



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/>

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 | <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:

Northshore Youth & Family Services

Address: 19201 120th Ave NE, Suite 108, Bothell, WA 98011

Phone: (425) 485-6541 | <https://www.northshoreyouthandfamilyservices.org/>

Services: Individual, group, and family counseling. Sliding fee scale.

Catholic Community Services, Children's Treatment Services:

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

Phone: (206) 328-5696 | <https://ccsw.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.