**Counseling Resource List**

If you are having a life threatening or medical emergency, please call 9-1-1.

**Crisis Lines:**

Crisis Connections (King County 24-hour Crisis Line) 206-461-3222 or 866-4CRISIS

<https://www.crisisconnections.org/24-hour-crisis-line/>

Teen Link 866-TEENLINK (866-833-6546)

[https://www.teenlink.org](https://www.teenlink.org/)

Pierce County 24-hour Crisis Line 800-576-7764

<https://www.multicare.org/pierce-county-crisis-line/>

Crisis Text Line: Text HOME to 741741

[https://www.crisistextline.org](https://www.crisistextline.org/)

**Crisis Text Line via Facebook Messenger:**  “Send Message” button at [facebook.com/crisistextline](http://facebook.com/crisistextline) button will connect you to a live Crisis Counselor.

**Catholic Community Services** – 1229 West Smith Street, Kent, WA 98032 Call: 206-956-9570. Sliding-fee scale. Accepts Medical Coupons.

**Navos Mental Health and Wellness Center-** 1010 South 146th St., Burien, WA 98168 Call: 206-248-8226. Sliding-fee scale. Medical Coupons.

**Lutheran Counseling Network** – 15 sites at churches throughout the King County area (counseling is non-denominational).   
Call: 206-364-1046 to locate nearest site. ***Auburn Area*** – 253-839-1697   
***Kent/Renton Area*** – 425-271-9711   
Very low sliding-scale fee – depends on location and provider (ask when calling). No Medical coupons accepted.

**Samaritan of Puget Sound** – South King County. Call: 206-527-2266 Sliding-scale fee. No Medical coupons accepted.

**Valley Cities Counseling and Consultation** – 2705 I Street NE, Auburn, WA Call: 253-939-4055 Sliding-fee scale. Accepts Medical Coupons.

**Seattle Counseling Services for Sexual Minorities** –South King County Call: 206-323-1768 Sliding fee scale