

King County Mental Health Benefits and Resources

Mental health is an important part of overall health and well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. King County and Balanced You support the mental health of employees in many ways. Whether you're seeking support for yourself or a loved one, there are many tools, programs, and resources available.

Learn About Mental Health

Mental Health America (MHA): The nation's leading community-based non-profit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans.

Website: www.mentalhealthamerica.net

National Alliance on Mental Illness (NAMI): Maintains a directory of community resources and offers free programs, education, and advocacy work for those affected by mental illness.

Website: www.namiwa.org

Substance Abuse and Mental Health Services Administration (SAMHSA): A U.S. Department of Health and Human Services program aiming to reduce the impact of substance abuse and mental illness on communities.

Website: www.samhsa.gov

Resources for King County Employees

Employee Assistance Program (EAP): Offers free assistance for problems at work, including workplace stress, conflict with co-workers, and supervisor support. EAP is available Monday to Friday from 8 a.m. to 5 p.m.

Website: www.kingcounty.gov/employees/eap

Email: hrdeap@kingcounty.gov

Phone: 206-263-8733

Making Life Easier (MLE): Provides short-term counseling, legal and financial services, support for caregivers, and other daily living supports. Eight free counseling sessions per issue are provided for employees or anyone living in your home. MLE is available 24 hours a day, seven days a week.

Website: www.KCMakingLifeEasier.com Username: King County

Phone: 888-874-7290

Mindfulness Classes: Available for King County employees who want to learn to manage stress with free mindfulness trainings offered by Mindfulness Northwest. Contact Balanced You for more information.

Email: Balancedyou@kingcounty.gov

Phone: 206-263-9626

Better Choices, Better Health: Six-week web-based workshops designed for people living with long-term health conditions. These workshops are available at no cost for benefits-covered employees and eligible family members. Participants receive support while learning about and practicing self-care.

Website: www.enroll-kpwa1.selfmanage.org/

Phone: 888-384-1933

Considering counseling? Mental health services and substance use disorder services are covered benefits under all King County employee medical plans. Finding the right counselor for you or a loved one can feel like an intimidating task. Here are a couple ways to get connected to a counselor:

Find a Counselor Through Your King County Medical Plan

Kaiser Permanente members (SmartCare):

Call the numbers below for first-time appointments for mental health and substance use disorder support.

Phone: For assistance Monday-Friday, 8 a.m.-5 p.m., call 888-827-2680. For after hours or urgent crisis care, contact the [Consulting Nurse Service](#) 24 hours a day, 365 days a year at 800-297-6877.

Regence BlueShield members (KingCare and KingCare Select):

Call the customer service number on the back of your member ID card for assistance in finding a qualified therapist or doctor in your network.

Phone: 800-376-7926

Additional Counselor Directories

The list below includes additional tools for finding counselors and services that *may* be covered by insurance. Before beginning services, contact your medical plan to confirm that provider accepts insurance and is in network. If the provider is not in network, you may incur additional out-of-pocket costs.

Good Therapy: Online portal that allows users to search for counselors by insurance type, language(s) spoken, accessibility needs, schedule availability, and more.

Website: www.goodtherapy.org

Multicultural Counselors: Network of Washington Counselors of Color that serves an array of clients seeking counseling and therapy from providers who understand the specific needs of people of color and various cultures.

Website: www.multiculturalcounselors.org

Peer Seattle: A non-profit organization providing peer emotional support and services to the LGBTQ community and their allies for mental health, chemical and behavioral addiction, and chronic illness.

Website: www.peerseattle.org

Phone: 206-322-2437

Psychology Today: Online portal that provides behavioral research, helpful articles, and a directory of counselors who provide mental health services in the U.S. and internationally.

Website: www.psychologytoday.com

For More Information

Do you have general questions about what's covered by your King County medical plan? Contact King County Benefits, Payroll and Retirement Operations at KCBenefits@kingcounty.gov or 206-684-1556, Monday-Friday, 9 a.m.-4 p.m.

Support for mental health doesn't stop at work. Learn about some of the resources and programs available in the community. (*Note: this list is not exhaustive.*)

Regional Mental Health Resources

Washington 211: Provides information on Washington's mental health resources and other types of assistance.

Website: www.win211.org

Phone: 2-1-1

Crisis Connections: Provides free and confidential phone-based crisis intervention, peer support, and resources for King County and other communities. Programs include the 24-Hour Crisis Line, King County 211, Teen Link, and the Washington Warm Line.

Website: www.crisisconnections.org

Phone: 866-427-4747

Suicide Prevention and Crisis Resources

American Foundation for Suicide Prevention: Provides free and confidential support for survivors of suicide loss and those affected by suicide.

Website: www.afsp.org

Phone: 206-523-1206

Crisis Text Line: Offers free crisis counselors available for texting 24 hours a day, seven days a week.

Website: www.crisistextline.org

Text: HOME to 741741

National Suicide Prevention Lifeline: National network of local crisis centers providing free and confidential emotional support for people in distress.

Website: www.suicidepreventionlifeline.org

Phone: 800-273-8255

Substance Use and Addiction Resources

Alcoholics Anonymous (AA): Free 12-step program that provides support for recovery from alcohol addiction.

Website: www.seattleaa.org

Phone: 206-522-9472

Narcotics Anonymous (NA): Free 12-step program that provides support and recovery from drug addiction.

Website: www.seattlena.org

Phone: 855-464-7477

Washington Recovery Helpline: Provides free and confidential emotional support 24 hours a day, offers local treatment resources for substance abuse and problem gambling, and serves as a directory for other community services.

Website: www.warecoveryhelpline.org

Phone: 866-789-1511