

Kinship Families Mental and Behavioral Health Resources



As a kinship caregiver, you can call on your Kinship Navigator for help finding counseling or other mental health services. But if you need assistance when your Navigator is not available, the following resources and contacts may be helpful.

Health emergency information

- Call 9-1-1 if someone needs help right away or if there is immediate danger.
- The **9-8-8 National Suicide Prevention** number is expected to be implemented in July 2022. Until then, use the Suicide Prevention Lifeline, call 1-800-273-8255 or visit suicidepreventionlifeline.org
- **Health care consent:** As a caregiver, you may consent to health care for a minor child if you are an adult and you meet certain conditions. Find the authorization form at dshs.wa.gov/sites/default/files/AL TSA/hcs/documents/22-1119.pdf
- **Washington Poison Control Center** provides free, expert, and confidential advice. Call 1-800-222-1222 or visit wapc.org

Health insurance through Apple Health

- Children living with a relative may be eligible for free **Washington Apple Health (Medicaid)** coverage and caregivers may be eligible as well. Call 1-855-923-4633 or visit wahealthplanfinder.org to apply.
- Not sure what Apple Health plan your child has? Call the **Washington Health Care Authority** at 1-800-562-3022 or visit hca.wa.gov/
- Children and youth who are in Foster Care, Adoption Support, Extended Foster Care, and alumni of foster care up to age 26 may be eligible for **Apple Health Core Connections**. Call 1-844-354-9876 or visit coordinatedcarehealth.com/.

Behavioral health services

- **Washington State's Wraparound with Intensive Services (WISe)** offers behavioral health services for Medicaid eligible youth (up to age 21) and their families. Visit hca.wa.gov/billers-providers-partners/behavioral-health-recovery/wraparound-intensive-services-wise
- Connect with the **Washington Recovery Help Line** for substance abuse disorder services by calling 1-866-789-1511 or visiting at warecoveryhelpline.org
- **Washington State Healthcare Authority** provides resources for locating Behavioral Health services. Call 1-360-725-1500 or visit hca.wa.gov/contact-hca
- Unused medications in your home may pose a risk. Find a **Take-Back Your Meds location** at takebackyourmeds.org

Kinship caregiver support groups

- **Support groups** are available in many locations where you can get information, guidance, and share with other kinship caregivers. Visit dshs.wa.gov/kinshipcare (Click on "Support Groups" and select your county or city)