

Washington's Mental Health Referral Service for Children and Teens

Washington's Mental Health Referral Service for Children and Teens connects families with mental health providers in your local area who have openings, can meet your child's specific needs and accept your insurance.

Referrals can be made for any child 17 years and younger in Washington State. This is a free service for families funded by the State of Washington and operated by Seattle Children's Hospital.



How Does the Referral Service Work?

The referral team accesses a database of mental health providers that is updated daily with provider availability. The database was created with information from multiple sources, including health plan provider lists and through direct contact with community mental health providers.

How Can I Use the Referral Program?

Call 833-303-5437 Monday to Friday, 8 a.m. to 5 p.m. We will ask about your child's needs, health insurance plan and where you live. Within 7 business days, we will contact you with at least 2 mental health service providers identified in the community who have openings, and give you details on how to contact them. Your child's ongoing primary care provider can also contact us for referrals.

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Offered through



Learn More:

Call 833-303-5437

seattlechildrens.org/WA-mental-health