

Mood and Anxiety Disorders Program

Referral Information

<h3>WHO</h3>	<p>Should be referred to the Mood and Anxiety Clinic?</p>	<p>We see patients ages 6-18 for the following conditions: depression, bipolar disorder, anxiety disorders, obsessive-compulsive disorder, tic disorders, eating disorders, selective mutism, and psychotic disorders. Provided services include consultation, evaluation, group therapy for patients and parents, second opinion medication evaluations, and medication management services for patients established with a therapy provider at SCH or in the community. We have very limited capacity for individual therapy. For more information about specific services CLICK HERE.</p>
<h3>WHAT</h3>	<p>Work-up is needed prior to the first appointment?</p>	<p>Pre-referral work up includes pertinent lab work for thyroid concerns (if referring for depression or mania). Please fax the following information to 206-985-3121: relevant medication management, medical, educational, and treatment records including prior medication trials. Parents/teens are asked to complete online questionnaires including a patient and family information form and other behavioral questionnaires. If patient is requesting medication management services only, our triage team will ask the community therapist to complete and return a referral letter. INSURANCE ALERT: Not all plans contract with Seattle Children's for mental health services. CLICK HERE for information about mental health insurance.</p>
<h3>WHEN</h3>	<p>Will my patient be able to obtain an appointment?</p>	<p>We will only schedule patients for evaluation when we have treatment openings. We periodically become full for individual therapy openings, and will close to new referrals. We refer to the community if our wait is beyond 30 days.</p>
<h3>WHICH</h3>	<p>Provider will my patient see at the first appointment?</p>	<p>Our clinical team includes clinical psychologists, licensed master's level therapists, child and adolescent psychiatrists, psychiatric nurse practitioners and psychiatry and psychology residents and fellows. New patients are scheduled with team members according to availability. To meet the Psychiatry and Behavioral Medicine Care Team CLICK HERE.</p>
<h3>WHERE</h3>	<p>Will my patient be seen?</p>	<p>The Mood and Anxiety Program is located at Seattle Children's Main Campus and Children's Bellevue at Overlake Medical Tower. For maps and directions CLICK HERE.</p>
<h3>HOW</h3>	<p>Can I refer my patient to Seattle Children's Mood and Anxiety Clinic?</p>	<p>URGENT Consultations (Providers Only): call 206-987-7777 or toll free 877-985-4637 Psychiatry Triage (Families): 206-987-2164 option 2 Faxed Referrals: 206-985-3121 or toll free 866-985-3121 E-referral: http://www.seattlechildrens.org/healthcare-professionals/gateway/</p>