

Community Mental Health Resources

Prior to and throughout the COVID-19 pandemic, another crisis has been taking place for Black and Brown communities. Facing ongoing trauma, police violence, and systemic racism impacts every aspect of daily life – including mental health. Now, more than ever, it's important to connect with the support and resources that you need. Whether you're looking to support yourself or a loved one, looking to learn more about what's available, or interested in connecting to local and virtual resources, below are a few to consider.

Learn about what's Available

There is a lot of misinformation and misrepresentation about mental health, what it is, and what it isn't. Learning the facts, faces, and resources available can help.

- **National Alliance on Mental Illness (NAMI) Helpline** - Provides information, resource referrals and support to people living with a mental health condition, their family members and caregivers. Call 800-950-6264 or send an email to info@nami.org.
- **Washington 211**: Provides information on Washington's mental health resources and other types of assistance. Call 2-1-1 or visit www.win211.org for more information.
- **POC & Mental Illness Photo Project**: This ongoing photo project stems from the lack of media representation of POC (people of color) that are navigating mental health. Learn more at www.diorvargas.com/poc-mental-illness.

Get Emotional Support 24/7

If you or someone you care about is feeling overwhelmed with emotions like sadness, depression, or anxiety, or needs additional mental health support, consider the below resources. They're free, private and available to all.

- **SAMHSA Disaster Distress Helpline**: Connect with a counselor at 1-800-985-5990 or by texting TalkWithUS to 66746. Interpretation also available in over 100 other languages.
- **Teenlink**: A free helpline for teens and those who care for them. Call 1-866-833-6546, chat, or text. Visit www.teenlink.org for more information, tips and local resources.
- **Friendship Line**: Trained volunteers offer a caring ear and friendly conversation for adults, age 60 and older, and adults living with disabilities. Call 1-800-971-0016 or visit www.ioaging.org to connect.
- **Crisis Line**: Trained counselors available for individuals, families and friends. Call 1-866-427-4747, text: HOME to 741741 or visit www.crisistextline.org.
- **WA Warm Line**: Peer support help line for people living with emotional and mental health challenges. Call 877-500-WARM (9276) TTY: 206-461-3610 or visit www.crisisconnections.org/wa-warm-line.

Connect to a Counselor

Finding support for you or a loved one can feel challenging. Below are a few ways to get connected to counselors that understand the specific needs of people of color and various cultures. Note: Low to no cost and insurance covered options are available.

- **The Community Health Access Program (CHAP)** connects you with care you can afford. Interpreters are available. Call 1-800-756-5437, visit www.kingcounty.gov/CHAP or email: CHAP@kingcounty.gov
- **Washington Counselors of Color Directory**: Provides counseling and therapy from providers who understand the specific needs of people of color and various cultures. Visit www.multiculturalcounselors.org to learn more.
- **Open Path Collective Therapy**: Providers offer sessions for individuals, couples and families between \$30 and \$60. Visit www.openpathcollective.com to learn more.

- **Ayana Therapy** - Online therapy for marginalized & intersectional communities. Visit www.ayanatherapy.com to learn more.
- **Inclusive Therapists** - Online directory of inclusive therapists. www.inclusivetherapists.com to learn more.
- **National Queer and Trans Therapists of Color Network** - A healing justice organization committed to transforming mental health for queer and trans people of color (QTPOC). Visit www.ngttcn.com to learn more.

Local organizations and community spaces

Connecting to others in local and community spaces is a powerful way to find fellowship, support, and collective healing. Below are a few local orgs to consider.

- **Umoja PEACE Center** builds job skills, confidence and cultural pride in young people of African descent. The group aims to provide programs to reduce anti-social behavior, juvenile delinquency, crime, and violence.
- **Black Lives Matter Seattle-King County** is a grassroots, volunteer-run, social-justice nonprofit organization focused on the empowerment and liberation of Blacks and other people of color through advocacy and direct action.
- **The National Association for the Advancement of Colored People** works to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate racial hatred and racial discrimination. Current programs include virtual book clubs and other online gatherings.
- **The Somali Community of Seattle** works for the success of refugees to undergo a smooth transitional process and attain self-sustainable status in their new country. Programs include youth safety workshops and theater programs and elderly nutrition programs.
- **The Urban League of Metropolitan Seattle** was established in 1930 to become one of approximately 90 affiliates of the National Urban League. Today, ULMS implements its mission within our Seattle/King County service area through advocacy, direct programming, community outreach, and coalition building. Current offerings include homebuying and credit-building classes.

Online platforms, resources and community spaces

- **Liberate Meditation** - A free meditation app designed by and for People of Color.
- **The Safe Place** - A free app offering mental health resources for the Black community.
- **Unapologetically Us** - Online community for Black women to seek support.
- **POC Online Classroom** - Contains readings on the importance of self-care, mental health care, and healing for people of color and within activist movements.
- **Therapy for Black Girls** - An online platform complete with blog articles, podcasts and growing therapist directory.
- **HealHaus** - A place where healing is accessible, inclusive, and community-oriented. Daily classes, workshops, and private sessions are available for \$10 per class or \$30 per month.
- **Ethel's Club** - Ethel's Club is the first private membership club and workspace created with people of color in mind. The Club focuses on people of color's holistic well-being, from physical to mental, in digital community.
- **Nap Ministry** - The Nap Ministry strives to create a safe space for people of color who are struggling to process traumatic events such as mass shootings and racism. It's a meditation on naps and rest as resistance.
- **Black Men Heal** - Nonprofit organization that provides mental health treatment, psycho- education, and community resources to Men of Color.

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