COUNSELING RESOURCES

Revised – Oct. 13, 2024

We do not recommend any particular agency or provider. This list is intended as a starting point to help your child/family with counseling support. It is always a good idea to check with your insurance carrier about Practitioners that may be covered OR use the *Washington Mental Health Referral Service*.

For more intensive services (like outpatient or inpatient), please call your child's school counselor at 922-5482.

- ***Anna Comella (last names A-K)***
- ***Maxine Lawler (last names L-Z)***

Washington Mental Health Referral Service

*"**We connect families with mental health providers in your community who accept new patients, work with your insurance and fit your child's treatment needs.** The Referral Service is accessible to children and teens 17 and under living in Washington state. Teens between the ages of 13 and 17 can also call the Referral Service to find providers for themselves."*

National Suicide Prevention Lifeline 988
Text line for youth in crisis Text - 741741

HearMeWA: *For youth if they are experiencing stress, anxiety, violent threats, sexual abuse—or anything that makes life hard—HearMeWA can help. Get secure, free support any time from professionals who are ready to listen.*

Frontier Behavioral Health

1.877.266.1818. 24/7 Crisis Line
(509) 838-4651 x 312777 (risk assessment)