



Behavioral Health Advocates

A behavioral health advocate is a person who is available to provide free and confidential assistance resolving concerns related to your behavioral health services. They can help if you have a behavioral health grievance, appeal, or administrative hearing to resolve your concerns. Behavioral health advocates are independent of your health plan or Behavioral Health Administrative Services Organization (BH-ASO).

Reach all regions at 1-800-366-3103. Or email the Office of Behavioral Health Advocacy at info@obhadvocacy.org

Region	Counties	Email	Phone numbers
Great Rivers	Cowlitz, Grays Harbor, Lewis, Pacific, Wahkiakum	greatrivers@obhadvocacy.org	360-561-2257
Greater Columbia	Asotin, Benton, Columbia, Franklin, Garfield, Kittitas, Walla Walla, Whitman, Yakima	greatercolumbia@obhadvocacy.org	360-292-5038
King	King	kingcounty@obhadvocacy.org	206-265-1399
North Central	Chelan, Douglas, Grant, Okanogan	northcentral@obhadvocacy.org	509-389-4485
North Sound	Island, San Juan, Skagit, Snohomish, Whatcom	northsound@obhadvocacy.org	360-528-1799
Pierce	Pierce	piercecounty@obhadvocacy.org	360-292-5038
Salish	Clallam, Jefferson, Kitsap	salish@obhadvocacy.org	360-481-6561
Spokane	Adams, Ferry, Lincoln, Pend Oreille, Spokane, Stevens	spokaneregion@obhadvocacy.org	360-292-5038
Southwest	Clark, Klickitat, Skamania	southwestern@obhadvocacy.org	509-434-4951
Thurston-Mason	Mason, Thurston	thurstonmason@obhadvocacy.org	360-489-7505