

Resources for Family Mental Health Support Washington State

General mental health support and parenting

National Alliance on Mental Illness Support Groups

namiswwa.org/support-groups

A variety of online support groups, including family and parent support groups. You can view their website for more details, they also have a Bipolar specific support group – [meetup.com/namiseattlebp](https://www.meetup.com/namiseattlebp)

Warmline Family Resource Center warmlinefrc.org

There is no charge and no referral needed.

You can talk to a WarmLine parent who gets what you are going through. They also offer family activities, play groups and workshops. Call 916-455-9500.

Child Mind Institute childmind.org/resources/

Their online family resource center offers a variety of information on different topics regarding child mental health.

Charlie Health

They offer a free caregiver support group open to anyone every Monday at 6 p.m. MT (Mountain Time) Click the link below to register for the group on Zoom.

[us02web.zoom.us/meeting/register/tZYkfuqgrzMoG9Vq7Lfo53Lay6wpJ7101ZZZ](https://us02web.zoom.us/j/91911997777)

Parent Trust for Washington Children parenttrust.org/for-families/call-fhl

The Family Help Line is a statewide, toll-free telephone line and online searchable database

Call 800-932-HOPE (4673)

Live parenting coaches are available Monday-Friday, 9 a.m. to 5 p.m. Coaches offer individualized support, parenting education and techniques, and assistance with stress reduction and advocacy etc.

Because I love you bily.org

This is a California based parent and youth support group that offers free, online support groups. For families outside of California they have an online meeting Wednesdays 3 p.m. PST, you can view their website for more details.

Call 818-884-8242

You can also find support groups on:

Psychology Today groups.psychologytoday.com/rms and

Mental Health America (MHA) mhanational.org/find-support-groups

Some of our families have also found helpful groups through Facebook!

To Learn More

- Psychiatry and Behavioral Medicine 206-987-2146
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Support groups tailored to a specific diagnosis

Depression and Bipolar Support Alliance (DBSA) dbsalliance.org

DBSA offers online support groups. They have a DBSA of Greater Seattle you can explore. dbsagreaterseattle.wordpress.com

Washington Autism Alliance and Advocacy (WAAA)

washingtonautismalliance.org/supporting-parents-of-autism-spa

They offer support groups either monthly or semi-monthly online. They also offer a variety of other parent support resources and services, including family navigation.

Parents, Families, and Friends of Lesbians and Gays (PFLAG) pflag.org

An organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies. They have multiple chapters throughout WA state and those chapters offer parent support groups. See the chapter in your area for more information.

The Arc of Washington State arcwa.org

They have a wide array of information resources for those with intellectual and developmental disabilities and their families. They offer parent support programs such as Parent 2 Parent.

Eating Recovery Center eatingrecoverycenter.com/support-groups

Eating Recovery Center offers free, trained facilitator-led, support groups for those struggling with eating disorders (including anorexia, bulimia, binge eating disorder and other disordered eating issues), as well as mood and anxiety disorders. ERC Pathlight also offers some support groups for families and community members. These support groups provide support, resources and education on eating disorder treatment and recovery.

Pathlight Behavioral Health Mood and Anxiety Center

pathlightbh.com/events/support-groups

They offer downloadable resources and various in person and virtual parent support groups for free. Cover many different mental health topics and diagnoses

Psychosis REACH at UW uwspiritlab.org/psychosis-reach-overview

The University of Washington hosts a free, virtual training to caregivers of individuals with psychotic disorders. It offers skills to better care for and relate to your loved ones. You can sign up for the Reach mailing list to learn about upcoming registration dates and find more information on their website.

Disclaimer: The inclusion of any website link, or resource accessed through a link, does not imply endorsement by Seattle Children's. Please seek the advice of your child's healthcare provider before you act or rely upon any information from these resources.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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