

# Pediatric Mental Health and Wellness-Community Resources

August 2019

## Suicide Prevention

- 24 Hour *Crisis Line* of Pierce County: 800-576-7764
- 24 Hour *Crisis Line* King County/WA State: 866-427-4747
- LGBTQ Specific: Trevor Project 866-488-7386
- Teen Text Line: Text "Connect" to 741741
- National Suicide Prevention Hotline: 800-273-8255
- 24 Hour WA Recovery Help Line: 866-789-1511

## Crisis

- Washington State Mental Health Crisis FAQ (includes information about minor consent, HIPAA) [www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/frequently-asked-questions-faqs-0](http://www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/frequently-asked-questions-faqs-0)
- Mental Health Crisis Handout [www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/mental-health-crisis-lines](http://www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/mental-health-crisis-lines)
- Teen Crisis Sheet
- Mandated Reporting [www.atg.wa.gov/child-abuse-neglect](http://www.atg.wa.gov/child-abuse-neglect)
- After a Suicide: A Toolkit for Schools 2nd Edition [www.sprc.org/sites/default/files/resource-program/AfteraSuicideToolkitforSchools.pdf](http://www.sprc.org/sites/default/files/resource-program/AfteraSuicideToolkitforSchools.pdf)

## Education & Advocacy

- Washington's Mental Health Referral Service for Children and Teens (833) 303-5437 Monday to Friday, 8 a.m. to 5 p.m.
  - Services Offered: This service connects children and families with mental health providers who are both local to the patient's area and are within the family's insurance coverage. This is a free referral service operated by Seattle Children's.
- NIMH [www.nimh.nih.gov/index.shtml](http://www.nimh.nih.gov/index.shtml)
  - Greater information on mental health generally as well as specific disorders, access to free brochures to share with students

*Continued on back page*

## Education & Advocacy continued

- Medline Plus [www.medlineplus.gov](http://www.medlineplus.gov)
  - Quick easy searchable reference providing greater information on medications and side effects
- Mental Health America [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)
  - Free web-based screening tools for depression, anxiety, eating disorders, PTSD
  - **Screeners also available in Spanish**
- APNA [www.apna.org/i4a/pages/index.cfm?pageid=1](http://www.apna.org/i4a/pages/index.cfm?pageid=1)
  - American Psychiatric Nurses Association, greater information about advocacy, continuing education
- CDC [www.cdc.gov/mentalhealth/index.htm](http://www.cdc.gov/mentalhealth/index.htm)
  - Greater information surrounding specific disorders, population information, free brochures
- Mary Bridge Neurobehavioral Medicine [www.marybridge.org/services/neurobehavioral-medicine/](http://www.marybridge.org/services/neurobehavioral-medicine/)
  - Support, collaboration, referral