Department of Corrections
WASHINGTON STATE

FREE PSYCHOLOGY SUPPORT FOR DOC STAFF

Are you experiencing personal or work-related stress? Get free, confidential support from your local staff psychologist.



SERVICES:

INDIVIDUAL CONSULTATIONS

Individual, short-term sessions to support you

TRAUMA TREATMENT

For more severe stressors, our team is trained in EMDR

24/7 STAFF PSYCH SUPPORT LINE

For immediate support, call +1 888-833-3726

OUTSIDE REFERRALS

Get connected to community resources

COMMON TOPICS INCLUDE:

(but are not limited to)

- Workplace concerns
- Grief & loss
- Interpersonal conflicts
- Anxiety, depression
- Trauma
- Addiction & recovery
- Stress management
- Mental wellness
- Parenting support
- Relationships

CONTACT

We have 7 staff psychologists stationed across Washington. To reach our shared inbox, email **docdlhrstaffpsychologist@doc1.wa.gov**

FIND YOUR LOCAL STAFF PSYCH →

For urgent needs, call our 24/7 support line at **+ 1 888-833-3726**

800-PS005 (R. 11/2026)

https://idoc.doc.wa.gov/employee-essentials/health-safety/staff-psychology-program