**King County Mental Health Plan**

<http://www.metrokc.gov/dchs/mhd/>

**Who is eligible for services?**
The Mental Health Plan authorizes mental health care for people with Medicaid insurance. People without health insurance can also apply for services although resources are limited. Mental health centers will determine your eligibility and medical need for services. If you need care and have been told you are not eligible, you may call the MHP Client Services Coordinator at 1-800 790-8049 for help.

**What services are covered?**
Community mental health centers provide a range of services. Some centers subcontract with other agencies to offer a wider variety of programs. Depending on individual need, the King County Mental Health Plan offers:

* *Individual or group therapy*
* *Family counseling*
* *Case management*
* *Medication management*
* *Emergency/crisis assistance*
* *Residential care*
* *Vocational/ school-based services*

Some agencies also provide specialized services such as:

* *Services to deaf/hearing impaired*
* *Services to ethnic/cultural minorities*
* *Children’s services*
* *Outreach to homeless persons*
* *Co-occurring mental health and substance abuse treatment*

Psychiatric hospitalization at local hospitals is also covered by the plan.

**How do I get services?**
Call one of the [community mental health centers](http://www.metrokc.gov/dchs/mhd/vendors.htm) listed on line or call MHP Client Services at 1-800-790-8049 for help with finding the mental health center closest to you.

In most cases, the mental health center will give you an appointment to come in and meet with an intake specialist or case manager to assess your eligibility and medical need for care. This meeting is confidential.

If you qualify for services you will receive an individualized treatment plan as part of the assessment. *Clients and their family members are encouraged to participate in treatment planning and goal setting.*

**Need help?**
The MHP Client Services Coordinator can help you with questions and referrals to services. **1-800-790-8049**
TDD: 206-205-0569

**What if I have a problem?**
All community mental health centers are required to inform clients of their rights and to post complaint and grievance procedures. You have two options for assistance, available to you at no charge:

* **MHP Client Services**
Available to answer questions and respond to concerns about mental health services.
1-800-790-8049
* [**Mental Health Ombuds Service of King County**](http://www.metrokc.gov/dchs/mhd/ombuds1.htm)
An independent agency staffed by former or current clients or family members available to listen, inform you of your rights and help resolve problems.
206-205-5329
* The Ombuds Service is available to help you with all grievance procedures including, if necessary, preparation for the State Fair Hearing process.

**Complaint and grievance services are completely confidential.**

#### Mental Health Plan Vendors

|  |  |  |  |
| --- | --- | --- | --- |
| **1.** | [**Asian Counseling & Referral Service**](http://www.acrs.org)720 8th Avenue South, Suite 200Seattle, WA 98104 206-695-7600FAX 206-695-7606 | **9.** | **Highline-West Seattle Mental Health Center**  |
| **Seattle Office:**2600 SW Holden Seattle, WA 98126 206-933-7000 FAX 206-933-7101 | **Burien Office:** PO Box 69080 1010 S. 146th Seattle, WA 98168 206-241-0990 Burien FAX 206-248-8232 |
| **2.** | [**Children’s Hospital & Medical Center**](http://www.chmc.org)PO Box 5371, MS: 6F-14800 Sandpoint, Way NESeattle, WA 98105206-987-4465Clinical 206-987-3858FAX 206-987-2246 | **10.** | **Puget Sound Educational Service District**400 SW 152nd StreetBurien, WA 98166206-439-6916FAX 206-439-3961  |
| **3.** | **Community House Mental Health Center**431 Boylston Avenue EastSeattle, WA 98102 206-322-2387FAX 206-322-6306 | **11.** | [**SeaMar Community Health Center**](http://www.fammed.washington.edu/network/providence/seamar.htm)8800 14th Avenue SSeattle, WA 98108206-764-8022FAX 206-764-6296 |
| **4.** | [**Community Psychiatric Clinic**](http://www.cpcwa.org)4319 Stone Way NorthSeattle, WA 98103 206-461-3614Admin. FAX 206-634-3596 | **12.** | [**Seattle Children’s Home**](http://www.seattlechildrenshome.org)2142 – 10th Avenue WestSeattle, WA 98119206-283-3300FAX 206-284-7843Crisis Team Business Office 206-298-9615Children Crisis Response Team 206-298-9664  |
| **5.** | [**Consejo Counseling & Referral Service**](http://www.consejo-wa.org/)3808 South AngelineSeattle, WA 98118206-461-4880FAX 206-461-6989 | **13.** | [**Seattle Counseling Service**](http://www.seattlecounseling.org/)1216 Pine Street, Suite 300Seattle, WA 98101206-323-1768FAX 206-323-2184  |
| **6.**  | [**Downtown Emergency Service Center**](http://www.desc.org)507 – 3rd AvenueSeattle, WA 98104206-464-1570FAX 206-624-4196**HOST** 216 James StreetSeattle, WA 98104206-464-6454FAX 206-652-1236  | **14.** | [**Seattle Mental Health**](http://www.smh.org)1600 East Olive St.Seattle, WA 98122206-302-2200FAX 206-302-2210Child & Family Svcs 206-324-9142  |
| **15.** | [**Therapeutic Health Services**](http://www.therapeutichealth.org)**– Rainier Branch**5802 Rainier Avenue SouthSeattle, WA 98118206-723-1980FAX 206-721-3930  |
| **7.** | [**Evergreen Healthcare**](http://www.evergreenhealthcare.org)2414 SW Andover Street, D120Seattle, WA 98106206-923-6300FAX 206-938-4875 | **16.** | [**Valley Cities Counseling & Consultation**](http://www.valleycities.com)2704 – I Street NEAuburn, WA 98002253-833-7444FAX 253-833-0480  |
| **8.** | [**Harborview Mental Health Services**](http://www.washington.edu/medical/hmc/services/mhs.html)Box 359797 325 – 9th Avenue Seattle, WA 98104 206-731-3438 FAX 206-731-3008 Outpatient MH Services 206-731-3411FAX 206-731-3458 | **17.** | [**Young Men’s Christian Association (YMCA) of Greater Seattle**](http://www.seattleymca.org/)909 – 4th AvenueSeattle, WA 98104206-382-5340FAX 206-382-4967  |

**Low-Cost Counseling Options**

The following agencies provide mental health counseling and other specialized services to individuals without insurance or Medicaid funding including individual therapy, couples therapy, family therapy, domestic violence intervention, and clinical consultation. They address issues such as depression, anxiety, anger, grief and loss, parenting and adjustment issues. They have fees based on the individual’s income level.

1. **Family Services**

206-524-9055

(multiple locations)

<http://www.family-services.org/>

Services (depending on location)

Mental Health Counseling

Men’s Domestic Violence Intervention Program

New Parents Services

1. **Antioch Community Counseling and Psychology Clinic**

2326 Sixth Ave.

Seattle, WA 98121-1814 (between Battery & Bell streets)

206-268-4840

<http://www.antiochsea.edu/community/clinic.html>

**Services**

**Mental Health Counseling**

1. **City University Counseling Center**

11900 NE First Street, Third Floor

Bellevue, WA 98005

425.709.5333

<http://www.cityu.edu/ss_counselingctr.htm>

Services

Mental Health Counseling

1. **Puget Sound Neighborhood Health Clinics**

206-728-4143 (Pike Market)

(multiple locations - view website for locations nearest you)

<http://www.psnhc.org/index.php?page=clinics>

Services (depending on location)

Mental Health Counseling

Anger Management

Case Management

Substance Abuse Treatment

Medical Services