



Mental Health Benefits and Resources for King County Employees

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 are committed to creating a workplace that supports good mental health. We support the mental health of employees in many ways and are proud to have been recognized as a national model by Mental Health America. Whether you're seeking support for yourself or a loved one, there are many tools, programs, and resources available.

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King County Mental Health Benefits and Resources

County Provided Resources and Benefits

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

myStrength Mental Health Mobile App: A personalized program that helps you improve your awareness and change behaviors. Get support for conditions like depression, anxiety, sleep disorders or for general concerns like stress, getting active and relationships. There are also units designed for life topics like first responders, parents and racism-related stress. Explore interactive activities, in-the-moment coping tools, community support, and more at no additional cost.

Sign up information: www.kcbalancedyou.com/mystrength

Mindfulness Classes Live and On Demand Video: Available for King County employees who want to learn to manage stress with free mindfulness trainings offered by Mindfulness Northwest.

Spring schedule: <https://kcbalancedyou.com/category/mindfulness/>

Phone: 206-263-9626

Mental Health First Aid Training: This training by the National Council on Behavioral Health teaches you how to recognize the signs of mental health distress, talk to someone about it and connect them to resources.

More information: <https://kcbalancedyou.com/category/mhfa/>

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: <https://enroll-kpwa1.selfmanage.org/>

Phone: 888-384-1933

Find a Counselor Through Your King County Medical Plan

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:

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.

Kaiser Telehealth: Many Kaiser mental health providers offer telehealth options.

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 or utilize the online service, Quartet, to work with a Care Navigator who will match you with a mental health provider that fits your needs.

Phone: 800-376-7926

Quartet website: qrt.care/kingcounty

Regence Doctor on Demand Telehealth: Beginning Jan. 1, 2020, employees and family members enrolled in KingCare and KingCare Select medical plans can access a new telehealth provider. Using your smartphone or computer, you can access Doctor on Demand for urgent care, basic primary care, and behavioral health services 24-hours a day, seven days a week. To access Doctor on Demand:

- Set up your account before using services. You can do this in advance (recommended) or before your first visit. If you need help setting up your account, call Doctor on Demand at (800) 997-6196.
- Download the telehealth vendor app from Google Play or the Apple Store and register on your smartphone • You'll need your Regence member ID number to register
- Regence BlueShield website or app. Go to your member dashboard or go to the Programs tab, then Telehealth. Or, link to Doctor on Demand from the Find a Doctor tool.

Mental Health Accommodations

Accommodations: King County is committed to providing reasonable accommodations to all its employees and applicants for employment to ensure that individuals with disabilities, including mental health conditions, enjoy equal access to all employment opportunities. If you need assistance with accommodation in the workplace, you make talk to your Human Resources representative, supervisor, or Disability Services staff at 206-263-9329 or DisabilityServices@kingcounty.gov.

King County Family and Medical Leaves

There are many different federal, State and King County laws allowing employees to take leave for their own health condition or that of eligible family members. Contact King County Benefits or your human resources manager to find out more about the types of leaves.

Email: kc.benefits@kingcounty.gov

Phone: 206-684-1556

Website: kingcounty.gov/audience/employees/benefits

Community Mental Health Resources

Community organizations play a vital role in connecting people to mental health resources. These organizations offer general information and advocacy as well as resources specific to certain communities.

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.mhanational.org

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

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

Suicide Prevention and Crisis Resources

National Suicide Prevention & Crisis Lifeline: Call or text 988 for 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress including thoughts of suicide, substance abuse crisis or any other kind of emotional distress.

Website: 988lifeline.org

Phone: 988

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

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

Quitline: To get help quitting cigarettes, vaping or any tobacco product, call 1-800-QUIT-NOW or text READY to 200-400. Quitline can help by addressing the psychological, behavioral, and physical aspects of nicotine addiction.

Website: www.quitnow.net/washington

Phone: 1-800-QUIT-NOW or 1-800-784-8669

Domestic Violence Resources

Washington State Coalition Against Domestic Violence (WSCADV): WSCADV is the leading voice to end domestic violence in Washington State. Advocacy programs with referrals to hotlines, shelters, legal advocacy and resources.

Website: <https://wscadv.org/get-help-now/>

National Domestic Violence Hotline: 24 hours a day, seven days a week, 365 days a year hotline providing essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.

Website: <https://www.thehotline.org/>

Phone: Call or text "START" to 1-800-799-SAFE (7233)

Black, Indigenous, People of Color (BIPOC) Mental Health

BIPOC Resources & Directories

Mental Health America resources for Black, Indigenous and People of Color:

Website: <https://www.mhanational.org/bipoc>

NAMI Seattle's resources for Black, Indigenous, and People of Color: National Alliance on Mental Illness

Website: www.namiseattle.org/support-resources/bipoc-mental-health-resources

Washington Therapy Fund Foundation: Empowers people of color through mental health education and radical self-care.

Website: www.watherapyfund.com

Racial Trauma (Mental Health America): Racial trauma, or race-based traumatic stress (RBTS), refers to the mental and emotional injury caused by encounters with racial bias and ethnic discrimination, racism, and hate crimes

Website: www.mhanational.org/racial-trauma

The Brown Girl Therapy Newsletter: Brown Girl Therapy is a mental health and wellness community for ALL children of immigrants to explore our bicultural identities and discuss taboo topics as they pertain to our mental health and wellness in this world and in our relationships. This is a pro-therapy, pro-exploration, pro-human space for figuring it out together. A collective self-care for multi-hyphenates, if you will.

Website: <https://mailchi.mp/779b28ae9d41/browngirltherapy>

Self-Care Toolkit for Undocumented Communities: The UndocuHealth Project Emergency Toolkit was designed to alleviate not only the stress and anxiety of folks across the nation and keep our families secure, but also to give the reader tools that will allow them to conduct safe zone events and incorporate stress reducing activities within their community work and daily lives.

Website: <https://unitedwedream.org/resources/mental-health-toolkit/>

Directories

Washington Counselors of Color Directory: Provides counseling and therapy from providers who understand the specific needs of people of color and various cultures.

Website: <http://www.multiculturalcounselors.org/>

Therapy for QPOC: Therapy for People of Color is a mental health network with the goal to increase access to quality and inclusive mental healthcare for queer and trans folks of color through empowerment and education.

Website: www.therapyforqpoc.com

QTPOC Mental Health Practitioner Directory: National Queer & Trans Therapists of Color network advances healing justice by transforming mental health for queer and trans people.

Website: <https://nqttcn.com/en/>

Ayana Therapy: Mental healthcare for marginalized and intersectional communities.

Website: <https://linktr.ee/ayanatherapy>

Black/African Resources & Directories

Mental Health America's Resources for Black and African American Communities:

Website: <https://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health>

Black Emotional and Mental Health Collective (BEAM): BEAM is a national training, movement building and grant making organization dedicated to the healing, wellness, and liberation of Black and marginalized communities.

Website: www.beam.community

Black Girls Smile, Inc.: Empowering Women & Girls to Lead Mentally Healthy Lives.

Website: www.blackgirlssmile.org

Black Men Heal: Providing access to mental health treatment, psycho-education, and community resources to men of color.

Website: www.blackmenheal.org

Black Mental Health Alliance (BMHA): BMHA develops and promotes culturally relevant educations forums, training and referral services that support the health and well-being of Black people and their communities.

Website: www.blackmentalhealth.com

Black Mental Wellness: Culturally sensitive resources and coping strategies from clinical psychologists passionate about addressing mental health and wellness concerns specific to the Black community.

Website: www.blackmentalwellness.com

Directories

Therapy for Black Girls: Committed to the mental wellness of Black women and girls.

Website: www.therapyforblackgirls.com

Therapy for Black Men: Breaking the stigma that asking for help is a sign of weakness. Directory of 163 therapists and 31 coaches providing judgement-free, multiculturally-competent care to black men.

Website: www.therapyforblackmen.org

Association of Black Psychologists:

Website: abpsi.site-ym.com

Latinx Recourses & Directories

Mental Health America's Resources for Latinx/Hispanic Communities: Mental health resources, including a list of Spanish-language materials and Spanish-language screening tools.

Website: www.mhanational.org/issues/latinxhispanic-communities-and-mental-health

Información Y Materiales De Salud Mental En Español:

Website: mhanational.org/latinxhispanic-communities-informacion-y-materiales-de-salud-mental-en-espanol

5 Myths that Hold Up Mental Health Stigma in Latinx Communities: Article by Erika Ruiz about dismantling the stigma against mental health in Latinx communities.

Website: thebodyisnotanapology.com/magazine/undoing-silence-5-myths-that-uphold-mental-health-stigma-in-latinx-communities/

The Focus on You: Self-care, mental health and inspirational articles written by a Latina therapist

Website: www.thefocusonyou.com

Directories

Therapy for Latinx: A database of therapists who either identify as Latinx or has worked closely with and understands the unique needs of the Latinx community. The website is also offered in Spanish.

Website: www.therapyforlatinx.com

Latinx Therapy: Bilingual Podcasts, courses, workshops, and national directory to find a Latinx therapist.

Website: www.latinxtherapy.com

Asian & Pacific Islander Resources & Directories

Mental Health America's Resources for Asian American/Pacific Islander Communities:

Website: <https://mhanational.org/issues/asian-americanpacific-islander-communities-and-mental-health>

Asian Mental Health Project: Asian Mental Health Project aims to educate and empower Asian communities in seeking mental health care.

Website: www.asianmentalhealthproject.com

National Asian American Pacific Islander Mental Health Association (NAAPIMHA): Promotes the mental health and well-being of the Asian American and Pacific Islander communities.

Website: www.naapimha.org

South Asian Mental Health Initiative & Network (SAMHIN): Addresses the mental health needs of the South Asian community in the U.S.

Website: <https://samhin.org/>

Directories

Asian, Pacific Islander, and South Asian American (APISAA) Therapist Directory:

Website: <https://www.asianmhc.org/apisaa>

South Asian Therapists: Largest South Asian mental health directory.

Website: <https://southasiantherapists.org/>

Asian Counseling and Referral Service: Hope and opportunity in over 40 languages and dialects.

Website: <https://acrs.org/>

Native & Indigenous Resources & Directories

Mental Health America's Resources for Native and Indigenous Communities:

Website: <https://mhanational.org/issues/native-and-indigenous-communities-and-mental-health>

WeRNative: Comprehensive health resource for Native youth, by native youth.

Website: <https://www.wernative.org/>

Alaska Native Tribal Health Consortium:

Website: <https://anthc.org/what-we-do/behavioral-health/>

One Sky Center: The American Indian/Alaska Native National Resource Center for health, education and research, dedicated to quality health care across Indian Country.

Website: <http://www.oneskycenter.org/>

StrongHearts Native Helpline: The StrongHearts Native Helpline is a confidential and anonymous culturally appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CT.

Phone: (1-844-762-8483)

Website: <https://strongheartshelpline.org/>

NPaiHB Two Spirit and LGBTQ Health:

To learn more about Two Spirit LGBTQ+ Health text LGBTQ2S to 9779

Website: <http://www.npaihb.org/2slgbtq/>

Seattle Indian Health Board: Behavioral health services consisting of both mental health services and substance use disorder services.

Website: www.sihb.org/

Directories

Indian Health Service Directory: Find an Indian Health Service, tribal or Urban Indian Health Program

Website: www.ihs.gov/findhealthcare/

Intersectional, Multicultural & Religious Directories

Inclusive Therapists: Identity affirming and culturally responsive mental health directory serving all people with all abilities in all bodies. Celebrating all identities and abilities in all bodies.

Website: www.inclusivetherapists.com/

Psychology Today: Multicultural therapist directory

Website: www.psychologytoday.com/us/therapists/multicultural

Melanin & Mental Health: Connects individuals with Black and Latinx therapists committed to serving the mental health needs of our communities.

Website: www.melaninandmentalhealth.com/

Ayana Therapy: Mental healthcare for marginalized and intersectional communities.

Website: <https://linktr.ee/ayanatherapy>

Project LETS (Lets Erase The Stigma): Project LETS is a national grassroots organization and movement led by and for folks with lived experience of mental illness/madness, Disability, trauma, & neurodivergence.

Website: www.projectlets.org

Zencare: Simple to use therapist directory with a personalized experience and diverse choice of therapy types.

Website: <https://zencare.co/us/washington/therapists>

Institute for Muslim Mental Health: Committed to optimizing the Muslim community's emotional health and well-being.

Website: <https://muslimmentalhealth.com/findtherapist/>

Khalil Center: Psychological and spiritual community wellness center rooted in Islamic principles.

Website: <https://khalilcenter.com/>

Jewish Family Service Seattle Counseling and Addiction Services: assisting members of the Jewish community, as well as people in the general community impacted by trauma, poverty and disability.

Website: <https://www.jfsseattle.org/get-help/counseling-and-addiction-services/>

LGBTQ+ Mental Health

Mental Health America's Resources for LGBTQ+ Communities:

Website: www.mhanational.org/issues/lgbtq-communities-and-mental-health

NAMI LGBTQ+ Mental Health Resources:

Website: www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQ

A List of Organizations Providing Resources & Safe Spaces for the Latinx LGBTQ Community:

Website: remezcla.com/lists/culture/list-organizations-providing-resources-safe-spaces-latinx-lgbtq-community/

The Trevor Project: Leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people under 25.

Phone: 1.866.488.7386 or Text START to 678678 (24 hour hotline for 25 years old and under)

Website: www.thetrevorproject.org

Human Rights Campaign: America's largest civil rights organization working to achieve LGBTQ equality. Their website has a wealth of information and resources for the LGBTQ+ community and their allies.

Website: www.hrc.org

Trans Lifeline: Trans peer support hotline offering direct emotional and financial support to trans people in crisis.

Phone: 877-565-8860

Website: translifeline.org/

Directories

Gaylesta Psychotherapist Association for Gender & Sexual Diversity: Referral service to find providers with a range of training and experience specializing in the LGBT community. You can search by location, specific issues (including bipolar disorder, HIV/AIDS, abuse, and ADHD), and techniques (from psychoanalysis to drama therapy).

Website: directory.gaylesta.org/find-a-therapist/

Pride Counseling: Professional online counseling for the LGBTQ community.

Website: www.pridecounseling.com/

Therapy for QPOC: Therapist directory for Queer People of color. Connecting Queer & Trans People of Color to affirming and anti-oppressive mental health professionals.

Website: www.therapyforq poc.com/find-a-therapist#!directory

National QTPOC Mental Health Practitioner Directory: healing justice organization committed to transforming mental health for queer and trans people of color (QTPOC).

Website: <https://nqttcn.com/en/>

LGBT National Help Center: Serving the lesbian, gay, bisexual, transgender, queer and questioning community by providing free and confidential peer-support and local resources.

National Hotline: 1-888-843-4564

National Youth Talkline: 1-800-246-PRIDE (7743)

Online peer-support chat: www.glbtonationalhelpcenter.org/

Self-care and collective-care tips

Self-care is the act of attending to one's own needs. Collective-care, or community-care, is the act of supporting others in meeting their needs and asking others to support you in meeting yours, building upon the notion that we are stronger together than we are apart. Both are important aspects of reducing stress and increasing resiliency.

Examples include:

- Reaching out to friends and/or family
- Ensuring you are nourished and hydrated
- Resting
- Attending church, mosque, or temple
- Practicing spirituality
- Meditating alone or with an online group
- Participating in protests, marches, and/or demonstrations
- Speaking with your current mental health providers
- Engaging in physical activity
- Dancing or singing
- Setting boundaries and taking alone time
- Making space for any act that relieves your stress and improves your resiliency

Balanced You Blog

Balanced You Blog: Articles and recommendations from King County employees about self-care, mental health, financial and physical wellness.

Website: www.kcbalancedyou.com