

Mental Health/Counseling Services

Program	Location(s)	Population Served	Program Description	Contact Information	How to Enroll	Cost to Participants
Asian Counseling Service	4301 S Pine St Suite Tacoma, WA 98409	Specializes in serving Asians and Pacific Islanders.	Multi-language mental health support for adults and children. Services available in English, Vietnamese, Korean, Cambodian, Laotian, and Samoan.	(253) 471-0141	Call to set up an appointment.	Accepts medical coupons, insurance and has sliding fee scale.
ASIST(Applied Suicide Intervention Skills Training)	Youth Suicide Prevention Program of Washington State 8511 15 th Ave. NE Seattle, WA 98115	Youth workers.	Two-day training for youth worker to help in the prevention of suicide. For more information, see the website at: www.yspp.org	(206) 297-5922 or email info@yspp.org	See website for scheduled trainings or contact Sue Eastgard to set up a training for your group.	Contact the YSPP office for information on training options and fees.
BRIDGES: A Center for Grieving Children	Christ Episcopal Church, 310 N. "K" Street, Tacoma, WA 98403	Children who have lost a parent, sibling, or someone close to them.	This group has a variety of grief services: Grandparent Support; Kite Flyer Preschool for the toddlers; Parent Loss; Sibling Loss; Their focus is support for bereaved children and their families.	(253) 272-8266	Dates and times vary so call for specific information.	Free.
Catholic Community Services: Counseling and Consultation	Tahoma Family Center, as well as locations in Gig Harbor, Puyallup, Bremerton, Port Angeles, and Olympia	Couples and individuals.	Certified therapists assist clients with depression, anxiety, grief and loss, healthy relationships, and anger management.	Tahoma Family Center (253) 502-2696	Call for specific locations and referral.	Sliding scale.
CHANCE (Therapeutic Foster Care)	3834 South 19th Tacoma, WA 98405	Youth who have serious behavioral and emotional disorders.	CHANCE provides intensive treatment and residential care for seriously behaviorally and emotionally disordered youth who may require living outside of the family's home. Chance believes that youth learn best how to live safely if they are provided a safe family to live with while receiving intensive treatment and guidance from trained, caring adults.	(253) 396-5901	CHANCE receives regular referrals through Pierce County's Collaboration for Shared Children Clinical Team. Requests are coordinated by Shared Child Team Coordinator at (253) 798-3793.	Free.

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Child and Family Guidance Center	6424 North 9th Street Tacoma, WA 98406	All ages.	Provides a full range of counseling services for children, youth and families; marital, child abuse, domestic violence (including court referrals), drug and alcohol, anger management, child custody, psychological assessment, stress, depression, learning/behavioral and adjustment problems.	(253) 565-4484	Call to set up an appointment.	All services are on a sliding fee scale
Children's Advocacy Center	Mary Bridge Children's Hospital and Health Center 311 South L Tacoma, WA 98405	Children who are victims of abuse.	Community based facility designed for children who are victims of abuse. Free counseling also available.	(253) 403-1478	Call to talk to a social worker	Free.
Comprehensive Mental Health	1201 South Proctor Tacoma, WA 98405	Children, adolescents, and families who may be experiencing severe difficulties in the home or in the community.	Comprehensive Mental Health offers individual counseling, family therapy, case management, play therapy, family reconciliation, medication review and consultation, information and referral, community education and consultation, and crisis services. Services are available from 7:30 am to 7 pm Monday through Thursday and from 7:30 am to 5 pm on Fridays.	(253) 396-5800	Call for more information.	Services for Medicaid-eligible children and families are covered through the Pierce County Regional Support Network.
Crisis Triage Center	3580 Pacific Avenue Tacoma, WA 98418	People experiencing a mental health or chemical dependency crisis.	Provides short-term observation and treatment for people experiencing a mental health or chemical dependency crisis. Will assist with planning to other supports.	Call (253) 798-4357 for information. Call (253) 798-4333 if in crisis	Call if needed.	Free.
Durango Crisis Services	3834 South 19th Tacoma, WA 98405	Youth who are undergoing acute mental health crisis, have no safe place to live, or are in serious conflict with their family or community.	Treatment and care for youth who are undergoing acute mental health crisis, have no safe place to live, or are in serious conflict with their family or community. The program provides up to 2 weeks of residential placement treatment services.	(253) 396-5919	Crisis beds are obtained through the Family Reconciliation Services office of DSHS.	Free.

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Good Samaritan Grief Support Groups	615 E. Pioneer Ave. Puyallup, WA 98372	All ages who have lost a family member or someone close to them.	This is a support group for the bereaved.	(253) 697-2419 or (253) 697-1781	Call for details	Free.
Greater Lakes 24-hour crisis line for suicide prevention	n/a	All ages.	Emergency 24-hour crisis line for suicide prevention.	(253) 584-8933	Call if needed.	Free.
Greater Lakes Mental Health Care	9330 59th Avenue S.W. Lakewood, WA 98499-6600	All ages, specifically serves Lakewood, South Pierce County	Child and Family Services provides services for individuals and families, a full range of counseling groups for children, and support groups for their parents. Child and Family case managers and therapists can offer in-home support as well as office visits. Child and Family Services offers support services for seriously emotionally disturbed children. These services are coordinated with other systems, particularly schools, as well as Child Protective Services, the Department of Social and Health Services, and Juvenile Justice. Individual, family and group counseling provided.	(253) 581-7020	Call the Access Center at (253) 581-7020. You will talk with a trained Screener who will connect you with the counselor that will best fit your needs.	Services for Medicaid-eligible children and families are covered through the Pierce County Regional Support Network. Funding through United Way is available for low income, unfunded children, with an emphasis on underserved populations.
Kid Talk, Teen Talk, and Parent Talk	Grief Works PO Box 912 Auburn, Wa 98071	Children, teens, and/or parents who have lost a family member or someone close to them.	This is a support group for bereaved kids, teens, and parent(s).	(253) 333-9420	Dates and times vary so call for specific information.	Sliding Scale or Donation Requested.
Peace Community Center	2106 S. Cushman Tacoma, WA 98405	All ages, focus is on people without insurance that covers mental health.	Individual counseling provided by Billie Johnstone.	(253) 383-0702	Call to set up an appointment.	The fee is worked out between the counselor and the client.
Pierce County Mental Health 24-hour crisis line for suicide prevention	n/a	All ages.	Emergency 24-hour crisis line for suicide prevention or any kind of mental health crisis.	(253) 798-4333 1-800-576-7764	Call if needed	Free.

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Puyallup Tribal Health Authority	2209 E 23rd St Tacoma, WA 98402	Native American children and families.	Provides mental health support for Native American children and families.	(253) 593-0232	Call to set up an appointment	Accepts medical coupons, insurance, and sliding fee scale.
Sound Youth Counseling (formerly Hilltop Health Ministries)	717 Tacoma Ave. S. Suite C Tacoma, WA 98402	Youth 12 – 23 years old.	Individual counseling and mentoring, anger management group.	(253) 627-4264	Call to enroll or refer a young person to the program. A counselor will contact the student/parent within 24-48 hours.	Sliding scale fee but anger management is \$10/session.