

Client Name:

Date:

Pam Green LMHCA  
MC61325934  
PNW Green Therapy  
pam@pnwgreentherapy.org  
Adolescent Version



Dear client, if you are provided this referral from your outpatient mental health care provider Pam Green LMHCA it has recommended that you seek a higher level of care. Your provider will specify what level of care below is recommended for you. Contact your health insurance provider directly regarding your coverage.

Recommended Level of Care

- Emergency Room
- Inpatient Hospitalization
- Residential Program
- Partial Hospitalization Propogram
- Intensive Outpatient Program
- Outpatient

Clinican Notes:

Seattle Children's Hospital

Options: Emergency Room, Inpatient Hospitalization Program

Ages Served: Clients up to 21 years of age

Website: <https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine>

Phone: 206-987-2055

Address: 4800 Sand Point Way NE. Seattle, WA 98105

Fairfax Behavioral Health Hospital

Options: Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP)

Website: <https://fairfaxhospital.com/programs/teens/>

Phone: 425-821-2000

Address: 10200 NE 132nd St. Kirkland, WA 98034

### Thira Health DBT Program

Options: Teen Partial Hospitalization Program, Teen Residential Treatment

Website: <https://www.thirahealth.com/>

Phone: 425.650.0979

Address: 11400 SE 6th St, Suite 200. Bellevue, WA 98004

Specialties: Depression, Anxiety, Eating Disorders

### Imagine by Northpoint

Options: Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP)

Website: <https://www.seattleimagine.com/#program-details>

Phone: (888) 410-2778

Address 2111 N Northgate Way Suite 100, Seattle, WA 98133, United States

### The Emily Program

Options: Partial Hospitalization Program (PHP), Intensive Outpatient Program (IOP), and Outpatient

Website: <https://emilyprogram.com/locations/washington/seattle-24-7-residential-care/>

Phone: 1-866-396-2903 ext. 2800

Address: 4 Nickerson Street, Suite 300 Seattle, WA 98109

Specialty: Eating Disorders

### Teen Crisis Lines

If you need help immediately, call or text 988. [Chat](#) is another option. The [988 Suicide & Crisis Lifeline](#) provides free and confidential support for people in distress, as well as prevention and crisis resources. The Lifeline is available 24 hours a day, 7 days a week in the United States.

Crisis Text Line: This is a free 24/7 support text message system that connects you with a trained crisis counselor. Text HOME to 741741 <https://www.crisistextline.org/>

Washington Warm Line: Call 866-427-4747. If you are in an immediate crisis or considering suicide, call the 24-Hour Crisis which specifically serves residents in King County, WA. <https://www.crisisconnections.org/24-hour-crisis-line/>

Trevor Project: Connect to a crisis counselor that is LGBTQ+ supportive. This service is available anywhere in the U.S. via text, chat, or phone. <https://www.thetrevorproject.org/>