



Culture-Based Counseling Resources

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Multicultural Resources

[ICHS \(International Community Health Services\)](#)

The ICHS offers medical, dental, and behavioral health care. They speak multiple languages and have a few different locations. The ones closest to Bothell are listed below.

[Bellevue](#)

- Address: 1050 140th Ave NE, Bellevue, WA. 98005
- Phone: (425) 373-3000
- Website: [ICHS Bellevue](#)

[Shoreline](#)

- Address: 16549 Aurora Ave N, Shoreline, WA. 98133
- Phone: (206) 533-2600
- Website: [ICHS Shoreline](#)

[Inclusive Therapists Directory](#)

Provider directory for multicultural therapists who provide culturally responsive care

- Website: [Inclusive Therapists](#)

[Multicultural Counselor Search](#)

Provider directory for multicultural therapists in the state of Washington

- Website: [Multicultural Counselor](#)

[Black, Indigenous & People of Color \(BIPOC\) Mental Health Resources](#)

- Website: [BIPOC Mental Health Resource](#)

Asian Counseling

[Asian Counseling & Referral Service](#)

Offers mental health, domestic violence, and chemical dependency treatment services for Asian Americans and Pacific Islanders in King County.

- Address: 3639 Martin Luther King Jr. Way S., Seattle, WA. 98108
- Phone: (206) 695-7600
- Website: [Asian Counseling & Referral Service](#)

[Asian Counseling Treatment Services](#)

Focusing on those recently immigrated and delivering quality treatment for all suffering with gambling and substance use disorders as well as families torn apart by domestic violence and mental illness.

- Address: 5116 196th St SW, Ste. #101 Lynnwood, WA. 98036



- Phone: (425) 776-1290
- Website: [Asian Counseling Treatment Services](#)

API Chaya

Supports Asian, South Asian, and Pacific Islander survivors and families impacted by domestic violence, forced marriage, sexual assault, and human trafficking survivors from all communities.

- Phone: (206) 325-0325
- Toll-Free Phone: 1-877-922-4292 (*M-F 10am - 4pm*)
- Website: [API Chaya](#)

Asian Mental Health Collective - Therapist Directory

- Website: [Asian Mental Health Collective - Therapist Directory](#)

Indian American Community Services

Supports South Asian Americans in Bellevue seeking mental health counseling. Services include individual/family/group therapy, art therapy, support groups, and crisis needs.

- Phone: (253) 234-9989
- Website: [IACS WA](#)

Black Counseling

Black Mental Health Alliance

Referrals to culturally competent, licensed mental health professionals through expansive database.

- Website: [Black Mental Health Alliance](#)

Therapy for Black Girls

Online space dedicated to mental wellness of Black women, including referral to Black female therapists

- Website: [Therapy for Black Girls](#)

Therapy for Black Men

Provider directory to find culturally competent therapist or coach for Black men, offering financial assistance for therapy sessions

- Website: [Therapy for Black Men](#)

WA Therapy Fund Foundation

Connects Black clients with Black therapists and provides funding for therapy.

- Website: [WA Therapy Fund Foundation](#)



Black Mental Health Resources in King County

A list of culturally responsive services, including mental health, self-care, local spaces for community, connection, and healing.

- Website: [Black Mental Health Resources](#)

Latinx Counseling

Consejo Counseling & Referral Service

Offers a wide range of behavioral health, substance abuse, and domestic violence services for Latino populations.

- Address: 3808 S. Angeline St., Seattle, WA. 98118 ([additional locations](#))
- Phone: (206) 461-4880
- Website: [Consejo Counseling & Referral Service](#)

Sea Mar Behavioral Health Clinics

Several locations. Offers sliding scales.

- Website: [Sea Mar Behavioral Health](#)

La Esperanza Health Counseling Services

Committed to providing effective treatment to those who have been affected by experimentation with, misuse of, or addiction to alcohol and or other drugs.

- Address: 20815 67th Ave W. Suite 201, Lynnwood, WA. 98036
- Phone: (425) 248-4534
- Website: [La Esperanza Health Counseling Services](#)

Therapy for Latinx

Therapist directory for Latinx community

- Website: [Therapy for Latinx](#)

Indigenous Counseling

Seattle Indian Health Board

Serves Indigenous, American Indian and Alaskan Natives populations. Full medical/dental clinic and chemical dependency, domestic violence, mental health, and traditional healing services.

- Address: 611 12th Ave. So., Suite 200, Seattle, WA. 98144
- Phone: (206) 324-9360
- Website: [Seattle Indian Health Board](#)



Christian Counseling

Bothell Christian Counseling

Areas of service include individual therapy, marriage and family therapy, adolescent therapy, depression, anxiety, relationship issues, stress management, self-esteem, life transition, isolation and loneliness, grief and loss, abuse, self-harm, and spiritual guidance counseling within a Christian counseling perspective.

- Address: 10116 Main St., Suite 204, Bothell, WA. 98011
- Phone: (425) 939-7959
- Website: [Bothell Christian Counseling](#)

Cedar Park Counseling Network

Dr. Phil Templeto - Offers affordable, effective, Christian counseling. Therapists provide individual, couples, and/or family counseling, and teach practical-living classes.

- Address: 16300 112th Ave NE, Bothell, WA 98011
- Phone: (425) 488 -3600
- Website: [Cedar Park Counseling Network](#)

Lutheran Counseling Network

Christian counseling. Offers subsidized fees.

- Bothell First Lutheran Church
- Address: 10207 NE 183rd St., Bothell, WA. 98011
- Phone: (425) 455-2960, ext. 2
- Website: [Bothell Lutheran Church](#)
- Bethel of Shoreline Lutheran Church
- Address: 17535 15th Ave. NE, Shoreline, WA. 98155
- Phone: (206) 364-1046, ext. 3
- Website: [Shoreline Lutheran Church](#)
- Advent Lutheran Church
- Address: 4306 132nd St. SE, Mill Creek, WA. 98012
- Phone: (425) 258-2955, ext. 5
- Website: [Advent Lutheran Church](#)

Muslim Counseling

Muslim Community Resource Center

Volunteer-based non-profit organization. Services include free legal and medical clinics, refugee assistance, financial assistance, and family issues counseling (not professional mental health treatment).

- Address: 16307 NE 83rd St., Suite 102, Redmond, WA 98052



- Phone: 888-404-6272 or 425-947-7146
- Website: [MCRC Seattle](#)

[Institute for Muslim Mental Health](#)

Search for counselors using "Find a Therapist" function. Currently there is only one provider listed in Washington - [Huma M. Din](#).

- Website: [Institute for Muslim Mental Health](#)

[Muslim Association of Puget Sound](#)

Mosque, prayer service, and interfaith and advocacy for Muslim in the Puget Sound region.

- Address: 17550 NE 67th Ct., Redmond, WA. 98052
- Phone: (425) 861-9555 or (360) 791-0796
- Email: imam@mapsredmong.org - mjoban@comcast.net
- Website: [MAPS Redmond](#)

Jewish Resources

[Jewish Federation of Greater Seattle](#)

Provide community services and advocacy.

- Website: [Jewish Federation of Greater Seattle](#)