

Seattle Resources for Coping with Stress

Crisis Clinic

206-461-3222
Toll free: 1-866-4CRISIS
(1-866-427-4747)
Community Info Line: 1-800-621-4636
24-hour confidential counseling for persons in crisis.

Lutheran Community Services

206-694-5700
Toll-free: 1-800-509-0515
433 Minor Avenue N., Seattle 98109
Sliding scale, group therapy.

Presbyterian Counseling Service

206-527-2266
564 NE Ravenna Blvd., Seattle 98115
Sliding scale. Call for locations and appointment.

Wellspring Family Services Anger Management Services

206-826-3044
1900 Rainier Ave. S, Seattle, WA 98144

Atlantic Street Center

206-329-2050
2103 S. Atlantic St., Seattle 98144
Sliding scale fees, medical coupons.
Hours: M-F 9am-5pm

Seattle Counseling Service for Sexual Minorities

206-323-1768
Crisis Line: 206-461-3222
1216 Pine St., Suite 300, Seattle 98101

Roy Hodgson, MA, CMHS

206-284-2276
200 W. Mercer St. #307, Seattle, WA 98119
Sliding scale available.

John Walenta, MSW, LICSW

206-919-4089
200 W. Mercer St., Ste. 200, Seattle, WA 98119
Sliding fee. Treatment once or twice weekly for:
low self esteem, pervasive dissatisfaction with life,
anxiety, depression, and relationship problems.
Some evening hours available.

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