

**Mental Health providers (working with young children and their families) in greater Seattle area:**

<b>Provider/Clinic</b>	<b>Description</b>	<b>Contact</b>
ACRS (Asian Counseling Referral Services)	Promotes social justice and well-being and empowerment of Asian American and Pacific Islanders and other underserved communities/ crisis intervention, family therapy, parenting workshops, cultural and systems navigation for parents	<a href="https://acrs.org/services/child-youth-development/family-services/">https://acrs.org/services/child-youth-development/family-services/</a>
Anchor Light Therapy	Use combination of CBT, Play Therapy, Exposure Therapy, DBT, Art Therapy and Family Therapy to create an effective treatment plan for your child and family (ages 4 and up)	<a href="https://anchorlighttherapy.com/child-therapy/">https://anchorlighttherapy.com/child-therapy/</a>
Center for Human Services	Infant and early childhood mental health, family support (kinship/caregiver support)	<a href="https://www.chs-nw.org/services/intensive-community-based-services/">https://www.chs-nw.org/services/intensive-community-based-services/</a>
Child and Adolescent Latino Mental Health Assessment and Treatment Clinic	Children and families who primarily speak Spanish; children ages 2-18 who have mental health concerns and their caregivers/parents; thorough assessment and short-term treatment	<a href="https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/services/latino-mental-health-clinic/">https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/services/latino-mental-health-clinic/</a>
Childhaven	Child & family counseling (b- 24 years); dyadic and interaction focused therapies, trauma informed care, Early support for infants and toddlers, wrap around services	<a href="https://childhaven.org/">https://childhaven.org/</a>
Children's Home Society of Washington	Nonprofit organization that provides residential and group care for troubled children/ family support, early childhood education, child and family counseling, advocacy, out of home care, adoption	<a href="https://www.childrenshomesociety.org/">https://www.childrenshomesociety.org/</a>

Eastside play therapy	Provide hope and healing through the use of play based, attachment focused, and trauma informed intervention/ specialized in working with children ages 2-10 using play therapy approach	<a href="https://eastsideplaytherapy.com/">https://eastsideplaytherapy.com/</a>
Encompass ESIT	The Early Support for Infants and Toddlers (ESIT) program is available to help children from birth up to age 3 reach developmental milestones. Helping children in any of these following areas: nutrition and feeding, play skills, sleep, speech and language, fine and gross motor skills, and behavioral and emotional development	<a href="https://www.encompassnw.org/program/pediatric-therapy/birth-to-three-early-intervention/">https://www.encompassnw.org/program/pediatric-therapy/birth-to-three-early-intervention/</a>  425.888.3347 x2303
Envision Counseling	Utilize play therapy as a method for children to learn how to better express themselves, resolve problems, and self-advocate; provides family, pre-marital, adolescent, couple and individual adult counseling	<a href="https://envisioncounseling.net/">https://envisioncounseling.net/</a>
Friends of Youth	Healthy start, home visiting for pregnant families or families parenting children younger than age six, parent support, developmental health screening and referrals	425.392.6367 ext. 5  <a href="https://www.friendsofyouth.org/services">https://www.friendsofyouth.org/services</a>
Mente	Child therapy and play therapy, relationship therapy, individual adult therapy, parent guidance + reflective consultation/ anti-racist, social justice focused and gender affirmative practice	<a href="https://mentecounseling.com/contact-us/">https://mentecounseling.com/contact-us/</a>
Mindful Therapy Group	Mindful Therapy Group is a diverse group of over 400 independent mental health practitioners serving Washington, Oregon, and Alaska. Mindful Therapy Group's mission is to create access to high quality mental health care for the community.	<a href="https://www.mindfultherapygroup.com/">https://www.mindfultherapygroup.com/</a>

Navos	Counseling for infants & young children (0-5) and families	<a href="https://www.navos.org/get-help/children-youth-families/infants-young-children/">https://www.navos.org/get-help/children-youth-families/infants-young-children/</a>
New Growth Services	Provide assessment and therapy services to children; child counseling, Play Therapy, Family therapy	<a href="http://www.thinknewgrowth.com/services/">http://www.thinknewgrowth.com/services/</a>
Northwest Center	Northwest Center is a leader in advancing equal opportunities for children and adults with developmental disabilities. Services for children provide early support for infants and toddlers, inclusive early childhood education, and after school programs. Northwest Center Kids Early Supports is a family-centered program for children 0-3 with developmental delays. They provide speech-language therapy, occupational therapy, physical therapy, dietitian, mental health services, special education and family resource coordination services wherever the child learns, plays and sleeps—including their home, their childcare center, Northwest Center's inclusive Early Learning programs (at Greenwood and downtown Seattle location) or other community settings.	<a href="https://www.nwcenter.org/">https://www.nwcenter.org/</a>
Ohana Behavioral Health	Diverse, multi-specialty group counseling private practice; children's therapy, family therapy, early childhood mental health consultation	<a href="https://www.ohanabehavioralhealth.com/about/">https://www.ohanabehavioralhealth.com/about/</a>
Protea Wellness	Diverse specialties and expertise, working with clients across lifespan; perinatal mental health, family therapy, children's behavioral issues	<a href="https://www.proteawellness.org/">https://www.proteawellness.org/</a>

Ryther	Child parent psychotherapy for children B-5 and their parents, Group therapy, mental health services, psychological assessments	<a href="https://www.ryther.org/therapy-and-counseling">https://www.ryther.org/therapy-and-counseling</a>
Seattle Play Therapy	Play therapy, parent coaching, child parent relationship therapy, family play therapy	<a href="https://seattleplaytherapy.com/">https://seattleplaytherapy.com/</a>
Sound Health	Offer supportive, individualized emotional and behavioral health services to children and youth of all ages/ parents who have emotional and behavioral health needs and can benefit from family centered and parenting assistance	<a href="https://www.sound.health/child-family/">https://www.sound.health/child-family/</a>
Valley Cities Behavioral Health	Support children ages 4 and up and their families/ individual, family therapy, groups for children and peer support for parents	<a href="https://www.valleycities.org/children-and-families">https://www.valleycities.org/children-and-families</a> 253.833.7444

**Relationship, family, and/or individual adult therapy:**

People Bloom Counseling	Specialties include couples therapy, life transitions, trauma, boundaries, grief and loss, midlife and anxiety	<a href="https://peoplebloomcounseling.com/">https://peoplebloomcounseling.com/</a>
Interconnections Healing Center	Individual therapy, couples and relationship therapy, gender affirming care and support groups	<a href="https://www.interconnectionshealing.com/therapy/">https://www.interconnectionshealing.com/therapy/</a>
MEND Seattle	We provide space to sort through stuck places in relationship, to repair what's been ruptured, and to learn to stay connected even when things are hard	<a href="https://mendseattle.com/#our-services">https://mendseattle.com/#our-services</a>

Whole Valley Therapy	Specialties include couples and relationship therapy, LGBTQIA+, people of color, disability and chronic illness, gender affirming care, and gifted and highly sensitive	<a href="https://www.wholevalleytherapy.com/">https://www.wholevalleytherapy.com/</a> 425.780.6227
Catalyst Counseling	Counseling for relationships and families; offers support for your relationships, gain insights into relationships, resolve conflict, prevent future arguments, improve overall satisfaction	<a href="https://www.catalystcounseling.net/meet-our-family-therapists/">https://www.catalystcounseling.net/meet-our-family-therapists/</a>
Thrive for the people	Couples and marriage counseling, perinatal and infertility counseling, multicultural counseling, trauma treatment, depression and anxiety treatment	<a href="https://www.thriveforthepeople.com/">https://www.thriveforthepeople.com/</a>