
SOMALI HEALTH BOARD

Behavioral Health Resource Guide

These resources range from services that are specific to the Somali/Somali American experience, to getting a basic understanding of Behavioral Health challenges, as well as services for everyone, regardless of identity.



About the guide

This guide was created to connect King County residents to local mental health care providers.

Follow us

Follow us **@somalhealthboard** on Facebook and Instagram, where we will continue sharing information and resources.

Contact: Behavioral Health program Manager Rowaida Mohammed at rowaida@somalhealthboard.org

Others we really like on Instagram

There are many pages and individuals who disseminate mental health information through videos, images, information, and more.

@somal_mental_health, @xiishod, @therapywithash

If you or a loved one is in a life-threatening emergency, please call 911.

National Hotlines

Name	Contact Info	Description
Crisis Text Line	TEXT HELP TO 741-741 24 hours a day, 7 days a week	24/7 crisis support via text message.
National Alliance on Mental Illness	Call 1 (800) 950-NAMI (6264) or email info@nami.org Mon–Fri, 10 am–6 pm, ET	Free, nationwide mental health peer-support service.
National Domestic Violence Hotline	Call 1 (800)-799-SAFE (7233) 24 hours a day, 7 days a week	Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services.
National Suicide Prevention Lifeline	Call 1(800) 273-TALK (8255) 24 hours a day, 7 days a week	Confidential and free national suicide prevention lifeline.
Postpartum Support International	Call 1 (800) 944-4773 TEXT (English): (503) 894-9453	Toll-free telephone number anyone can call to get basic information, support, and resources.
Substance Abuse and Mental Health Services Administration (SAMHSA)	Call 1 (800) 662-HELP (4357), TTY: 1 (800) 487-4889 24 hours a day, 7 days a week	Free and confidential National Helpline treatment referral and information service.
SAMHSA Disaster Distress Hotline	Call 1 (800) 985-5990 24 hours a day, 7 days a week	Substance use and mental health services by SAMHSA provides crisis counseling and support to people experiencing emotional distress.

For learning more about mental health

Mental health challenges are numerous and varying. Learn about them here and become more informed in how you can deal with your own challenges or support someone you care about.

Name	Contact Info/Location	Description
National Institute of Mental Health	Call (301) 443-4513 or online at www.nimh.nih.gov/health/topics/index.shtml	Basic information on mental disorders, a range of related topics, and the latest mental health research.
National Alliance of Mental Health (NAMI)	1107 NE 45th St Ste 330, Seattle, WA 98105 Call (206) 783-4288 or online at www.nami.org/About-Mental-Illness	Learn about mental health challenges, symptoms, treatments and more.
Refugee Women's Alliance (ReWA)	4008 Martin Luther King, Jr. Way S, Seattle, WA 98108 Call (206) 721-0243 or online at www.rewa.org/services/behavioral-health/	Offering counseling through their Behavioral Health Counselors that are Somali and or Muslim.
Lutheran Community Services of Puget Sound	115 NE 100th St Ste 200, Seattle, WA 98125 Call (206) 694-5700 or online at www.lcsnw.org/office/north-puget-sound/	Serving Greater Seattle, King and Snohomish Counties, LCS of Puget Sound offers behavioral health support in Somali.
Daryel, Somali Women's Wellness Project	On Facebook at www.facebook.com/Daryel-Somali-Womens-Wellness-Project	Daryel, Somali Women's Wellness Project is a grass-roots organization that provides massage, yoga, and health education to Somali women in the Seattle/King County area.



Name	Contact Info/Location	Description
Multicultural Counselor Finder	www.multiculturalcounselors.org	The Washington Counselors of Color Network search engine helps find counseling for Black and people of color.
Glad Tidings Network	Glad Tidings Network - YouTube	A Muslim organization addressing the mental health challenges Muslims face.
Ted Talks	youtu.be/meHVNJ5Y05g youtu.be/j5RcWNvu12U youtu.be/BvpmZktIBFs	Black Mental Health Matters

For when you need someone to talk to

You are not alone.

Join others in conversations around mental health, share your story with people that can relate, or explore therapy as an option to understand your mental health or what your loved one(s) are facing.

Name	Contact Info/Location	Description
Somali Health Board	545 Andover Park W Ste 105, Tukwila, WA 98188 · Call (253) 277-7563	SHB is a nonprofit organization that provides case management, referrals, and educational workshops on mental health for the Somali community in King County.
National Alliance of Mental Health (NAMI)	1107 NE 45th St Ste 330, Seattle, WA 98105 Call (206) 783-4288 or online at www.nami.org/About-Mental-Illness	NAMI Seattle is the only organization in the Seattle area working specifically to fill the gaps in local mental health systems through peer-led education, referrals, and support.
Washington Therapy Fund	4501 15th Ave S, Suite 102, Seattle, WA 98108 Call (253) 951-9990 or online at www.watherapyfund.com/	Free services for Black people dealing with the various mental health challenges show up in our lives.



Counseling, substance use, and behavioral health services

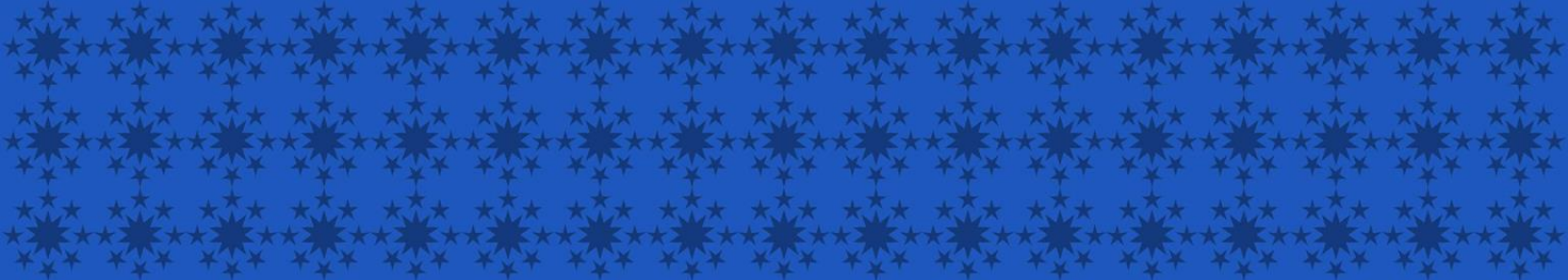
Name	Contact Info/Location	Type of Service
American Behavioral Health System (ABHS)	1550 4th Ave S, Seattle, WA 98131 Call (509) 232-5766 or online at www.americanbehavioralhealth.net/	Substance Use
Annara Counseling Services	8309 5th Ave NE, Seattle, WA 98115 Call (206) 643-9622	Mental Health
Atlantic Street Center (111 Years of Service)	2103 S Atlantic St, Seattle, WA 98144 Call (206) 329-2050	Mental Health
Catholic Community Services	1902 2nd Avenue, Seattle, WA 98101 Call (206) 956-9571 or online at www.ccsww.org	Mental Health Substance Use
Center for Human Services	10315 19th Ave, Everett, WA 98208 Call (206) 362-7282 or online at www.chs-nw.org	Mental Health Substance Use

Name	Contact Info/Location	Type of Service
Childhaven	<p><i>Auburn</i> 1345 22nd Street NE, Auburn, WA 98002 (253) 833-5908</p> <p><i>Seattle</i> 1035 SW 124th Street, Seattle, WA 98146 (206) 248-4903</p> <p>316 Broadway, Seattle, WA 98122 (206) 624-6477</p> <p>www.childhaven.org</p>	Mental Health
Community House Mental Health	<p>2212 S Jackson St, Seattle, WA 98144</p> <p>Call (206) 322-2387 or online at www.chmha.org</p>	<p>Mental Health</p> <p>Residential Mental Health Treatment</p> <p>Housing Assistance</p>
Crisis Clinic	<p><i>Call only</i> Crisis Phone Line (24/7) (206) 461-3222 or online at www.crisisconnections.org</p>	Crisis Services
DAWN	<p><i>Call only</i> (425) 893-1600 or online at www.dawnrising.org</p>	Domestic Violence Advocacy & Behavioral Health Services

Name	Contact Info/Location	Type of Service
Downtown Emergency Service Center	216 James St, Seattle, WA 98104 (206) 464-6454 515 3rd Avenue, Seattle, WA 98104 (206) 464-1570 222 Wall Street, Seattle, WA 98121 (206)441-3043 www.desc.org	Mental Health Substance Use Housing Assistance
Evergreen Health	11800 NE 128th St, Kirkland, WA 98034 Call (425) 899-6300 or online at www.evergreenhealth.com/behavioral-health/	Mental Health
Evergreen Treatment Services	<i>Seattle</i> 2133 3rd Ave, Seattle, WA 98121 (206) 223-3644 1700 Airport Way South, Seattle, WA 98134 (206) 223-3644 1718 Airport Way South, Seattle, WA 98134 (206)223-3644 1740 Airport Way South, Seattle, WA 98134 (206)223-3644 <i>Renton</i> 1412 SW 43rd Street, Renton, WA 98057 (425)264-0750 www.evergreentreatment.org	Opioid treatment Substance

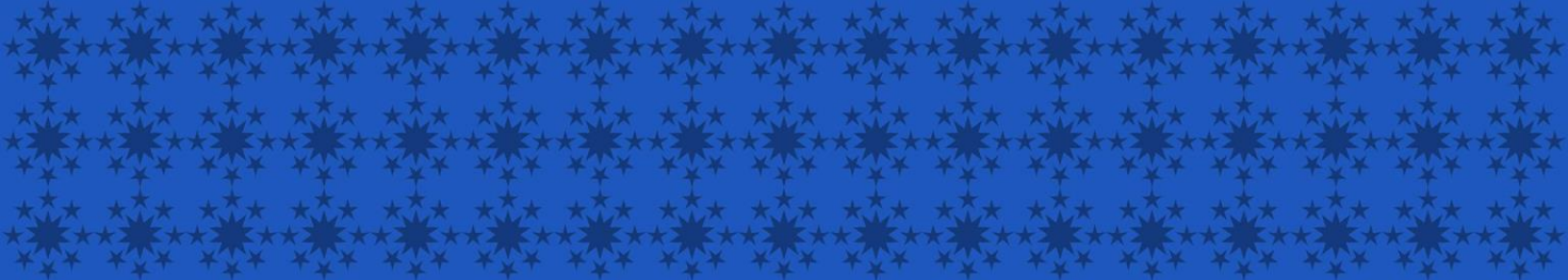
Name	Contact Info/Location	Type of Service
Guided Pathways	6625 S 190th St, Kent, WA 98032 Call (253) 236-8264 or online at www.guidedpathways.org	Family Support Youth Counseling
Harborview Allied and Ambulatory Care Services	325 9th Avenue, Seattle, WA 98104 Call (206) 744-1600 or online at www.uwmedicine.org/locations/harborview-medical-center	Mental Health
Harborview Outpatient Mental Health and Addiction Services	325 9th Avenue, Seattle, WA 98104 Call (206) 744-9600 or online at www.uwmedicine.org/locations/harborview-medical-center	Mental Health Substance use
Hero House	<i>Seattle</i> 1265 S Main St, Seattle, WA 98144 206-446-2788 <i>Bellevue</i> 12838 SE 40th Pl, Bellevue, WA 98006 (425) 614-1282 www.herohousenw.org	Mental Health
Integrative Counseling Services	701 North 36th Street, Seattle, WA 98103 Call (206) 216-5000 or online at www.icswa.com	Substance Use
Intercept Associates	30620 Pacific Highway South Federal Way, WA, 98003 Call (253) 941-7555 or online at www.interceptassociates.com	Substance Use

Name	Contact Info/Location	Type of Service
Interchange Northwest	2106 Second Ave, Seattle, WA 98102 Call (206) 477-0630	Mental Health
Kent Youth And Family Services	232 2nd Ave S, Kent, WA 98032 Call (253) 859-0300 or online at kyfs.org	Mental Health Substance Use
King County Crisis & Commitment Services	9725 3rd Avenue NE, Seattle, WA 98115 Call (206) 263-9200 or online at kingcounty.gov	Mental Health Substance Use Crisis Services Involuntary Commitment
Lifewire	<i>24-Hour Helpline</i> Call (425) 746-1940 or 1(800) 827-8840 or online at www.lifewire.org	Mental Health
NAMI (Greater Seattle)	802 NW 70th St, Seattle, WA 98103 Call (206) 783-9264 or online at www.namiseattle.org	Mental Health



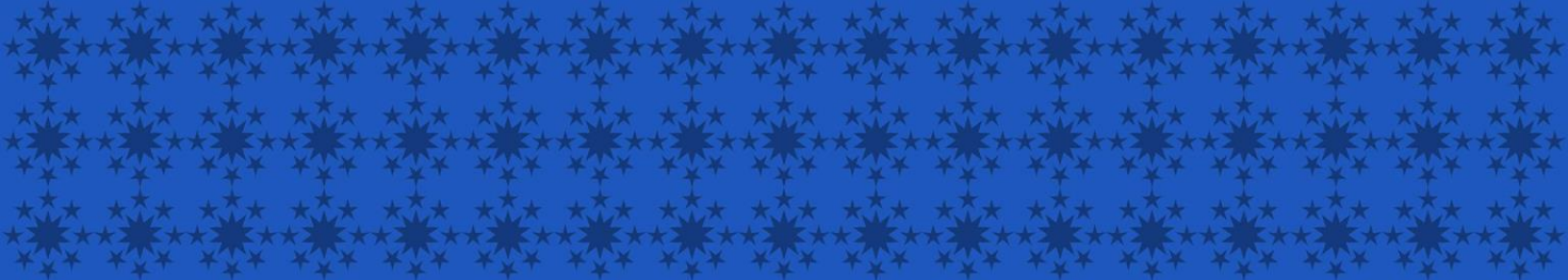
Name	Contact Info/Location	Type of Service
NAVOS	<p><i>Auburn</i> 402 E Main Street, Auburn, WA 98002 Call (206) 241-0990</p> <p><i>Burien</i> 15035 8th Avenue South, Burien, WA 98148 Call (206) 241-0990</p> <p><i>Kent</i> 23960 35th Place South, Kent, WA 98032 (206) 241-0990</p> <p><i>Seattle</i> 1210 SW 136th Street, Seattle, WA 98166 Call (206) 241-0990</p> <p>1033 SW 152nd Street, Seattle, WA 98166 Call (206) 241-0990</p> <p>2600 SW Holden Street, Seattle, WA 98126 Call (206) 241-0990</p> <p>www.navos.org</p>	Mental Health Substance Use
Neighborcare Health	<p>1610 N 41st St, Seattle, WA 98103 Call 206-940-2582</p> <p>1200 12th Ave S, Seattle, WA 98144 Call (206) 461-6935</p> <p>www.neighborcare.org</p>	Mental Health

Name	Contact Info/Location	Type of Service
New Beginnings	<i>Call only</i> Call (206) 926-3038 or online at www.newbegin.org	Mental Health
New Traditions	9045 16th Ave SW, Seattle, WA 98106 Call (206) 762-7207 or online at www.new-traditions.org	Mental Health
Nexus (Youth Focused)	915 H Street SE, Auburn, WA 98002 Call (253) 350-2802 1000 Auburn Way S, Auburn, WA 98002 Call (253) 939-2202 www.nexus4kids.org	Mental Health Substance Use Housing Assistance
Renton Area Youth Services	1025 South 3rd St, Renton, WA 98057 Call (425) 271-5600 or online at www.childhaven.org/rays/	Mental Health Substance Use
SeaMar Behavioral Health	Bellevue 1811 156th Ave NE, Bellevue, WA 98005 Call (425) 460-7125 Seattle 10001 17th Place South, Seattle, WA 98168 Call (206) 766-6976 www.seamar.org	Mental Health Substance Use



Name	Contact Info/Location	Type of Service
Seattle Counseling Services	1216 Pine St, Seattle, WA 98101 Call (206) 323-1768 or online at www.seattlecounseling.org	Mental Health Substance Use
Sound	<i>Seattle</i> 204 NE 94th Street, Seattle, WA 98115 Call (206) 461-4580 9706 4th Avenue NE, Seattle, WA 98115 Call (206) 302-2900 11000 Lake City Way NE, Seattle, WA 98103 Call (206) 461-3614 <i>Tukwila</i> 6100 Southcenter Blvd, Tukwila, WA 98188 Call (206) 444-7800 www.sound.health	Mental Health Substance Use Residential Mental Health Treatment

Name	Contact Info/Location	Type of Service
Valley Cities Counseling and Consultation	<p><i>Auburn</i> 2074 I Street NE, Auburn, WA 98002 Call (253) 833-7444</p> <p><i>Des Moines</i> 26401 Pacific Highway S, Des Moines, WA 98198 Call (253) 833-7444</p> <p><i>Kent</i> 325 West Gowe Street, Kent, WA 98032 Call (253) 833-7444</p> <p><i>Seattle</i> 23555 Aurora Avenue N, Seattle, WA 98133 Call (253) 833-7444</p> <p><i>Seattle</i> 8444 Rainier Avenue South, Seattle, WA 98118 Call (253) 833-7444</p> <p>www.valleycities.org</p>	<p>Mental Health</p> <p>Substance Use</p> <p>Detox</p> <p>Residential Substance Use Treatment</p>
WAPI	<p>28815 Pacific Hwy S, Federal Way, WA, 98003 Call (206) 223-9478</p>	<p>Substance Use</p>
WCHS, Inc. DBA Kent Treatment Solutions	<p>21851 84th Ave S, Kent, WA 98032</p> <p>Call (425) 947-2462 or online at www.acadiahealthcare.com</p>	<p>Substance Use</p> <p>Opioid treatment</p>



Name	Contact Info/Location	Type of Service
YMCA of Greater Seattle	909 4th Ave, Seattle, WA 98104 Call (206) 382-5013 or online at www.seattleyymca.org	Mental Health Substance Use Housing Assistance
Youth Eastside Services	999 164th Ave NE, Bellevue, WA 98008 Call (425) 747-4937 or online at www.youtheastideservices.org	Mental Health Substance Use

Muslim Therapists in Washington State

Name	Contact Info	Services Offered
Ata Karim (Adults only)	Info@equilibriumpcs.com	Anger management, immigration related stress, racism or Islamophobia, and more.
Azka Bashir (Children under 12 and Adults)	Contact@empoweringyoucounseling.com	Anxiety, depression, grief and loss, relational, couples, parenting and child social emotional development.
Bina Bakhtair	(206) 745-0960	Couples, family, individuals
Haneen Ahmad	Info@zanecounseling.com	PTSD, SA/DV, trauma
Huma M. Din	Huma.din@gmail.com	Couples, family, individuals
Jamila Sulayman (Teens and Young Adults)	Jamila@jamilapstherapy.com	Anxiety, depression, and sa
Liiban Yusuf (Children, Young Adults, and Adults)	lyusuf.wellness@outlook.com	Anxiety, depression, trauma
Menosh Z	menosh@silkroustherapy.com	PTSD, SA/DV, trauma
Muniza Qureshi (Youth and Families)	<i>Sond Intake Line</i> (206) 444-3600	Anxiety, depression, CBT, SI, TF-CBT, trauma
Zainab Akef (Multicultural and Immigrant experience, Teens and Adults)	welcome@catalystcounseling.net	Anxiety, depression, trauma

