

Levels of Care

Outpatient

Counseling or Psychiatrist

Acute Care

Inpatient Hospitalization

- Short term
- Ensure safety
- 3-5 days depending

Day Hospital

Crisis Line

24-Hour Crisis Line: 1-866-427-4747

Teen Link Line (open 6-10PM): 866-833-6546

Emergency Room

Many people don't know that the ER is a great place for behavioral health, not just immediate physical help.

Law Enforcement

Don't be afraid to call the police if you are concerned about someone's safety—as we all know, it is better to be safe than sorry.



Important Resources

School Counselors

Your school counselors are available to help, bound by confidentiality and knowledgeable about mental health

LWSD has partnerships in place with

Sara Torelli, MSW

School social worker from Evergreen Hospital

At LW on Monday's and Friday's

Email: c-storelli@lwsd.org

Youth Eastside Services (YES)

Confidential Help: 425-747-4937

www.YouthEastsideServices.org

LWSD does not endorse any specific providers, however, a few in the area that engage in this work are

Rebecca Rawczak, MSW, LICSW

Licensed Clinical Social Worker, Lake Washington Therapy

425-365-5118

Email: lakewashingtontherapy@gmail.com

www.LakeWashingtonTherapy.com

Allison Kennedy

Licensed Mental Health Counselor, Kennedy Counseling Services

425-312-1038

Email: Allisonfkennedy@yahoo.com

www.Ak-therapy.com

Christine Nicholson, Ph.D.

Psychologist

1-425-576-5550

www.worrydoctor.com

TeenLink

866TEENLINK (833-6546)

Every evening 6-10 PM

TeenLink Chat: www.866TEENLINK.org

Confidential, anonymous, non-judgmental telephone help line answered by trained teen volunteers

No issue is too big or too small