



**Thank you for participating in a course or workshop through the Center for Child and Family Well-being.**

**CCFW does not provide mental health or substance use treatment or services, nor do our mindfulness and compassion-based courses substitute for diagnosis or treatment for a mental health or substance use problem such as depression, anxiety, or addiction.**

If you find yourself in a situation that you or a loved one is unsafe, a potential harm to self or to others, please call the **King County Local Crisis Line at (206) 461-3222**

- King County: (866)-427-4747
- TTY (206)-461-3219
- <https://www.crisisconnections.org/>

Call or text **988** to reach the 988 Suicide and Crisis Lifeline. They offer support for mental health crises, thoughts of suicide, substance use concerns, and emotional distress. The 988 Lifeline is confidential, free, and available 27/7/365.

If you feel that you might benefit from meeting with a counselor or therapist individually, please contact the UW Psychology Services and Training Center for referrals:

**University of Washington Psychological Services and Training Center:**

Address: Kincaid Hall Suite 410, 3751 W Stevens Way NE, Seattle, WA 98195

Phone: (206) 543-6511 | <https://psych.uw.edu/community/the-clinic>

Services: Individual and family counseling. Sliding fee scale. Insurance accepted for payment.

We also recommend contacting the Evidence Based Treatment Center in Seattle for mental health services or referrals:

**Evidence Based Treatment Center of Seattle,**

Address: 1200 5th Ave #800, Seattle, WA 98101

Phone: (206) 374-0109 | Email: [info@ebtseattle.com](mailto:info@ebtseattle.com) | <https://ebtseattle.com/>

You may also be interested in services offered on a sliding fee basis based on income at one of the following centers:

**Catholic Community Services, Children's Treatment Services:**

Address: 100 23rd Avenue S, Seattle, WA 98144

Phone: (206) 328-5696 | <https://ccsww.org/>

Services: Individual and family counseling. Sliding fee scale, insurance or medical coupons accepted for payment.

**Sound Health:**

Phone: (206)-901-2000 | <https://www.sound.health/>

Services: Individual counseling, family counseling, addiction treatment, youth services.