

King County Behavioral Health COVID 19 Resources for Families and Children

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Hello, we are glad you found us. We know this is a difficult time for our community and it may be difficult to know where to turn for support during this time. To help, we've gathered an ongoing list of behavioral health resources for King County families and youth during COVID 19 as well as beyond. King County staff are working hard to provide accurate information about how to access services when and if you need them.

Please reach out to the King County Behavioral Health and Recovery Division client services line (800-790-8049) if you have concerns or questions. We want to know we are listening and responding as quickly as we can to this unfolding situation. For more information on what behavioral health resources we offer, you can find more information at our [King County Behavioral Health and Recovery Division site](#).

Where to turn to for help or in crisis

24-Hr Crisis Line: 866-427-4747. Or text HOME to 741741.

National Suicide Prevention Line: 800-273-TALK (8255) Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

King County 2-1-1: 800-621-4636 King County 2-1-1 connects people to the help they need. We provide the most comprehensive information on health and human services in King County whether it's for housing assistance, help with financial needs, or to find the location of the nearest food bank.

KC 2-1-1 now has texting. For Texting please text your zip code to 877-211-9274

Teen Link: 866-833-6546 Teen Link is a confidential and anonymous help line for teens. Trained teen volunteers are available to talk with you about any issue of concern. No issue is too big or too small!

WA Recovery Help Line: 866-789-1511 The Washington Recovery Help Line provides an anonymous, confidential 24-hour help line for Washington State residents. This help line is for those experiencing substance use disorder, problem gambling, and/or a mental health challenge. Our professionally-trained volunteers and staff provide emotional support. They can also connect callers with local treatment resources or more community services.

WA Warm Line: 877-500-9276 WA Warm Line is a peer support help line for people living with emotional and mental health challenges. Calls are answered by specially-trained volunteers who have lived experience with mental health challenges. They have a deep understanding of what you are going through and are here to provide emotional support, comfort, and information. All calls are confidential.

TTY: 206-461-3610

Where to access ongoing mental health and substance use disorder services in King County

King County Medicaid providers are open and providing telehealth services to new clients

Existing clients

If you are an existing client and have not been contacted by your provider, please contact King County's client services line: 800-790-8049

New clients

If you are new to needing behavioral health services, you can access ongoing care three different ways:

1. Contact your primary care physician to find a local behavioral health provider
2. Contact your Managed Care Organization's care coordinator
 - Amerigroup of Washington
 - Community Health Plan of Washington
 - Coordinated Care Washington
 - Molina Healthcare of Washington
 - United Health Care
3. Call King County's client services line: 800-790-8049

Families who have private insurance can contact:

1. The care coordinator for your insurance company (usually found on the back of your insurance card)
2. Your primary care physician
3. [Washington Mental Health Referral Service for Children & Teens](#): 833-303-5437 or King County 2-1-1

Learn more about [Wraparound and WISE services](#) for at-risk youth and their families, including a list of King County providers and contact information.

How to identify stress in children & youth [\[source\]](#)

Not all children and teens respond to stress in the same way. Some common changes to watch for include:

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and "acting out" behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

For additional resources on how to help your child cope with COVID-19, take a look at the King County [Best Starts for Kids blog](#) or the [Seattle and King County Public Health blog](#).