This section contains information on community mental health, counseling, crisis intervention, support, and psychiatric programs.

## **Crisis Intervention**

**BlackLine**

Crisis call line that provides space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for those most impacted by systematic oppression, including Black, Indigenous, and People of Color, as well as LGBTQ, Muslim, and other historically excluded communities.

(800) 604-5841

Website: www.callblackline.org

**Crisis Connections**

24-hour immediate, confidential support to people in emotional distress.

(206) 461-3222 or (866) 427-4747

[www.crisisconnections.org](http://www.crisisconnections.org/)

**King County Crisis and Commitment Services**

Offers evaluation of people with behavioral health disorders for involuntary detentionin psychiatric and secure withdrawal facilities according to the State of Washington law. Available 24 hours a day, 365 days a year.

(206) 263-9200

<https://kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/crisis-services.aspx>

**National Alliance on Mental Illness (NAMI) Crisis Text Line**

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

Text “NAMI” to 741741.

**National Suicide Prevention LifeLine**

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network for at no charge, 24/7. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary

**988** or (800) 273-8255

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org/)

**Sound Generations**

Geriatric Regional Assessment Team (GRAT) offers outreach, comprehensive assessment and early intervention for aging adults who are escalating toward crisis. See the website below for eligibility requirements and referral directions.

(206) 448-5730

<https://soundgenerations.org/our-programs/grat/>

**WarmLine**

Peer-run listening line staffed by people in mental health recovery themselves ready to listen and provide resources.

(877) 500-9276

Website: warmline.org

## **Community Mental Health Programs**

**4 Tomorrow (NEW)**

Focuses on serving the Latino community on the Eastside by providing culturally sensitive support and coordination. 4 Tomorrow works to connect our community members in crisis to mental health providers who are able to administer culturally sensitive care.

(425) 891-0346

<https://www.4tomorrow.today/programs>

**Sound**

Provides case management, counseling, and education with programs tailored for those ages 60+, deaf and hard of hearing individuals, veterans, and more. Accepts Medicaid and Apple Health.

Admissions: (206) 302-2300

[www.sound.health](http://www.sound.health/)

Bellevue

13555 Bel Red Rd

Bellevue, WA 98005

## **Community Support Organizations**

**Behavioral Health Advocate**

An independent body protecting the interests of Washington residents engaged in behavioral health services and their supports by providing consulting, resources, advocacy, and mediation for complaints against behavioral health services.

<https://www.obhadvocacy.org/>

**Behavioral Health Advocate for King County**

(206) 265-1399

kingcounty@obhadvocacy.org

**EvergreenHealth In-Home Mental Health Program (IHMH**)

IHMH team provides counseling and case management services to adult King County Medicaid clients at their private residence, adult family home, assisted living facility, or skilled nursing facilities when situations exist that interfere with traveling to an agency setting for support services. Office hours, Mon-Fri, 8AM-5PM.

(425) 899-6300

[www.evergreenhealth.com/in-home-behavioral-health](http://www.evergreenhealth.com/in-home-behavioral-health)

11800 NE 128th St, Ste 200

Kirkland, WA 98034

**HERO House Northwest**

Provides education, employment, career development, meals, socialization, and other services. Membership is free to those with a history of mental illness. Mon-Fri, 9AM-5PM.

(425) 614-1282

[www.herohousenw.org](http://www.herohousenw.org/)

Email: [info@bellevueclubhouse.org](mailto:info@bellevueclubhouse.org)

12838 SE 40th Pl

Bellevue, WA 98006

**National Alliance on Mental Illness (NAMI) – Eastside**

A community-based non-profit affiliate of the National Alliance on Mental Illness. Provides support groups, workshops, and other assistance for individuals with brain disorders and their families. All services are free of charge. Mon-Thurs, 9AM-5PM.

(425) 885-6264

[www.nami-eastside.org](http://www.nami-eastside.org/)

Email: [info@nami-eastside.org](mailto:info@nami-eastside.org)

16307 NE 83rd St, Ste 203

Redmond, WA 98052

## **Counseling Programs**

Counseling services for older adults, caregivers, and others. Style and format vary; some agencies offer combinations of individual, group, and family counseling.

**Asian Counseling & Referral Service (ACRS)**

Provides a broad range of social services for elderly Asian Pacific Americans in King County including; communication assistance for 40 languages, family and individual counseling, advocacy, meals, substance abuse and behavioral health counseling, and case management. Mon-Fri, 9AM-4PM.

(206) 695-7600

[www.acrs.org](http://www.acrs.org/)

Email: [info@acrs.org](mailto:info@acrs.org)

3639 Martin Luther King Jr. Way S

Seattle, WA 98144

Bellevue – By appointment only

655 156th Ave SE, Ste 255

Bellevue, WA 98007

**Consejo Counseling & Referral Service**

Case management services for older Hispanics including mental health, transitional housing, substance abuse counseling, and domestic violence assistance.

(206) 461-4880

[www.consejocounseling.org](http://www.consejocounseling.org/)

13343 Bel-Red Rd, Ste 110

Bellevue, WA 98005

**Jewish Family Service (JFS)**

Provides counseling services for those with cognitive disabilities or mental illness as well as programs for aging adults and family caregivers. Services are either free of charge or offered on a sliding-scale basis. Mon-Fri, 9AM-5PM

[www.jfsseattle.org](http://www.jfsseattle.org/)

Seattle

(206) 461-3240

1601 16th Ave

Seattle, WA 98122

**Wellspring Family Services**

A non-profit, multi-service organization that offers counseling services for individuals of all ages, couples, and families. Their East King County location in Redmond offers daytime and evening appointments with services being covered by many private insurance companies. Reduced rates are available and offered on a sliding scale based on household income. Mon-Fri 9AM-4:30PM.

(425) 869-6687

[www.wellspringfs.org](http://www.wellspringfs.org/)

Email: info@wellspring.org

16150 NE 85th St, Ste 222

Redmond, WA 98052

## **Inpatient & Outpatient Psychiatric Programs**

Inpatient psychiatric units for adults age 60+. Program staff will be able to provide information regarding which insurance plans are accepted. Day hospital programs or partial hospitalization programs provide intensive outpatient psychiatric services in individual or group settings. Inpatient mental health services also available where indicated.

**Cascade Behavioral Health**

Cascade Behavioral Health has voluntary inpatient and outpatient programs tailored to the needs of adults 18+. Services include 24-hour admission, outpatient assessment and treatment, medication management, nutritional evaluations, and education.

(206) 248-4787 or (877) 406-0251

[www.cascadebh.com](http://www.cascadebh.com/)

12844 Military Rd South

Tukwila, WA 98168

**Fairfax Behavioral Health Hospital**

Offers a voluntary partial hospitalization program and both voluntary and involuntary inpatient units. Medicare and private insurances are accepted for the PHP. Medicare, Medicaid/Washington Apple Health, and most private insurance plans will cover inpatient programs.

Admissions & Assessments: (425) 284-8300

Patient & General Inquiries: (425) 821-2000

[www.fairfaxhospital.com](http://www.fairfaxhospital.com/)

Kirkland

10200 NE 132nd St

Kirkland, WA 98034

Monroe

14701 179th Ave SE

Monroe, WA 98272

**Harborview Inpatient Psychiatry**

Inpatient psychiatric care is available to people who need immediate and intensive mental health care. Staffed by an interdisciplinary team of physicians, nurses, social workers, chemical dependency counselors, pharmacists, recreational therapists and occupational therapists and peer support specialists. Offers both voluntary and involuntary admissions for people experiencing a broad range of severe and persistent psychotic and mood disorders, substance use disorders and personality disorders.

Please note: Patients must go to the emergency room and be evaluated before they can be admitted.

(206) 744-3000

[www.uwmedicine.org/locations/inpatient-psychiatry-harborview](http://www.uwmedicine.org/locations/inpatient-psychiatry-harborview)

325 9th Ave

Seattle, WA 98104

**Geropsychiatric Center at UW Medical Center-Northwest**

Provides specialized physical and emotional care for older adults. Offers information and treatment to patients and their families about the specific problems related to the brain and body, along with understanding social stressors. They work with many insurance providers, accept Medicare and have options for those without insurance. Mon-Fri 8AM-5PM.

(206) 668-1747

[www.uwmedicine.org/locations/adult-psychiatry-uwmc-northwest-seattle](http://www.uwmedicine.org/locations/adult-psychiatry-uwmc-northwest-seattle)

1550 N 115th St

Seattle, WA 98133

**Overlake Psychiatric Services**

Offers specialized voluntary psychiatric care for older adults in inpatient and outpatient settings. Accepts Medicare and most private insurance plans. Mon-Fri 7:30AM -4:30PM

Outpatient Services

[www.overlakehospital.org/services/mental-behavioral-health/outpatient-psychiatry](http://www.overlakehospital.org/services/mental-behavioral-health/outpatient-psychiatry)

(425) 688-5460

1750 112th Ave NE, Ste B-102

Bellevue, WA 98004

Inpatient Services

(425) 688-5175

1035 116th Ave NE

Bellevue, WA 98004

**UW Medical Center Outpatient Psychiatry**

Outpatient psychiatric care is available at the UW Medical Center to people who need immediate and intensive mental health care.

[www.uwmedicine.org/locations/psychiatry-outpatient-uwmc-roosevelt](http://www.uwmedicine.org/locations/psychiatry-outpatient-uwmc-roosevelt)

(206) 598-7792

4225 Roosevelt Way NE, 3rd Floor

Seattle, WA 98105

## **Self-Care Programs**

**Program to Encourage Active Rewarding Lives (PEARLS)**

A self-management program that combines problem-solving treatment with social, physical, and pleasant activities to manage symptoms of depression. PEARLS is offered at Northshore Senior Center in Bothell and Peter Kirk Community Center in Kirkland.

Contact: Janet Zielasko, MS, LWS

(425) 286-1035

Email: [janetz@mynorthshore.org](mailto:janetz@seniorservices.org)

[START\_LIST]

**Northshore Senior Center**

(425) 487-2441

10201 E Riverside Dr

Bothell, WA 98011

**Peter Kirk Community Center**

(425) 587-3360

352 Kirkland Ave

Kirkland, WA 98033

[END\_LIST]

## **Depression, Delirium, or Dementia?**

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These three medical conditions can mimic each other but are very different. All require very different treatments. This is a general overview of the three.

**Delirium**

Delirium is an acute, temporary condition triggered by infection, reaction to medication, organ failures, urinary tract infection, or other medical causes. Delirium symptoms can be dramatic and usually appear suddenly or over hours or days. They may also come and go.

Symptoms may include:

* Disorganized thoughts; difficulty focusing or following instructions
* Pronounced confusion or agitation, possibly worsening at night or upon waking
* Uncharacteristic aggression or argumentative behavior
* Hallucinations or other misinterpretations of the environment
* Delirium is an urgent medical situation that requires immediate attention

**Depression**

Depression is a common, treatable medical condition with symptoms that appear over weeks or months. Signs of depression are often dismissed as normal responses to illness or life changes associated with aging, even by healthcare providers. Recognizing the signs can help you know when to seek treatment, so you can begin to feel better.

Symptoms may be hard to describe but can include:

* Feelings of hopelessness, pessimism, guilt, worthlessness, or helplessness
* Irritability, restlessness, or fatigue
* Loss of interest in hobbies and activities; poor hygiene
* Difficulty concentrating, remembering details, or making decisions
* Insomnia or excessive sleeping
* Overeating or loss of appetite
* Thoughts of suicide or suicide attempts

Talk to your doctor if you think you may be experiencing depression.

Crisis Connections offers immediate, confidential support 24-hours a day: 866-427-4747.

**Dementia**

Dementia is a progressive cognitive decline due to a brain disease or trauma such as Alzheimer’s, vascular disease, or traumatic brain injury. Symptoms appear gradually, over months or years. Recognizing Dementia is challenging because the symptoms can vary widely from person to person, come on gradually, and are difficult to accept. Early signs may include personality changes, trouble learning new tasks, difficulty finding the right words, or struggles with familiar tasks. Forgetfulness is not necessarily a sign of dementia. For example, it is normal to forget where your keys are, it is not normal to forget what keys are for. See your family doctor to eliminate delirium or depression. 24/7 Dementia Helpline (800) 272-3900.

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