



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 Crisis Line at 206.461.3222**

<http://crisisclinic.org/find-help/crisis-line/>

- Call 866-4CRISIS (427-4747)
- Local 206-461-3222
- TTY 206-461-3219

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: 543-6511, 3920 15th Ave. NE, NI-15, University of Washington, Seattle, WA 98195. Individual and family counseling. Sliding fee schedule (based on income). Insurance accepted for payment.

<http://www.psych.uw.edu/psych.php?p=362>

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

Evidence Based Treatment Center of Seattle, 1200 5th Ave, Ste. 800, Seattle, WA 98101, info@ebtseattle.com, 206.374-0109.

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

1. **Northwest Youth and Family Services:** 527-1405, 8288 Lake City Way N.E., Seattle, WA 98115. Individual, group, and family counseling. Sliding fee schedule (based on income), medical coupons and victim compensation accepted for payment.
2. **Catholic Community Services, Children's Treatment Services:** 323-1950, 100 23rd Ave. S., Seattle, WA 98144. Individual and family counseling. Sliding fee schedule (based on income), insurance or medical coupons accepted for payment.
3. **Sound Mental Health** in Tukwila. They offer individual therapy and the Triple P Parenting Program to families. They are also an approved provider for Medicaid/Medicare/Apple Health. The Tukwila branch can be reached at (206) 444-7900. There's also a Capitol Hill branch (206) 302-2200 and a branch specific to child services in Madison Valley (206) 302-2600.

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