

# Counseling

## Behavioral Health Resources

As a multi-county provider of mental health and addiction recovery services, BHR offers programs and services to individuals, children, youth and families in the areas of mental health and chemical dependency recovery who are covered by Medicaid or other state health insurance.

(360) 704-7170

## Non-Medicaid/Private Counseling

Contact your medical insurance provider to obtain a list of in-network counseling providers. The [WA Mental Health Referral Service](#) is a free service that can help you find providers with openings who take your insurance. 833-303-5437 or fill out an online request. [Psychology Today](#) has a counselor search on their website with filters and photos to help you narrow your search.

## Partners in Prevention and Education (PIPE)

Free therapy and support groups available to youth and young adult (ages 13-30) survivors of child sexual abuse, rape, sexual assault and/or sexual exploitation who are homeless, street-dependent, or at-risk for becoming homeless. 317 4th Ave E, Olympia, WA 98501

(360) 357-4472

## Pathways Mental Health Services

Co-occurring Disorders: Mental Health, Substance Abuse, and Gambling  
Addiction Counseling  
1230 Carpenter Rd. SE, Suite C-3, Lacey, WA 98503

(360) 799-5782

## SeaMar Behavioral Health

We are a state-licensed community mental health agency. Our team of

behavioral health providers is committed to the highest quality evidence-based treatment that is individualized to the needs of each child and family. 3030 Limited Lane NW, Olympia, WA 98502

(360) 491-1399

### **The Emily Program**

Treatment and support for youth with eating disorders

888-364-5977

### **Washington Listens Fact Sheet**

Washington Listens is a free, anonymous service for anyone in the state. It provides support to people who feel sad, anxious, or stressed due to the events of this year.