

# Ombuds

An Ombuds 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. The Ombuds is independent of your health plan, regional Behavioral Health Organization (BHO) or Behavioral Health Administrative Services Organization (BH-ASO).

Region	Counties	Phone numbers
Great Rivers	Cowlitz, Grays Harbor, Lewis, Pacific, Wahkiakum	In Cowlitz, Pacific and Wahkiakum Counties: 1-866-731-7403 or 1-360-414-0237  In Lewis and Grays Harbor: 1-833-721-6011 or 1-360-266-7578
Greater Columbia	Asotin, Benton, Columbia, Franklin, Garfield, Kittitas, Walla Walla, Whitman, Yakima	1-833-783-9444 or 1-509-783-9444
King	King	1-800-790-8049 (#3) or 1-206-477-0630
North Central	Chelan, Douglas, Grant, Okanogan	1-844-636-2038
North Sound	Island, San Juan, Skagit, Snohomish, Whatcom	1-888-336-6164 or 1-360-416-7004
Pierce	Pierce	1-800-531-0508
Salish	Clallam, Jefferson, Kitsap	1-888-377-8174 or 1-360-692-1582
Spokane	Adams, Ferry, Lincoln, Pend Oreille, Spokane, Stevens	1-866-814-3409 or 1-509-477-4666
Southwest	Clark, Klickitat, Skamania	1-866-666-5070
Thurston-Mason	Mason, Thurston	1-800-658-4105 or 1-360-763-5793