

Notice of Nondiscrimination and Language Accessibility

Nondiscrimination Statement

Nadejda Beshpalova MD complies with applicable federal civil rights laws and the **Washington Law Against Discrimination (RCW 49.60)**. We do not exclude people or treat them differently because of:

- Race, color, or national origin
- Creed, religion, or citizenship status
- Age or sex
- Marital status
- Sexual orientation, gender identity, or gender expression
- Honorably discharged veteran or military status
- The presence of any sensory, mental, or physical disability
- The use of a trained dog guide or service animal by a person with a disability

Free Language Assistance and Accommodation Services

To ensure effective communication and meaningful access to psychiatric care, we provide the following services completely **free of charge**, in a timely manner, and with strict adherence to healthcare privacy laws:

- **For individuals with disabilities:** Qualified sign language interpreters (including American Sign Language) and information in alternative formats (such as large print or electronic documents).
- **For individuals whose primary language is not English:** Qualified language interpreters and translated written materials.

If you need any of these accommodations, please notify our administrative staff when scheduling your appointment or contacting our office at **206-552-9659**.

How to File a Grievance

If you believe that Nadejda Beshpalova MD has failed to provide these services or has discriminated against you in any way under Washington State law, you have the right to file a grievance with us directly:

- **Practice Name:** Nadejda Bespalova MD
- **Address:** 200 1st Ave W STE 403, Seattle, WA 98119
- **Phone Number:** 206-552-9659
- **Email:** nbespalova@nadejdabespalovamd.com

You can also file a civil rights complaint directly with the **Washington State Human Rights Commission (WSHRC)**:

- **Online/Phone:** Visit the Washington State Human Rights Commission or call 1-800-233-3247.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the [Office for Civil Rights Complaint Portal](#), or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Language Assistance

1. **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 206-552-9659.
2. **Tiếng Việt (Vietnamese):** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 206-552-9659.
3. **Русский (Russian):** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 206-552-9659.
4. **Українська (Ukrainian):** УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 206-552-9659.

5. **Tagalog (Tagalog – Filipino):** PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 206-552-9659.
6. **Soomaali (Somali):** HUAN: Hadii aad ku hisho Somaliga, adeegyada taageerada luqada, oo bilaash ah, ayaa kuu diyaar ah. Wac 206-552-9659.
7. **한국어 (Korean):** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 206-552-9659번으로 전화해 주십시오.
8. **العربية (Arabic):** ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 206-552-9659.
9. **ਪੰਜਾਬੀ (Punjabi):** ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 206-552-9659 'ਤੇ ਕਾਲ ਕਰੋ।
10. **ភាសាខ្មែរ (Cambodian/Khmer):** ប្រយ័ត្ន៖ បើអ្នកនិយាយភាសាខ្មែរ សេវាជំនួយផ្នែកភាសា ដោយមិនគិតថ្លៃ គឺអាចរកបានសម្រាប់អ្នក។ ទូរស័ព្ទទៅលេខ 206-552-9659។
11. **简体中文 (Chinese - Simplified):** 注意: 如果您使用简体中文, 您可以免费获得语言援助服务。请致电 206-552-9659。
12. **繁體中文 (Chinese - Traditional):** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 206-552-9659。
13. **Kajin Majöl (Marshallese):** LALE: Ñe kwōj kōnono Kajin Majöl, kwomaroñ bōk jermal in jipañ ilo kajin ñe am ejjelok wōñāān. Kaal 206-552-9659.
14. **Gagana Samoa (Samoan):** MO LOU SILAFIA: Afai e te tautala i le gagana Samoa, o loo iai auaunaga fesoasoani e fai fua mo oe. Telefoni i le 206-552-9659.
15. **हिन्दी (Hindi):** ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 206-552-9659 पर कॉल करें।