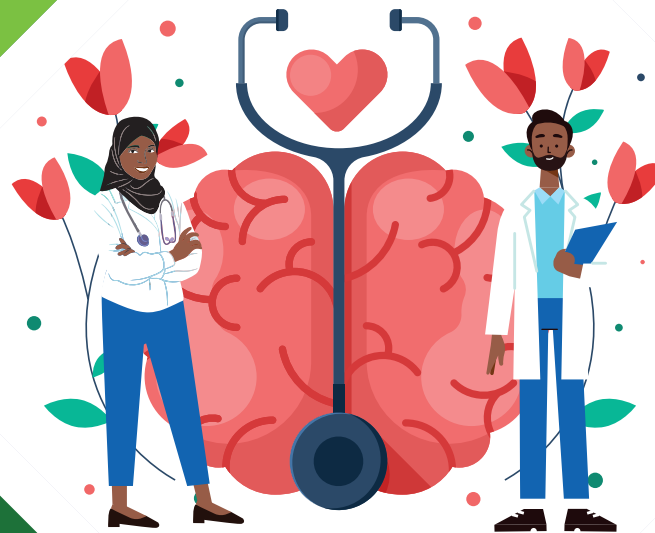




SOMALI HEALTH BOARD

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.

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Supporting behavioral
health and recovery

SUPPORTING BEHAVIORAL
HEALTH AND RECOVERY



PACIFIC HOSPITAL PRESERVATION
& DEVELOPMENT AUTHORITY

About the guide

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

Follow us

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

Others we really like on Instagram

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

@somali_mental_health

@xiishod

@therapywithash

In Case Of Emergency

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



National Hotlines



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. Somali



For learning more about mental health



e 5th
annual
community

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	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	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/BvpmZktlBFs	Black Mental Health Matters



**For when you need
someone to talk to**



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	Description
Somali Health Board	545 Andover Park W Ste 105, Tukwila, WA 98188 · Call (253) 277-7563 Case Manager Muna Mahamud at Muna@somalihealthboard.org	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



Counseling, substance use, and behavioral health services

Name	Contact Info	Description
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
Catholic Community Services	1902 2nd Avenue, Seattle, WA 98101 Call (206) 956-9571 or online at www.ccsww.org	Mental Health Substance Use
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	Description
Childhaven	Auburn 1345 22nd Street NE, Auburn, WA 98002 (253) 833-5908 Seattle 1035 SW 124th Street, Seattle, WA 98146 (206) 248-4903 316 Broadway, Seattle, WA 98122 (206) 624-6477 www.childhaven.org	Mental Health
Community House Mental Health	2212 S Jackson St, Seattle, WA 98144 Call (206) 322-2387 or online at www.chmha.org	Mental Health
Catholic Community Services	1902 2nd Avenue, Seattle, WA 98101 Call (206) 956-9571 or online at www.ccsww.org	Mental Health Residential Mental Health Treatment Housing Assistance
Crisis Clinic	Call only Crisis Phone Line (24/7) (206) 461-3222 or online at www.crisisconnections.org	Crisis Services
DAWN	Call only (425) 893-1600 or online at www.dawnrising.org	Domestic Violence Advocacy & Behavioral Health Services

Name	Contact Info	Description
Downtown Emergency Service Center	<p>216 James St, Seattle, WA 98104 (206) 464-6454</p> <p>515 3rd Avenue, Seattle, WA 98104 (206) 464-1570</p> <p>222 Wall Street, Seattle, WA 98121 (206)441-3043 www.desc.org</p>	Mental Health Substance Use Housing Assistance
Evergreen Health	<p>11800 NE 128th St, Kirkland, WA 98034 Call (425) 899-6300 or online at www.evergreenhealth.com/behavioral-health/</p>	Mental Health
Catholic Community Services	<p>1902 2nd Avenue, Seattle, WA 98101 Call (206) 956-9571 or online at www.ccsww.org</p>	Mental Health Residential Mental Health Treatment Housing Assistance
Evergreen Treatment Services	<p>Seattle 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 Renton 1412 SW 43rd Street, Renton, WA 98057 (425)264-0750 www.evergreentreatment.org</p>	Opioid treatment Substance

Name	Contact Info	Description
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	Seattle 1265 S Main St, Seattle, WA 98144 206-446-2788 Bellevue 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	Description
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
Lifewire	24-Hour Helpline 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	Description
NAVOS Auburn	<p>Auburn 402 E Main Street, Auburn, WA 98002 Call (206) 241-090</p> <p>Burien 15035 8th Avenue South, Burien, WA 98148 Call (206) 241-0990</p> <p>Kent 23960 35th Place South, Kent, WA 98032 (206) 241-0990</p> <p>Seattle 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	Description
New Beginnings	Call only 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	Description
Seattle Counseling Services	1216 Pine St, Seattle, WA 98101 Call (206) 323-1768 or online at www.seattlecounseling.org	Mental Health Substance Use
Sound	Seattle 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 Tukwila 6100 Southcenter Blvd, Tukwila, WA 98188 Call (206) 444-7800 www.sound.health	Mental Health Substance Use Residential Mental Health Treatment
WAPI	28815 Pacific Hwy S, Federal Way, WA, 98003 Call (206) 223-9478	Substance Use
WCHS, Inc. DBA Kent Treatment Solutions	21851 84th Ave S, Kent, WA 98032 Call (425) 947-2462 or online at www.acadiahealthcare.com	Substance Use Opioid treatment

Name	Contact Info	Description
Valley Cities Counseling and Consultation	<p>Auburn 2074 I Street NE, Auburn, WA 98002 Call (253) 833-7444</p> <p>Des Moines 26401 Pacific Highway S, Des Moines, WA 98198 Call (253) 833-7444</p> <p>Kent 325 West Gowe Street, Kent, WA 98032 Call (253) 833-7444</p> <p>Seattle 23555 Aurora Avenue N, Seattle, WA 98133 Call (253) 833-7444</p> <p>Seattle 8444 Rainier Avenue South, Seattle, WA 98118 Call (253) 833-7444</p> <p>www.valleycities.org</p>	<p>Mental Health Substance Use Detox Residential Substance Use Treatment</p>
YMCA of Greater Seattle	<p>909 4th Ave, Seattle, WA 98104 Call (206) 382-5013 or online at www.seattleyymca.org</p>	<p>Mental Health Substance Use Housing Assistance</p>
Youth Eastside Services	<p>999 164th Ave NE, Bellevue, WA 98008 Call (425) 747-4937 or online at www.youtheastsideservices.org</p>	<p>Mental Health Substance Use</p>



Muslim Therapists in Washington State



Muslim Therapists in Washington State

Name	Contact Info	Description
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)	Sond Intake Line (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

SOMALI HEALTH BOARD

Behavioral Health Resource Guide



“Take your time healing, as long as you want. Nobody else knows what you’ve been through. How could they know how long it will take to heal you?”

by

“Abertoli”





Contact us:



Behavioral Health
Program Manager
Rowaida Mohammed
Rowaida@Somalihealthboard.org

Behavioral Health
Program Assistant
Adna Hussien
Adna@Somalihealthboard.org

Behavioral Health
Case Manager
Muna Mahamud
Muna@Somalihealthboard.org

Call our office (253) – 277 – 7563
For General Questions please email
BHinfo@somalihealthboard.org

