

# Information about a free service that helps connect you to providers in the area.

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## Free mental health referral service for families

**The Mental Health Referral Service for Children and Teens** links families to outpatient mental health providers in their local area who fit the child and/or teen's needs, including insurance coverage, provider availability, and treatment type. This free service offered by Seattle Children's Hospital provides referrals for children and teens age 17 and younger.

### How does it work?

- Call (833) 303-5437 weekdays 8 a.m. – 5 p.m. or complete an [online request form](#).
- A Referral Specialist will call to collect information needed to find available providers that fit mental health needs, location and health insurance plans.
- The Referral Specialist will call or e-mail to give details on how to access the providers.
- Each child's Primary Care Provider (PCP) receives a copy of the referral information as the program recognizes the important role of a PCP to each child's physical and mental health care.
- A Referral Specialist will call in 2 weeks to check to see if the referral suggestions were successful or if additional support is needed.

The types of referrals that may occur include:

- Outpatient mental health therapists trained in evidence based treatments
- Child psychiatrists and psychiatric advanced registered nurse practitioners (P-ARNP) for medication management
- Substance use treatment
- Mental health evaluations and testing
- Outpatient mental health agencies
- Eating disorder treatment

### To learn more:

- Visit [Washington's Mental Health Referral Service for Children and Teens website](#)
- Call (833)-303-5437 weekdays 8 a.m. – 5 p.m.