

Find a Mental Health Professional



WASHINGTON STATE DEPT OF
**NATURAL
RESOURCES**

Finding a Professional

Working with a mental health professional is a great way to improve overall wellbeing. Finding a good match can be difficult. Do what feels right! If you do not feel your needs are being met, keep moving forward and try again.

Washington State Employee Assistance Program (EAP)



The Washington State Employee Assistance Program (EAP) is a free, confidential program created to promote the health, safety, and well-being of public service employees.

Intake form: <https://des.eapintake.com/>

Phone Number: 877-313-4455 (24/7)

Kaiser Permanente



Mental Health resource for employees with Kaiser Permanente as their insurance.

Visit the Kaiser Permanente [website](#) for more information.

Phone Number: 1-888-287-2680 (Mon-Fri 0800-1700)

Regence



Mental Health resource for employees with Uniform Medical Plan (UMP) as their insurance.

Visit the Regence [website](#) for more information.

Phone Number: 1-888-849-3681 (Mon-Fri 0500-2000; Sat 0800-1630)

Premera Blue Cross



Mental health resource for employees with Premera as their insurance.

Visit the Premera [website](#) for more information and to find the contact number for your individual plan.

Virtual Options

BetterHelp and Talkspace connect those seeking therapy services with a mental health professional.



Visit the BetterHelp [website](#) for more information.



Visit the Talkspace [website](#) for more information.