



**nami**  
EASTSIDE

# NEWSLETTER

National Alliance on Mental Illness

2011 Volume 12, Issue 1

Support, Education & Advocacy

April - June 2011

## PRESIDENT'S CORNER

### **NAMI Eastside is here for YOU**

Most problems you can throw some time, money or energy against and see some results. That is not always the case when the issue is mental illness. Working with mental illness is certainly not a sprint and often requires more than a marathon effort. Much is against the battle: Governmental systems and their cut-back funding, the changing face of the diseases, resistant patients, unpredictable behavior, road blocks of the legal system, stigma, etc. The work and advocacy is often one step forward and two back: limited resources, a variety of opinions on the disease itself and even more opinions on treatment options, medication side-effects, difficulty in retaining the competent, reliable providers, limited measurable progress, etc. [Is there any wonder the professional burn-out rate is so high?]

The entire governmental mental health services system is confusing and in serious need of a complete overhaul. It is often overwhelming and seems designed to make us give-up attempting to find solutions. The **NES** office has knowledgeable, compassionate and reliable staff. They have suggestions, referrals and resource knowledge to share. Confidentiality and sensitivity are honored. The **NES** lending library is stocked with targeted books on the individual disorders we each face. Consumer and family support groups are active throughout the month. Although **NES** *does not dispense* legal advice, medical advice, financial resources or medication, we can get you headed in the correct direction. At **NAMI Eastside** you have *friends and support*.

*Paul Beatty, NAMI Eastside Co President*

SCHOONER MALLORY TODD Raffle Winner is Colleen Gerkin of Issaquah! Colleen wins a 4 hour cruise, \$150 towards food and can invite up to 33 guests to cruise with her on Lake Union this summer.

Congratulations Colleen!



**nami** **Walks**



National Alliance on Mental Illness

**2011**

**Marina Park in Kirkland!**

**SATURDAY, MAY 14 – NAMI Walk Washington 2011**

**3-5K along Lake Washington**

**Register 8:30 AM, Start Walk 9:30 AM**

**More info on page 4**

**NAMI Eastside**

**Together Center**  
 16315 NE 87th Street, Suite B-4  
 Redmond, WA 98052, (425) 885-NAMI (6264)  
 Fax (425) 885-3042

**Consumer Support Groups and Programs**

NAMI Connections:  
 Brian, Redmond.....(206) 760-9215  
 Yolanda, Snoqualmie.....(425) 888 2538  
 Young Adults (18-30) Victoria .....(425) 885-6264  
 Peer-to-Peer Classes.....(425) 885-6264

**Consumer and Family**

Mental Health & Spirituality Joe.....(206) 375-2028

**Family Support Groups and Programs**

SG 1: Rob and Diane ..... (425) 788-9988  
 SG 3: Steve .....(425) 761-9050  
 SG 4: Karin ..... (206) 236-5247  
 SG 5: Karla .....(206) 227-7430  
 Family-to-Family: ..... (425) 885-6264  
 Basics.....(425) 885-6264

**Speakers' Bureau**

In Our Own Voice: Sandra ..... (425) 273-6676  
 Educating the Next Generation: .....Jennifer (425) 885-6264  
 jenniferhop@hotmail.com

**Contacts**

General Information.....info@nami-eastside.org  
 Executive Director.....barbthompson@nami-eastside.org  
 Office Assistant .....danit@nami-eastside.org  
 Administrative Asst.....officeadmin@nami-eastside.org  
 Volunteers.....volunteer@namieastside.org

**NES Board of Directors**

Debra Jones .....Co- President  
 Paul Beatty .....Co-President  
 Martha Monfried .....Vice President  
 Clark Graves.....President Elect  
 Barbara Isenhour .....Secretary  
 Dave Weaver.....Treasurer  
 Steve Bayles.....Director  
 Manka Dhingra .....Director  
 Diane DeWitt, PH.D.,ABPP.....Director  
 Brian Youngberg .....Director  
 Michael Rynas .....Past President  
 Mike Maloney ..... Past President

**Others**

Brad Schuermann..... Webmaster  
 Lidia Firulescu ..... Educational Forum Coordinator

**www.nami-eastside.org info@nami-eastside.org**

**FREE! Educational Forums**

3<sup>rd</sup> Tuesday of each month 7:00 - 9:00 pm

at **EVERGREEN HOSPITAL** Suite Tan 100 (downstairs)  
 12303 NE 130th Lane Kirkland, WA 98034

**Tuesday April 19, 2011**

**“Psychiatric Illness And Sleep: Synchronization Of Body Clocks As Treatment”**

**Our Guest Speaker will be David Avery, MD**

**Dr. Avery is a professor at the University of Washington School of Medicine and Director of Inpatient Psychiatry at Harborview Medical Center. Alteration of sleep can cause psychiatric problems such as depression, low energy, poor concentration, mania, etc. Our sleep is controlled by circadian rhythms (the body clocks). The timing of body clocks is controlled by the light-dark cycle. Dr. Avery will discuss ways of controlling the timing of the light-dark cycle and improving the body clock timing, which in turn will improve sleep and psychiatric symptoms.**

**Other Upcoming Forums:**

May 17, 2011 - "ADHD: Throughout the Lifespan", Gerard Zanolli, MD  
 June 21, 2011 - "Eating Disorders", Mehri Moore, MD

**NAMI Day in Olympia:**

Several people from NES and HERO House made the trek to Olympia on January 17, 2011 to meet with legislators to talk about our programs and discuss NAMI Washington's top 3 issues:

- Restore Cuts in Mental Health Funding
- Waiver of Restitution Payments for Individuals Living on Disability Income.
- Increase Availability of Psychiatric Inpatient Facilities



Left to Right: Michael McCann, Dr. Diane DeWitt, Loren Northup, Kevin Gaffney, Barbara Thompson, Senator Steve Litrow, Jesse Levine, Dani Thibodeaux, Suzanne Auten, and Raney Newman.

We plan to follow up with the legislators when they return home to their districts at the end of the session. If you are interested in participating, please contact NAMI Eastside. (425) 885-6264.

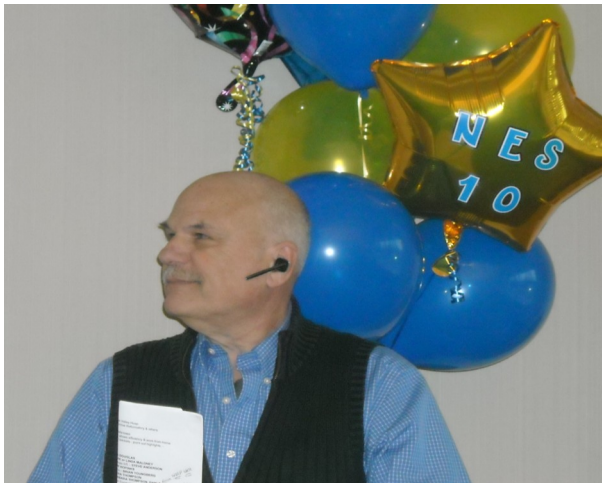
**NAMI EASTSIDE celebrated it's 10th Anniversary at the Annual Meeting held in Redmond on January 15, 2011.**

Highlights of the meeting included the introduction of new board members and acknowledgement of our 85+ active volunteers. The demand for NES services increased more than 11% in 2010. More than 70 people attended the meeting.



New officers (left to right):  
**Dave Weaver**, Treasurer;  
**Barbara Isenhour**, Secretary;  
**Clark Graves**, President Elect;  
**Paul Beatty**, Co-President;  
**Martha Monfried**, Vice President;  
**Debra Jones**, Co-President.

**Nelly Sing**, (right) resigning NES Board member and Treasurer was recognized for all of her hard work and dedication to NAMI Eastside. Nelly has been volunteering for NES since 2004. Her excellent accounting skills and attention to detail have been a wonderful asset to our growth as a viable organization. Her bright smile and innumerable talents will be sorely missed! Thanks so much, Nelly, for everything!



**Mike Rynas**, (left) one of the original founders of NAMI Eastside, received a standing ovation from attendees at the Annual Meeting. Mike stepped down as President of the board but will remain active as a Past President.

Past NES President **Mike Maloney** presented **Jim Adams** with the Rynas Advocacy Award in recognition of his many years of advocacy work for those with mental illness. Jim has served NAMI for 10 years in many roles. He joined NAMI South King County in 1999 and served as President of that affiliate for 10 years. He was also Vice President and Secretary of NAMI Washington for 2 1/2 years, and served as the National Institute of Mental Health (NIMH) Outreach Partner for the State of Washington for 7. Jim chaired the NAMI Washington Mental Illness Decriminalization Task Force and was a member of the Washington State Mental Health Drug Task Group, each for 6 years. He served as a member of the King County Mental Health planning group which produced the County Mental Health Action Plan, was a member of the King County Mental Illness and Drug Dependency Oversight Committee and a member of the Satterberg Task Group in King County for 2 years. Jim is a great example of how one person can make a difference in the lives of people with a mental illness and their families. *Thank You Jim!*





## Seventh Annual NAMI Washington Walk is moving to Kirkland!

**Saturday, May 14, 2011 at the Kirkland Marina Park**

The NAMI Washington Walk is one of the top 10 NAMIWalks in the country! It is the sole fund-raising activity for a statewide organization and its 24 affiliates that support the needs of the one in four families who experience chronic mental illness in their daily lives. NAMI advocates for the mentally ill...conducting educational forums and classes...sponsoring peer and family support groups, battling stigma through awareness outreach...seeking legislative action at the state, county and municipal levels..

Thanks to the wonderful support of local sponsors, the costs for this year's walk have already been covered. That means that EVERY DOLLAR RAISED WILL GO DIRECTLY TO SUPPORT NAMI PROGRAMS.

This is shaping up to be the largest NAMI Washington Walk ever. Great new venue, lots of exposure to our cause, exceptional Walk management and participation. Let's be *STIGMA BUSTERS*; get behind this event and *support NAMI Eastside*.

Contact us about becoming a Sponsor, Team Captain, Walker, or Volunteer at the event, or consider donating an item for the raffle to be held at the Walk. Contact the NES office at (425) 885-NAMI (6264), or,

Go to: [www.nami.org/namiwalks/walks](http://www.nami.org/namiwalks/walks)

The NAMI Walk Washington **Walk site** -

<http://www.nami.org/walkTemplate.cfm?Section=NAMIWALKS&Template=/customsource/namiwalks/walksitedetail.cfm&walksiteID=107>

### Support a Walker

<http://www.nami.org/walkTemplate.cfm?Section=NAMIWALKS&template=/customsource/NAMIWalks/Walkerlist.cfm&walksiteID=107>

### Join a Team

<http://www.nami.org/walkTemplate.cfm?Section=NAMIWALKS&template=/customsource/NAMIWalks/WalkerInstructions.cfm&walksiteID=107&regtype=TMEM>

### Form a Team

<http://www.nami.org/walkTemplate.cfm?Section=NAMIWALKS&template=/customsource/NAMIWalks/WalkerInstructions.cfm&walksiteID=107&regtype=CAPT>

Your donations and participation, designated for **NAMI Eastside**, go directly to support our **NES** affiliate and the services we sponsor on the Eastside of King County. Call the **NES** office for more details or for help with Website registration, (425) 885-NAMI (6264)

This is our opportunity to raise awareness in our Eastside community about mental illness and the free services available through NAMI Eastside.

This year's walk is supported by the Rotary Clubs of the Eastside as sponsors, team captains, walkers and volunteers.

### \*King County Crisis and Commitment Services\*

#### **King County Crisis and Commitment Services (KCCCS) is part of the King County Mental Health, Chemical Abuse and Dependency Services Division. King County Crisis and Commitment Services provides:**

All initial crisis outreach services for persons who are not enrolled in outpatient services in King County.

Evaluation of people with mental disorders for possible involuntary detention in psychiatric facilities according to the mental illness law in the State of Washington. The mental illness law for adults is [RCW 71.05](#). For youth 13 through 17 years of age the law is [RCW 71.34](#). In King County, Crisis and Commitment staff who perform these duties are all employed by the county. Under the law, they are referred to as Designated Mental Health Professionals (DMHPs).

#### **How do I know if someone needs mental health services?**

Often it is the family and others close to the person with psychiatric problems who first notice the changes that identify the need for professional help. Early warning signs may include one or more of the following:

- **change in sleep patterns** - waking up many times during the night, sleeping a lot during the day or getting hardly any sleep at all
- **being socially withdrawn from others** - stops seeing friends or loses interest in his/her appearance
- **unable to function at work or in school** - missing days from work/school or losing his/her job
- **talks about things that don't make sense to you** - laughs or mumbles to her/himself, speech may be very fast and/or the person seems to jump from one subject to another
- **may have unusual beliefs** - thinks that others are after him/her or plotting against him/her or that his/her mind is being controlled by an outside force or that someone is putting thoughts into his/her mind.

It is important to keep in mind that this kind of experience is often extremely frightening and painful. It is common for the person to express fear and pain through anger and suspicion towards those closest to him/her. It is, therefore, important that the family try to focus on his/her feelings rather than on angry behavior; as the person might respond to their suggestion that he/she get professional help, either in the community or in the hospital.

#### **What should I do if the person refuses to accept help?**

Often an individual cannot accept the need for help. **You should contact the Crisis Clinic at 206-461-3222**. This is the centralized access point for all telephone crisis services in King County, including for children. A trained Crisis Clinic volunteer worker who is supervised by a professional person will gather information about the person's recent behavior, previous problems and treatment, and assess how acute the situation is. If the situation needs an immediate outreach, your case will be referred to King County Crisis and Commitment Services. The DMHP on duty will then contact you and arrange to see the person as soon as possible. If the person is able and willing to go to an agency for a walk-in or scheduled appointment, your case will be referred to the nearest agency. When the outreach team sees your family member, they will evaluate his/her mental condition and the need for treatment. They may discuss the possibility of hospitalization. Every effort will be made to arrange for treatment in the community, short-term crisis stabilization, or voluntary hospitalization. These are always the first choices.

#### **Involuntary Treatment through King County Crisis and Commitment Services**

If the person refuses all voluntary help, s/he may be appropriate for involuntary treatment. It is important to remember that a mental disorder alone is not sufficient to justify an involuntary detention.

Under state mental illness laws, these are the specific circumstances where a person can be considered for involuntary hospitalization:

- if s/he has threatened harm towards others or her/himself
- or s/he has substantially damaged someone else's property
- or s/he is endangered because s/he is not caring for his/her basic needs such as eating sleeping, clothing and shelter due to his/her mental disorder
- or s/he shows severe deterioration in functioning ability and is not receiving essential care

As part of the investigation, the DMHP will be looking for evidence that substantiates any of the circumstances.

If it appears that involuntary detention is necessary, the DMHP evaluating the person will take a written statement from the person who has witnessed first hand the behavior providing evidence for detention. This statement is called a "declaration." It is important to understand that this document is a certified statement of facts and that the person who gives the statement is agreeing to testify in court, under oath, at a commitment hearing.

If the person evaluated is appropriate for involuntary treatment, one of the following will happen:

- **If no emergency exists**, KC CCS may petition the court for an order to detain the person on a non-emergent basis. In this situation a judge reviews the evidence provided by the DMHP, and may make a decision that the person can be involuntarily hospitalized. If the judge signs the order agreeing that the individual should be hospitalized, the DMHP then places the person in an appropriate facility.
- **If imminent danger exists**, the person will be immediately detained and placed into a facility for a 72-hour detention period.

A member of the immediate family will be verbally advised and/or given or mailed a notice of detention, and the team will arrange for involuntary hospitalization at a local treatment facility. The team will arrange for transportation from the person's location to the hospital after he/she has been involuntarily detained. People can be sent for involuntary treatment only to certified Evaluation and Treatment Facilities such as Harborview Medical Center, NAVOS, Northwest Hospital Geriatric-psychiatric Unit, and Fairfax Hospital. The inpatient care is for an initial period of 72 hours.

## NAMI Eastside Support Groups and Regularly Scheduled Meetings

### TUESDAY:

#### Family Support Group 3

Fairfax Hospital, past reception to the Boardroom, 10200 NE 132nd Street, Kirkland, 98034. Contact Steve at (425) 761-9050, or email sander-son@hartleycounseling.com for more information. **1st Tuesday of every month, 7-8:30 pm**

#### Connections Consumer Support

**Group:** Redmond, Together Center, 16315 NE 87th St., Redmond, WA 98052, Baker/Adams Conference Room, Building B. Go around the building to your right and enter through the side door. Contact Brian Youngberg at (206) 760-9215 or brianyoungberg@msn.com. **Every Tuesday, 6:30-8:00 pm**

### WEDNESDAY:

#### Mental Health & Spirituality Consumer and Family Support Group.

St. Brendan Catholic Church School, 2nd Floor. Teachers' Lounge, 10049 NE 195th St., Bothell, Joe (206) 375-2028 stevensfmly@msn.com **2nd & 4th Wednesday of each month, 7-8:30 pm**

#### Family Support Group 1

At the Unitarian church, 12700 SE 32nd St., in Bellevue near Factoria. Go to Room 207 in the building just left of the Sanctuary, Rob and Diane (425) 788-9988, **2nd Wednesday of each month, 7-8:30 pm**

#### Family Support Group 4

Issaquah City Hall, 130 E. Sunset Way, Issaquah, in the Coho Room, contact Karin (206) 236-5247 Karin.miller@overlakehospital.org, **3rd Wednesday of each month, 7-8:30 pm**

### THURSDAY:

**Young Adult Consumer Support Group,** Washington Cathedral, Bldg. 12280, Room 206, 12300 Woodinville-Redmond Road NE, Redmond. Contact NES Office, (425) 885-6264, **2nd Thursday of each month, 7-8:30 pm.**

**Family Support Group 5** Washington Cathedral, Bldg. 12280, Room 206, 12300 Woodinville-Redmond Road NE, Redmond. Contact NES Office, (425) 885-6264, **4th Thursday of each month, 7-8:30 pm**

### FRIDAY:

**Connections Consumer Support Group:** Snoqualmie, Snoqualmie Fire Department Training Room, 37600 SE Snoqualmie Parkway, Contact Yolanda LePley (425) 829-2417, yolandalepley@yahoo.com, **Every Friday, 7-8:30 pm.**

### ANNOUNCEMENTS

#### Bulk Mailing Party

The Together Center (Conference room to be designated when group is scheduled), 16315 NE 87th Street, Suite B-4. Volunteer group is notified about a week ahead of each mailing party. Contact the NES office to volunteer (425) 885-NAMI (6264).

#### Monthly Forums

**Evergreen Hospital,** Third Tuesday of each month, 7:00-9:00 p.m., Suite Tan 100, 12303 NE 130th Lane, Kirkland.

#### Dine with a HERO

a popular HERO House program, held on the 3rd Tuesday of each month at HERO House, 14230 NE 21st Street in Bellevue. FREE lunch included. 11:30 a.m.—1:00 p.m. Seating is limited to the first 50 that RSVP – (425) 614-1282.

#### NES Board Meetings

Second Tuesday of each month, 7:00-9:00 pm, The Together Center, 16225 NE 87th Street in Redmond, Building A in the Rainier Room.

Please call the NES office beforehand (425) 885-6264 so that we can insure enough meeting packets are available.

**NAMI Eastside** exists to serve those impacted by mental illness throughout the Eastside of King County. We provide peer led support, family member support, education, forums and advocacy programs in service of this mission. Contact us anytime for more information. We are here to help! Monday - Friday 10AM to 4PM.

(425) 885 6264  
www.nami-eastside.org  
info@nami-eastside.org

**Northshore Senior Center,** 10201 E. Riverside Drive, Bothell, WA offers support groups for **MATURE** individuals diagnosed with bipolar disorder and depression, to share strategies, resources and techniques on managing these conditions.

**Bipolar:** Riverside Landing card room (located kitty-corner from the Northshore Senior Center) *Must park at the Northshore Senior Center,* Third Tuesday, 1pm-2:15pm, Facilitator: Janet Zielasko, MS, LSW, 425-286-1035; [janetz@seniorservices.org](mailto:janetz@seniorservices.org)

**Depression:** First Mondays and Third Wednesdays, 10am-11:30am, Room 203

Call (425) 486-4564 for more information.

FREE

**Volunteer Corner  
Why Volunteer?**

***Because One Person Can Make A Difference!***

NAMI Eastside would like to say thank you and goodbye to the following volunteers that have left us over the past few months. We appreciate their hard work and commitment to NAMI Eastside. Without them we would not be here!

***We wish them all the best in their new endeavors.***

Mary Shubert-Schultz.....Webmaster  
Nelly Sing.....Treasurer  
Alexandra Boguslav.....C.A.R.E., Office Volunteer

**Welcome to our newest volunteers!**

Bridgid Kinsalla .....Office Volunteer  
Krystal West.....Office Volunteer  
Adriana Turlea.....Office Volunteer  
Justin McClahahan..... Educating The Next Generation  
Jim Holtzman.....Information Technology  
Jeff Ravatt.....Information Technology  
Brad Schuermann.....Information Technology

NAMI Eastside has many volunteers working each month in various capacities throughout the NAMI Eastside organization. If you would be interested in joining our great team of volunteers please contact us at [info@nami-eastside.org](mailto:info@nami-eastside.org) or call the office at (425) 885-6264. We have a place for you!

**UPCOMING TRAINING IN WASHINGTON STATE**

NAMI Washington expects to host **facilitator/presenter training** for each of the NAMI Signature programs within the next few months. Please contact the NES office if you have an interest in becoming an:

- In Our Own Voice (IOOV) presenter;
- Basics Instructor (*for parents of young children with a mental illness*)
- Family Support Group Facilitator;
- Connections (peer support group) Facilitator.
- Peer-to-Peer Mentor/Trainer;
- Family-to-Family Facilitator.

Each program has unique requirements. You will be contacted as soon as dates are set for each class to determine if you meet the qualifications.

#####

**NAMI Eastside is also developing wait-lists to attend each of these programs locally. Contact the NES office to be added to the lists. You will be notified once classes are scheduled. We anticipate having at least 2 Family-to-Family, 2 Peer-to-Peer, and 1 Basics class in 2011. Please contact NAMI Eastside at 425 885 6264 or email us at [info@nami-eastside.org](mailto:info@nami-eastside.org).**

**Join NAMI Eastside!**

**Mail to: NAMI Eastside, Together Center,  
16315 NE 87th Street, Suite B-4, Redmond, WA  
98052**

Name(s) \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

**Membership level:**

- Individual/Family \$35
- Professional \$40
- Donor \$100
- Benefactor \$250
- Corporate \$500
- Low income \$4

**No one will be turned away for lack of means.**

**A donation to NAMI Eastside in the amount of \$\_\_\_\_\_ is enclosed. All NAMI Eastside members are members of NAMI Washington and NAMI National and receive the local, state, and national newsletters.**

**If interested in volunteering, please check one or more of the following:**

- Work in office
- Prepare mailings
- Computer help (software) \_\_\_\_\_
- Community outreach
- Fundraising
- Newsletter
- Publicity
- Legislative issues
- Facilitate support groups
- Facilitate NAMI Signature classes

**For more information, call (425) 885-6264 or send an email to [volunteer@nami-eastside.org](mailto:volunteer@nami-eastside.org) or [info@nami-eastside.org](mailto:info@nami-eastside.org).**

**Thank you!**



**The Together Center**  
**16315 NE 87th St., B-4**  
**Redmond, WA 98052**  
[www.nami-eastside.org](http://www.nami-eastside.org)  
[info@nami-eastside.org](mailto:info@nami-eastside.org)  
**(425) 885- NAMI (6264)**  
**Fax: (425) 885-3042**

**NON-PROFIT ORG**  
**U.S. POSTAGE PAID**  
**REDMOND, WA**  
**PERMIT NO. 377**

***Mental Illness is Not a Choice***

**Return Service Requested**



**Helpful Phone Numbers**

24-hour Crisis Line: 1-866-4 CRISIS, (206) 461-3222, 2-1-1  
 Suicide Prevention Hotline: 1-800-SUICIDE  
 Survivors of Suicide: (253) 838-8947  
 DSHS Food Stamps & Medical Coupons (425) 649-4000  
 Catholic Community Services: (425) 284-2211  
 Salvation Army: (425) 452-7300  
 St. Vincent de Paul: (206) 767-6449  
 Community Health Centers of KC: (425) 882-1697  
 King County Warm Line: (206) 933-7001  
 SKC Public Health: (206) 296-4920  
 SSDI & SSI Social Security, [www.ssa.gov](http://www.ssa.gov) (800) 772-1213,  
 NAMI WA: [office@namiwa.comcastbiz.net](mailto:office@namiwa.comcastbiz.net), 1-360-665-4421  
 NAMI National: [www.nami.org](http://www.nami.org), 1-800-950-NAMI (6264)

**Local Resources & Information**

Community Psychiatric Clinic, [www.cpcwa.org](http://www.cpcwa.org), (206) 461-3614  
 Therapeutic Health Services: Joellen Monson (425) 747-7892  
 Sound Mental Health: [www.smh.org](http://www.smh.org) (206) 302-2200  
 NAVOS: (206) 933-7000  
 Fairfax Hospital 1-800-435-7221  
 Western State Family Advocate: Pat Lovett (360) 698-4668  
 WA State Legislators: [www2.leg.wa.gov](http://www2.leg.wa.gov) or 800-562-6000  
 Eastside Legal Assistance: (425) 747-7274  
 CHADD Eastside (206) 622-2127  
 Health Point Community Health Center: (425) 882-1697,  
 Dental Clinic: (425) 883-8000  
 HERO House: (425) 614-1282, [www.herohouse.org](http://www.herohouse.org)  
 Ombudsman of King County: (800) 790-8049, (206) 205-1357

**More Resources**

Crisis Clinic: [www.crisisclinic.org](http://www.crisisclinic.org)  
 Mental Health Matters: [www.mental-health-matters.com](http://www.mental-health-matters.com)  
 Clearinghouse: [www.mhselfhelp.org](http://www.mhselfhelp.org)  
 Mental Health Infosource: [www.medinfosource.com](http://www.medinfosource.com)  
 National Research Center on Homelessness & Mental Illness  
[www.prainc.com](http://www.prainc.com)  
 Mental Health Today: [www.mental-health-today.com](http://www.mental-health-today.com)  
 Health Place: [www.healthplace.com](http://www.healthplace.com)  
 Online Support Groups: [www.wa\\_families@yahoo.com](mailto:www.wa_families@yahoo.com)  
 Freedom From Fear: (anxiety, depression)  
[www.freedomfromfear.org](http://www.freedomfromfear.org)  
 National Institute of Mental Health: [www.nimh.nih.gov](http://www.nimh.nih.gov)  
 Social Security Administration: [www.socialsecurity.gov](http://www.socialsecurity.gov)  
 American with Disabilities Act info: [www.usdoj.gov/crt/ada](http://www.usdoj.gov/crt/ada)  
 National Mental Health Association: [www.nmha.org](http://www.nmha.org)  
 International Foundation for Research & Education on  
 Depression: [www.ifred.org](http://www.ifred.org)  
 Depression and Bipolar Alliance: [www.dbsalliance.org](http://www.dbsalliance.org)  
 Recovery Inc.: [www.recovery-inc.org](http://www.recovery-inc.org)  
 NARSAD, brain research: [www.narsad.org](http://www.narsad.org)  
 MH Planning & Advocacy Council: [www.wamentalhealth.com](http://www.wamentalhealth.com)  
 Circle of Friends for Mental Health: (206) 525.0648,

**Shelter/Housing/Food**

Eastside Domestic Violence: (425) 746-1940  
 Friends of Youth: (425) 869-6490  
 Issaquah & Community Services: (425) 391-0137  
 Issaquah Church & Community Services: (425) 284-2218  
 Hopelink: (425) 889-7880, (425) 333-4163, (425) 888-0096