



WHAT IS A BEHAVIORAL HEALTH ADVOCATE?

A behavioral health advocate (formerly Ombuds) is a person with lived experience who assists individuals seeking or receiving privately or publicly funded behavioral health services. This service is designed to resolve behavioral health system issues quickly and at the lowest level possible.

WHAT CAN A BEHAVIORAL HEALTH ADVOCATE DO?

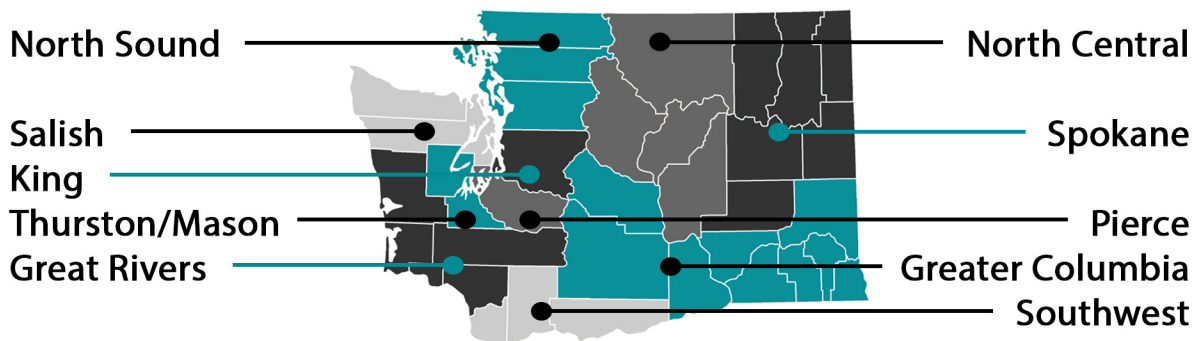
- Actively listen to the person with the grievance.
- Serve as an advocate for resolution.
- Investigate and resolve complaints made by individuals receiving behavioral health services.
- Assist in filing a complaint, grievance, administrative hearing, and appeal.
- Assist with the navigation of the behavioral health system.
- Inform individuals of their voluntary and involuntary rights for adults and minors.
- Assist with the completion of a Mental Health Advance Directive.

WHEN SHOULD I CONTACT A BEHAVIORAL HEALTH ADVOCATE?

Please contact your regional Behavioral Health Advocate, if:

- You have any concerns about the services you are receiving.
- You think your rights have been violated.
- You do not agree with a decision that affects your services.
- You need information on finding a behavioral health provider.
- Need assistance and are unsure who to call.

REGIONAL MAP (SEE REVERSE SIDE FOR MORE DETAILS)



OBHADVOCACY.ORG

1-800-366-3103

info@obhadvocacy.org

REGION	EMAIL	COUNTIES	PHONE
GREAT RIVERS	Greatrivers@OBHAdvocacy.org	Cowlitz, Grays Harbor County, Lewis, Pacific, Wahkiakum	360-561-2257
GREATER COLUMBIA	GreaterColumbia@OBHAdvocacy.org	Asotin, Benton, Columbia, Garfield, Franklin, Kittitas, Walla Walla, Whitman, Yakima	509-808-9790
KING COUNTY	KingCounty@OBHAdvocacy.org	King County	206-265-1399
NORTH CENTRAL	Northcentral@OBHAdvocacy.org	Chelan, Douglas, Grant, Okanogan	509-389-4485
NORTH SOUND	Northsound@OBHAdvocacy.org	San Juan, Skagit, Snohomish, Whatcom, Island	360-528-1799
OBHA	Info@OBHAdvocacy.org	Washington State Administration Office	360-292-5038
PIERCE COUNTY	Piercecounty@OBHAdvocacy.org	Pierce County	253-304-7355
SALISH	Salish@OBHAdvocacy.org	Clallam, Kitsap, Jefferson	360-481-8833
SOUTHWEST	Southwestern@OBHAdvocacy.org	Clark, Klickitat, Skamania	509-434-4951
SPOKANE	SpokaneRegion@OBHAdvocacy.org	Ferry, Stevens, Pend Oreille, Lincoln, Spokane, Adams	509-655-2839
THURSTON	Thurstonmason@OBHAdvocacy.org	Thurston, Mason	360-489-7505