u>	1-800-662-HELP (4357), TTY: 1-800-487-4889 24 hours a day, 7 days a week	SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders.
<u>SAMHSA Disaster Distress Hotline</u>	(800) 985-5990 24 hours a day, 7 days a week	The Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

For Learning More About Mental Health

Mental health challenges are numerous and varying. Learn about them here and become more informed in how you can deal with your own challenges or support someone you care about.

Names	Contact/Address Info/Website	Description
<u>National Institute of Mental Health</u>	(301) 443-4513 <u>www.nimh.nih.gov/health/topics/index.shtml</u>	NIMH offers basic information on mental disorders, a range of related topics, and the latest mental health research.
<u>National Alliance of Mental Health (NAMI)</u>	1107 NE 45th St Ste 330, Seattle, WA 98105 (206) 783-4288 <u>www.nami.org/About-Mental-Illness</u>	Learn about mental health challenges, symptoms, treatments and more through this great resource page provided by NAMI.
<u>Refugee Women's Alliance (ReWA)</u>	4008 Martin Luther King, Jr. Way South, Seattle (206) 721-0243 <u>www.rewa.org/services/behavioral-health/</u>	Located in South Seattle, REWA offers counseling through their Behavioral Health Counselors that are Somali and or Muslim. Counselors that are here to help you navigate through challenges and help you heal.
<u>Lutheran Community Services of Puget Sound</u>	115 NE 100th St Ste 200, Seattle, WA 98125 (206) 694-5700 <u>www.lcsnw.org/office/north-puget-sound/</u>	Serving Greater Seattle, King and Snohomish Counties, LCS of Puget Sound offers behavioral health support in Somali.
<u>Daryel, Somali Women's Wellness Project</u>	<u>www.facebook.com/Daryel-Somali-Womens-Wellness-Project</u>	Daryel, Somali Women's Wellness Project is a grass-roots organization that provides massage, yoga, and health education to Somali women in the Seattle/King County area.

Multicultural Counselor Finder	www.multiculturalcounselors.org	The Washington Counselors of Color Network search engine helps find counseling for Black and people of color.
Glad Tidings Network	Glad Tidings Network - YouTube	A Muslim organization addressing the mental health challenges Muslims face.
Ted Talks	youtu.be/meHVNJ5Y05g youtu.be/j5RcWNvu12U youtu.be/BvpmZktlBFs	Black Mental Health Matters Reimagining Mental Health Discourse Among African Americans There's no shame in taking care of your mental health
Mental Health Info Video	youtu.be/zt4sOjWwV3M	10 Common Warning Signs of a Mental Health Condition in Teens and Young Adults:

For When You Need to Talk to Someone

You are not alone.

Join others in conversations around mental health, share your story with people that can relate, or explore therapy as an option to understand your mental health or what your loved one(s) are facing.

Name	Contact/Address Info/Website	Description
Somali Health Board	545 Andover Park W Ste 105, Tukwila, WA 98188 · (253) 277-7563 Somali Health Board Community health is personal health	SHB is a nonprofit organization that provides case management, referrals, and educational workshops on mental health for the Somali community in king county.
NAMI Seattle	1107 NE 45th St Ste 330, Seattle, WA 98105 (206) 783-4288 www.nami.org/About-Mental-Illness	NAMI Seattle is the only organization in the Seattle area working specifically to fill the gaps in local mental health systems through peer-led education, referrals, and support.

<u>Washington Therapy Fund</u>	4501 15th Ave South, Suite 102, Seattle, WA 98108 (253) 951-9990 www.watherapyfund.com/	Free services for Black people dealing with the various mental health challenges show up in our lives.
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Counselling Services, Substance Abuse & Behavioral Health Services

Name	Contact/Address Info/Website	Type Of Services
<u>American Behavioral Health System (ABHS)</u>	1550 4th Ave South, Seattle, WA 98131 (509)232-5766 Home - American Behavioral Health	<ul style="list-style-type: none"> ● Substance Use
<u>Annara Counseling Services</u>	8309 5 TH Ave NE, Seattle, WA 98115 (206)643-9622	<ul style="list-style-type: none"> ● Mental Health
<u>Atlantic Street Center</u>	2103 S Atlantic St, Seattle, WA 98144 (206)329-2050 Atlantic Street Center 111 Years of Service	<ul style="list-style-type: none"> ● Mental Health
<u>Catholic Community Services</u>	1902 2nd Avenue, Seattle, WA 98101 206-956-9571 Child and Family Mental Health - Catholic Community Services (ccsww.org)	<ul style="list-style-type: none"> ● Mental Health ● Substance Use

<p><u>Center for Human Services</u></p>	<p>10315 19th Ave, Everett, WA 98208</p> <p>(206)362-7282</p> <p><u>Home - Center for Human Services (chs-nw.org)</u></p>	<ul style="list-style-type: none"> ● Mental Health ● Substance Use
<p><u>Childhaven</u></p>	<p>1345 22nd Street NE, Auburn, WA 98002</p> <p>(253)833-5908</p> <p>1035 SW 124th Street, Seattle, WA 98146</p> <p>(206)248-4903</p> <p>316 Broadway, Seattle, WA 98122</p> <p>206-624-6477</p> <p><u>Childhaven.org</u></p>	<ul style="list-style-type: none"> ● Mental Health
<p><u>Community House Mental Health</u></p>	<p>2212 S Jackson St, Seattle, WA 98144</p> <p>(206)322-2387</p> <p><u>CHMHA – Community House</u></p>	<ul style="list-style-type: none"> ● Mental Health ● Housing Assistance ● Residential mental health treatment
<p><u>Crisis Clinic</u></p>	<p>Call only</p> <p><i>Crisis Phone Line (24/7)</i></p> <p>206-461-3222</p> <p><u>www.crisisconnections.org</u></p>	<ul style="list-style-type: none"> ● Crisis Services
<p><u>DAWN</u></p>	<p>Call only</p> <p>(425)893-1600</p> <p><u>www.dawnrising.org</u></p>	<ul style="list-style-type: none"> ● DV Advocacy & BH Services

<p><u>Downtown Emergency Service Center</u></p>	<p>216 James Street, Seattle, WA 9810 (206)464-6454</p> <p>515 3rd Avenue, Seattle, WA 98104 (206)464-1570</p> <p>222 Wall Street, Seattle, WA 98121 (206)441-3043</p> <p><u>www.desc.org</u></p>	<ul style="list-style-type: none"> ● Mental Health ● Substance Use ● Housing Assistance
<p><u>Evergreen Health</u></p>	<p>11800 NE 128th St, Kirkland, WA 98034 (425)899-6300</p> <p><u>www.evergreenhealth.com/behavioral-health/</u></p>	<ul style="list-style-type: none"> ● Mental Health
<p><u>Evergreen Treatment Services</u></p>	<p>2133 3rd Ave, Seattle, WA 98121 (206)223-3644</p> <p>1700 Airport Way South, Seattle, WA 98134 (206)223-3644</p> <p>1412 SW 43rd Street, Renton, WA 98057 (425)264-0750</p> <p>1718 Airport Way South, Seattle, WA 98134 (206)223-3644</p> <p>1740 Airport Way South, Seattle, WA 98134 (206)223-3644</p> <p><u>www.evergreentreatment.org</u></p>	<ul style="list-style-type: none"> ● Opioid treatment ● Substance

<p><u>Guided Pathways</u></p>	<p>6625 S 190th St, Kent, WA 98032</p> <p>(253)236-8264</p>	<ul style="list-style-type: none"> ● Family Support ● Youth Counselling
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	www.guidedpathways.org	
Harborview Allied and Ambulatory Care Services	325 9th Avenue, Seattle, WA 98104 (206)744-1600 www.uwmedicine.org/locations/harborview-medical-center	<ul style="list-style-type: none"> ● Mental Health
Harborview Outpatient Mental Health and Addiction Services	325 9th Avenue, Seattle, WA 98104 206-744-9600 www.uwmedicine.org/locations/harborview-medical-center	<ul style="list-style-type: none"> ● Mental Health ● Substance Abuse
Hero House	1265 S Main St, Seattle, WA 98144 206-446-2788 12838 SE 40th Pl, Bellevue, WA 98006 425-614-1282 www.herohousenw.org	<ul style="list-style-type: none"> ● Mental Health
IKRON	10303 Meridian Ave N, Seattle, WA 98133 206-420-7949 seattle.ikron.org	<ul style="list-style-type: none"> ● Mental Health ● Substance Abuse
Fairfax Behavioral Health	10200 NE 132nd St. Kirkland, WA 98034 (425) -821-200 916 Pacific Ave. Everett, WA 98201 (425) -446-3000 14701 179th Ave. SE Monroe, WA 98272 (360) -365-5300 www.fairfaxhospital.com	<ul style="list-style-type: none"> ● Mental Health ● Substance Abuse
Cascade Behavioral Health Hospital	12844 Military Rd S, Tukwila, WA 98168 (206)-745-4473	<ul style="list-style-type: none"> ● Mental Health ● Substance Abuse

	www.cascadebh.com	
<u>Wellfound Behavioral Health Hospital</u>	3402 South 19th Street. Tacoma, WA 98405 (253)-301-5494 www.wellfound.org	<ul style="list-style-type: none"> ● Mental Health ● Substance Abuse
<u>Optimum Mental Health Services</u>	15 S Grady Way Ste 625, Renton, WA 98051 (253)-233-0431 www.opmhs.com	<ul style="list-style-type: none"> ● Mental Health ● Substance Abuse
<u>Overlake Hospital Behavioral Health</u>	2840 Northup Way, Bellevue, WA 98004 (425)688-5460 www.overlakehospital.org	<ul style="list-style-type: none"> ● Mental Health
<u>SmokeyPoint Behavioral Hospital</u>	3955 156th St NE, Marysville, WA 98271 CALL 24/7, toll free: (844)202-5555 www.smokeypointbehavioralhospital.com	<ul style="list-style-type: none"> ● Mental Health
<u>Hart Center Mental Health</u>	3727 Bagley Ave N, Seattle, WA 98103 (206)-547-4357 www.thehartcenter.com	<ul style="list-style-type: none"> ● Mental Health ● Substance Abuse
<u>Associated Behavioral Health Care</u>	1800 112th Ave NE # 150W, Bellevue, WA 98004 (253)-785-0909 www.abhc.com	<ul style="list-style-type: none"> ● Mental Health

<u>Integrative Counseling Services</u>	701 North 36th Street, Seattle, WA 98103 (206)216-5000 www.icswa.com	<ul style="list-style-type: none"> ● Substance Abuse
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<u>Intercept Associates</u>	30620 Pacific Highway South Federal Way, WA, 98003 (253)941-7555 www.interceptassociates.com	<ul style="list-style-type: none"> ● Substance Use
<u>Interchange Northwest</u>	2106 Second Ave, Seattle, WA 98102 (206)477-0630	<ul style="list-style-type: none"> ● Mental Health
<u>Kent Youth And Family Services</u>	232 2nd Ave S, Kent, WA 98032 (253)859-0300 kyfs.org	<ul style="list-style-type: none"> ● Mental Health ● Substance Use
<u>King County Crisis & Commitment Services</u>	9725 3rd Avenue NE, Seattle, WA 98115 (206)263-9200 kingcounty.gov	<ul style="list-style-type: none"> ● Mental Health ● Substance Use ● Crisis Services ● Involuntary Commitment
<u>Lifewire</u>	24-Hour Helpline: 425-746-1940 or 800-827-8840 www.lifewire.org	<ul style="list-style-type: none"> ● Mental Health
<u>NAMI - Greater Seattle</u>	802 NW 70th St, Seattle, WA 98103 206-783-9264 namiseattle.org	<ul style="list-style-type: none"> ● Mental Health

<u>NAVOS</u>	1210 SW 136th Street, Seattle, WA 98166 (206)241-0990	<ul style="list-style-type: none"> ● Mental Health ● Substance Use
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	<p>1033 SW 152nd Street, Seattle, WA 98166 206-241-0990</p> <p>2600 SW Holden Street, Seattle, WA 98126 (206)241-0990</p> <p>402 E Main Street, Auburn, WA 98002 (206)241-0990</p> <p>15035 8th Avenue South, Burien, WA 98148 (206)241-0990</p> <p>23960 35th Place South, Kent, WA 98032 (206)241-0990</p> <p>www.navos.org</p>	
<u>Neighborcare Health</u>	<p>1610 N 41st St, Seattle, WA 98103 206-940-2582</p> <p>1200 12th Ave S, Seattle, WA 98144 (206)461-6935</p> <p>neighborcare.org</p>	<ul style="list-style-type: none"> ● Mental Health
<u>New Beginnings</u>	<p>Call Only</p> <p>206-926-3038</p> <p>newbegin.org</p>	<ul style="list-style-type: none"> ● Mental Health
<u>New Traditions</u>	<p>9045 16th Ave SW, Seattle, WA 98106 (206)762-7207</p> <p><u>New Traditions (new-traditions.org)</u></p>	<ul style="list-style-type: none"> ● Mental Health

<u>Nexus</u>	<p>915 H Street SE, Auburn, WA 98002 (253)350-2802</p>	<ul style="list-style-type: none"> ● Mental Health ● Substance Use
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	<p>1000 Auburn Way S, Auburn, WA 98002 (253)939-2202</p> <p>www.nexus4kids.org</p>	<ul style="list-style-type: none"> • Housing Assistance
<p><u>Renton Area Youth Services</u></p>	<p>1025 South 3rd Street, Renton, WA 98057 (425)271-5600</p> <p>childhaven.org/rays/</p>	<ul style="list-style-type: none"> • Mental Health • Substance Use
<p><u>SeaMar Behavioral Health</u></p>	<p>1811 156th Ave NE, Bellevue, WA 98005 (425)460-7125</p> <p>10001 17th Place South, Seattle, WA 98168 (206)766-6976</p> <p>www.seamar.org</p>	<ul style="list-style-type: none"> • Mental Health • Substance Use
<p><u>Seattle Counseling Services</u></p>	<p>1216 Pine St, Seattle, WA 98101 (206)323-1768</p> <p>seattlecounseling.org</p>	<ul style="list-style-type: none"> • Mental Health • Substance Use
<p><u>Sound</u></p>	<p>204 NE 94th Street, Seattle, WA 98115 (206)461-4580</p> <p>11000 Lake City Way NE, Seattle, WA 98103 (206)461-3614</p> <p>6100 Southcenter Blvd, Tukwila, WA 98188 206-444-7800</p> <p>9706 4th Avenue NE, Seattle, WA 98115 206-302-2900</p> <p>www.sound.health</p>	<ul style="list-style-type: none"> • Mental Health • Substance Use • Residential mental health treatment

<p><u>Valley Cities Counseling and Consultation</u></p>	<p>8444 Rainier Avenue South, Seattle, WA 98118 (253)833-7444</p> <p>26401 Pacific Highway South, Des Moines, WA 98198 (253)833-7444</p> <p>325 West Gowe Street, Kent, WA 98032 (253)833-7444</p> <p>23555 Aurora Avenue N, Seattle, WA 98133 (253)833-7444</p> <p>2074 I Street NE, Auburn, WA 98002 (253)833-7444</p> <p>www.valleycities.org</p>	<ul style="list-style-type: none"> ● Mental Health ● Substance Use ● Detox ● Residential substance use treatment
<p><u>WAPI</u></p>	<p>28815 Pacific Hwy S Federal Way, WA, 98003</p> <p>(206)223-9478</p>	<ul style="list-style-type: none"> ● Substance Abuse
<p><u>WCHS, Inc. DBA Kent Treatment Solutions</u></p>	<p>21851 84th Ave S, Kent, WA 98032 (425)947-2462</p> <p>www.acadiahealthcare.com</p>	<ul style="list-style-type: none"> ● Substance Use ● Opioid treatment
<p><u>YMCA of Greater Seattle</u></p>	<p>909 4th Ave, Seattle, WA 98104 (206)382-5013</p> <p>www.seattleyymca.org</p>	<ul style="list-style-type: none"> ● Mental Health ● Substance Use ● Housing Assistance
<p><u>Youth Eastside Services</u></p>	<p>999 164th Ave NE, Bellevue, WA 98008 (425)747-4937</p> <p>www.youtheastideservices.org</p>	<ul style="list-style-type: none"> ● Mental Health ● Substance Use

Muslim Therapists In Washington

<u>Name</u>	<u>Contact Information</u>	<u>Services Offered</u>
<u>Ata Karim</u>	<u>info@equilibriumpcs.com</u>	Anger management, Mens issues, Immigration related stress, Racism or Islamophobia related trauma, Anxiety, Depression, Workers Compensation, Relationship issues, Work related stress, Work place performance issues, Career and Life transition issues. I only treat adults.
<u>Azka Bashir</u>	<u>contact@empoweringyoucounseling.com</u>	Anxiety, depression, grief and loss, relational, parenting and child social emotional development/ couples, children under 12, adults
<u>Bina Bakhtair</u>	(206) 745-0960	Individuals, Couples, Family
<u>Haneen Ahmad</u>	<u>info@zanecounseling.com</u>	PTSD, SA/DV, Trauma
<u>Huma M. Din</u>	<u>Huma.din@gmail.com</u>	Couples, Family, Individuals
<u>Jamila Sulayman</u>	<u>Jamila@jamilapstherapy.com</u>	Depression, Anxiety, SA/Teens & Young Adults
<u>Liiban Yusuf</u>	<u>lyusuf.wellness@outlook.com</u>	Trauma, anxiety, depression/children, young adults and adults
<u>Menosh Z</u>	<u>menosh@silkroustherapy.com</u>	PTSD, SA/DV, Trauma
<u>Muniza Qureshi</u>	<u>Sond Intake Line- 206-444-3600</u>	Youth and families; Trauma; Depression, SI, anxiety. CBT, TF-CBT
<u>Zainab Akef</u>	<u>welcome@catalystcounseling.net</u>	Depression, anxiety, trauma, multicultural & immigrant experience, teens and adults

