



Culture-Based Counseling Resources

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Multicultural Counseling

ICHS (International Community Health Services)

The ICHS offers medical, dental, and behavioral health care. They speak multiple languages and have a few different locations. You must be receiving primary care in their clinic. 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](#)

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

Their mission is to bring healing, hope, and recovery to the entire community, by first 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, Suite 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

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 Services

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.

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



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
 - Website: [Shoreline Lutheran Church](#)
 - Address: 17535 15th Ave. NE, Shoreline, WA 98155
 - Phone: (206) 364-1046, ext. 3
- 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@mapsredmond.org – mjoban@comcast.net
- Website: [MAPS Redmond](#)



Jewish Resources

Jewish Family Service

Provide community services and advocacy.

- Website: [Home - Jewish Family Service \(jfsseattle.org\)](https://jfsseattle.org)