

Mental Health and Community Resources Guide



Preface

We in the Washington State Business Resource Groups (BRGS) recognize that marginalized communities face greater obstacles and barriers in receiving access to proper care and resources when it comes to mental health and additional community resources. We understand that often people have more than one contributing factor in their life that can lead to a crisis such as a job loss, lack of food, needing children's diapers, and will be needing multiple resources to help. This guide was created to identify specific resources for those in marginalized communities that community members could identify and connect with for ongoing mental health care and support needs. This guide also provides resources for intersecting communities, along with anyone needing further supports and resources. This resource guide was put together with careful thought and consideration by all the BRGS as a place to start towards mental wellness and to share with others. We are not endorsing any providers and businesses that are listed and this *guide is not an exhaustive list* of all the resources that Washington State has to offer, and it is not an *exhaustive list* of resources offered nationally. If you need additional resources that are not listed in this guide, we recommend going on the internet and visiting wa211.org or by dialing **211** from your phone to see if you can find more information. Please note that at the time this guide was being put together all links were working.



If you or someone you know is experiencing a crisis or thinking of self-harm, please call **911**. You can also call the National Suicide Prevention Lifeline **1-800-273-8255** or the Veteran Crisis line **1-800-273-8255 and press 1**. If you are in need to talk with someone while you are at work, please contact Employee Assistance Program (EAP) at **(877) 313-4455**.

Table of Contents

Mental Health and Community Resources Guide	0
Preface.....	1
Asian Americans and Pacific Islander Resources	1
Washington State Resources	1
National Resources	2
Black/African American Resources	3
Washington State	3
National Resources	4
Disability Resources.....	5
Washington State Resources	5
National Resources	7
Immigration/Refugee Resources.....	8
Washington State Resources	8
National Resources	10
Intersectional Resources.....	11
Washington State Resources	11
National Resources	13
Latino/Hispanic Resources	14
Washington State Resources	14
National Resources	15
LGBTQIA Resources	16
Washington State Resources	16
National Resources	16
Native American Resources.....	17
Washington State Resources	17
National Resources	18
Veteran Resources	19
Washington State Resources	19
National Resources	20
Additional Community Resources and Supports.....	21

Resource Finder: Just Type in Your Zip Code	21
Washington State Child Care Assistance	21
Washington State Clothing Banks	21
Washington State Diaper Banks	22
Washington State Employment/Job Training Resources	22
Washington State Financial Assistance	23
Washington State Food Assistance	23
Washington State Housing/Shelter	24
Washington State Legal/low-cost services Resources	25
Washington State Free/Low-Cost Medical/Dental Clinics	26
Washington State Mental Health and Domestic Violence Resources	27
National Resources	29
Washington State Pet Food Banks/Veterinarian Help	29
Washington State RX Discount Resources	30
National Resources	30
Washington State Transportation Resources	30
Washington State Vision Clinics Resources	31

Asian Americans and Pacific Islander Resources

Washington State Resources

- [***Washington State Commission on Asian Pacific American Affairs***](#)
- [API Chaya](#)
- [APIC Spokane](#)
- [Asian Counseling and Referral Service](#)
- [Chinese Information Service Center](#)
- [Filipino Senior & Family Services](#)
- [Hmong Association of Washington](#)
- [India Association of Western Washington](#)
- [Japanese Cultural and Community Center](#)
- [Khmer Community of Seattle King County](#)
- [Kin on](#)
- [Lao Community Service Center](#)
- [Marshallese Women Association](#)
- [Pacific Islander Community Association of Washington \(PICA-WA\)](#): is an organization that seeks to live out the indigenous values of Pasifika (NH/PI) communities here in Washington State through community organizing and speaking our truth fiercely to systems of power while providing social supports and cultural spaces for the community to gather in dignity.
- [Pacific Islander Health Board of WA](#)
- [Seattle Mongolian Youth Center](#)
- [WAIP Community Resources](#)

National Resources

- [AAPA](#)
- [Anti-Asian Hate Resources](#)
- [Asian Americans Advancing Justice](#)
- [Asian Americans, Native Hawaiians, and Pacific Islanders Mental Health Association](#)
- [Asians Do Therapy](#)
- [Asian Mental Health Collective](#)
- [Asian & Pacific Islander American Health Reform](#)
- [Asian and Pacific Islander](#)
- [Asian Pride Project](#)
- [Bystander Intervention Training – Right to Be](#)
- [DESI LGBTQ+ HELPLINE FOR SOUTH ASIANS](#)
- [Project Lotus](#) Project Lotus destigmatizes mental health in Asian-American communities by tackling the model minority stereotype through culturally relevant education for the community and the empowerment of voices.
- [National Asian American Pacific Islander Mental Health Association](#) (NAAPIMHA)
- [South Asian Mental Health Initiative & Network](#)
- [South Asian Therapist](#)
- [Very Asian Foundation](#)

Black/African American Resources

Washington State

- [*Washington State Commissions on African Affairs](#)
- [African Americans Reach & Teach Health Ministry](#)
- [BIPOC ED Coalition Washington State](#)
- [Black Community Building Collective](#)
- [Byrd Barr Place](#)
- [Carl Max Center](#) (Spokane) The mission of the Carl Maxey Center is to change lives and improve the well-being of Spokane's African American/Black community by expanding the educational, economic, and cultural opportunities that are currently available, and by addressing the racial disparities and racial inequities that currently exist and have persisted in this area.
- [Cierra Sisters](#): (Renton) Their mission is to break the cycle of fear and increase knowledge concerning breast cancer in the African American and underserved communities.
- [Creative Justice](#): Creative Justice is an arts-based alternative to incarceration for young people in King County. Initially established as a three-year pilot program with 1% for Art revenue generated by the construction of the Children and Family Justice Center, it has now become an independent, community-held nonprofit organization and an example of how public agencies and public funds can be used to inspire systemic change.
- [Feed the People](#): Feed the People is a community-focused, black-led initiative based in Seattle, WA. We operate a community kitchen and lead youth development programs for the love of food!
- [Lavender Rights Project: Washington Black Trans Task Force](#)
- [Legally Black](#): Has a mission is to address the ingrained oppression of BIPOC as the foundation of all our governing systems in America and eliminate all opportunities to continue this path, so all people of color have unconditional legal access to resources, freedom, peace, liberty, and the equal rights to the pursuit of happiness as promised by the laws of this nation.

- [NAMI of Washington Mental Wellness in Black Communities](#)
- [Seattle King County NAACP](#)
- [Urban League Metropolitan Seattle: Health Black Minds](#)
- [Washington Therapy Fund](#): The mission of the WA Therapy Fund is to alleviate the burden of cost and burden of discount to both Black clients and the therapists who serve them.
- [You Grow Girl](#): is a nonprofit organization serving female-identifying youth and families throughout Washington State. They provide comprehensive, wraparound services aimed at empowering adolescents, youth and adults can reach their authentic selves through the development of life skills, advocacy, and self-respect.

National Resources

- [Black Emotional and Mental Health Collective](#) (BEAM)
- [Black Mental Health Alliance](#)
- [Black Men Heal](#)
- [Call Blackline](#) BlackLine provides a space for peer support and counseling, reporting of mistreatment, and affirming the lived experiences to folks who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.
- [Melanin & Mental Health](#)
- [Free Black Therapy](#)
- [The Safe Place](#) is Minority mental health app gives informative information on mental illnesses, self-care tips, black mental health statistics, a mental health directory, an open group forum, and more (available on Android and iPhone).
- [Therapy for Black Girls](#)
- [Therapy for Black Men](#)

Disability Resources

Washington State Resources

- [ADA Northwest](#)
- [Arc of Washington](#)
- [Alliance of People with Disability](#)
- [Area Agency on Aging and Disability](#)
- [Autism Society of Washington](#)
- [Blue Mountain Action Council](#): Blue Mountain Action Council is a local nonprofit serving neighbors in Southeast Washington who are experiencing poverty. We provide opportunities for individuals and families to achieve greater levels of strength, independence, and self-sufficiency.
- [Daily Money Managers - Serving Pierce County](#) Daily money managers are professionals who provide personal financial/bookkeeping services to senior citizens, individuals with disabilities, busy professionals, and others
- [Deafblind Services Center](#) (Seattle)
- [Developmental Disability Administration](#)
- [Department for Services for the Blind](#)
- [Disability IN Washington State](#)
- [Disability Rights Washington](#)
- [Division of Vocational Rehabilitation](#)
- [Dr Kathleen Johnson](#) (Autism Diagnoses for adults and children take Medicaid)
- [Department of Social and Health Services Supported Employment](#)
- [Governor's Committee on Disability Issues & Employment \(GCDE\)](#)
- [King County Behavioral Health Supported Employment Network](#)
- Law Office of Michael Izak: surdus.law@gmail.com
Deaf Attorney serving the Deaf and Hard of Hearing community in Oregon and Washington states. Contact for a consultation or for an appointment

- [Lifelong](#) (Seattle area) They use a wraparound care model supports the whole person by breaking down barriers and improving access to nutritious food, stable housing, and vital health resources for people living with diabetes, HIV, kidney disease, and other life-challenging illnesses. Our community support network fills the gaps in broken systems and ensures that everyone has an equitable opportunity to thrive.
- [Lighthouse for the Blind](#) (Seattle)
- [List of Disability Resources](#)
- [National Federation of the Blind – Washington \(NFB-W\)](#)
- [Northwest Access Fund](#)
- [Northwest Region Helen Keller National Center for Deafblind Youth and Adults](#)
- [Office Of Deaf and Hard of Hearing](#)
- [Office of Deaf and Hard of Hearing Resources Directory](#)
- [Olmstead Rights](#)
- [Partnership of Action, Voice for Employment](#)
- [Sound the Forefront Health Care](#) (Autism Diagnoses for adults and children take Medicaid)
- [Square Pegs](#) The Square Pegs Adult Autistic Meetup Group is a place for those of us who are on any part of the spectrum, diagnosed or self-diagnosed, to get to know one another and make new friends without having to explain our eccentricities.
- [Talking Prescription Labels](#)
- [The Section 811 Project Rental Assistance Demonstration \(Department of Commerce\)](#) The Section 811 Project Rental Assistance Demonstration (811 PRA) grant awarded to Commerce by the Office of Housing and Urban Development (HUD) of \$5.7 million will provide project-based rental assistance to extremely low-income, non-elderly disabled households for a period of five years
- [UW Autism Center of Human Development & Development](#)

- [Washington Council of the Blind](#)
- [Washington State Able Savings Account](#)
- [Washington State Association of Deaf](#)
- [Washington State Deafblind Citizens](#)
- [Washington State Independent Living Council](#)
- [Washington State Resources for Parents of Children and Youth with Disabilities](#)
- [Washington Talking Book Braille Library](#)

[Washington State Training and Technical Assistance](#) Wise is the Supported Employment Technical Assistance and Training agency supporting Washington State's Developmental Disabilities Administration, county developmental disability programs, and supported employment agencies. We work with state DDA and WA State counties to customize, plan and deliver best practice training, technical assistance, and collaboration to promote employment for Washingtonians who experience developmental and intellectual disabilities.

National Resources

- [Americans with Disability Act](#)
- [Deaf counseling Center](#)
- [Equal Employment Opportunity Commission](#)
- [NAMI National HelpLine Resource Directory](#)
- [National Alliance on Mental Illness \(NAMI\) on People with Disabilities](#)
- [National Organization on Disability](#)
- [Office of Disability Employment Policy](#)
- [Work Without Limits](#)

Immigration/Refugee Resources

Washington State Resources

- [Cham Refugee Community Seattle](#)
- [Immigrant and Refugee Resources: Local Non-Government Support Organizations](#)
- [InterimCDA](#): provides multilingual, culturally competent housing and community building services to those disenfranchised due to lack of English, low acculturation, and poverty. Though historically ICDA's focus was on the API community living in the CID, we currently serve about 5000 unduplicated low-income limited English-speaking individuals from Asia, Africa, and America throughout the greater Puget Sound.
- [IRUO](#) (Immigrant, Refugee, Undocumented Outreach) Seattle Counseling Service identified major barriers LGBTQ identified immigrant, refugee, and undocumented individuals face in accessing behavioral health services in the Seattle-King County area. The IRUO Program seeks to address how local service agencies can work in collaboration with community partners to eliminate these barriers and improve access to services for this community.
- [Kandelia](#)
- [Northwest Immigrant Right Project](#)
- [Partner in Employment](#) We are here to guarantee the long-term economic stability of newly arrived refugees and immigrants in King County.
- [Puget Sound Training Center](#): Since 1999, PSTC has provided career training and employment services to over 4,000 refugees, immigrants, and low-income individuals living in King and Pierce County. Bilingual case management, career coaching, job search, job placement retention and support services are provided at no cost to participants through our adult employment and training programs: Basic Food Employment and Training (BFET), Resources to Initiate Successful Employment (RISE), LEP Pathways, L & I Worker Retraining Services and DVR Job Service program.

- [Refugee Health Program Tacoma-Pierce County Health Department](#)
- [Refugees Northwest Counseling Services](#) Mental health conditions are common among refugees and asylum seekers who are separated from their families and have experienced persecution and loss. Counselors speak more than 16 languages and range from licensed counselors to peer support professionals to an Advanced Registered Nurse Practitioner.
- [Refugee Woman's Alliance](#) ReWA provides 8 wrap-around social services for every member of the family. These services, delivered in over 50 languages and dialects, are designed to make a long-lasting impact in our clients' lives and help them thrive in the Puget Sound community
- [Resources for DACA Seattle](#)
- [Ukrainian Community Center of Washington](#)
- [Washington Association of Community and Migrant Health Centers](#): Ongoing programs to strengthen and advocate for Washington's Community Health Centers as they build healthcare access, innovation, and value. Primary aim is to ensure that all Washingtonians have access to primary healthcare, regardless of geographic location, nationality, income level, or insurance status. Clinic engagement includes programmatic support, training, and technical assistance in administration and care delivery, including outreach and enrollment, quality improvement and practice transformation, data analysis, workforce development, oral health, and behavioral health.
- [Washington Immigrant Solidarity Network](#)
- [Yakima Immigrant Project](#)

National Resources

- [Afghan Diaspora hub](#)
- [Asylum Connect](#) Provides world's first tech resource platform for those fleeing persecution due to sexual orientation or gender identity
- [Coalition for Immigrant Mental Health](#): They envision fair, equal, linguistically, and culturally accessible mental health services free from stigma and fear for all refugees and immigrants regardless of status.
- [Directory of State Refugee Coordinate](#)
- [Office of Refugee Resettlement](#)
- [National Resource Center for Refugees, Immigrants, and Migrants](#)
- [Refugee Council USA](#)
- [U.S Committee for Refugee and Immigrants](#)

Intersectional Resources

Washington State Resources

- [ASHO Multicultural Center](#)
- [Atlantic Street Center](#): We achieve our mission by providing educational, family support, and behavioral health counseling services for children, youth, and their families. We primarily serve low- and very low-income African American families and other families of color who reside in central and southeast Seattle, South King County, and North Pierce County.
- [Cultivate Mental Wellness](#): Cultivate Mental Wellness supports individual communities to grow in resilience with a better understanding of mental health. Communities build a foundation that supports a culture where individuals seek answer, get diagnosed and receive the support and services they need.
- [Fresh Soul](#): (Spokane) Fresh Soul is a job training program for youth ages 14 to 18. Our program runs for 12 weeks and covers topics such as kitchen training, kitchen etiquette, food handling skills, service, having a bank account and budgeting, resume building, job search, interview skills, mentoring, and pride in and giving service to their community. We also offer tutoring resources to ensure these teens are doing well in school while gaining valuable job skills.
- [Heal Spokane](#): Heal Spokane organizes monthly donations drives and community service projects, as well as supports other local charitable organizations in Spokane that serve the homeless and underprivileged.
- [Horns of Africa](#): (Seattle) Provides services in cultural lens the organization diversified its teams. The diversified team increase innovation in the field of its services, gave cultural competence to serve community members from different cultural background and limited to no dominant language ability.
- [Interconnections Healing Center](#): We all integrate an anti-oppression lens into our work and are committed to ongoing self-examination and professional education in service of providing inclusive, compassionate, and competent care that serves the needs of the community, especially those who are a part of underserved communities.

- [InterimCDA](#): provides multilingual, culturally competent housing and community building services to those disenfranchised due to lack of English, low acculturation, and poverty. Though historically ICDA's focus was on the API community living in the CID, we currently serve about 5000 unduplicated low-income limited English-speaking individuals from Asia, Africa, and America throughout the greater Puget Sound.
- [Lifeline Connection](#): Lifeline Connections is a community-based behavioral health organization that specializes in providing confidential and compassionate care to individuals who experience a substance use and/or mental health condition. (This place has multiple locations throughout Washington)
- [Multicultural Counselors](#): The Washington Counselors of Color Network serves an array of ethnic clients needing counseling and therapy from providers who understand the specific needs of people of color and various cultures. As licensed therapists and counselors, we have a variety of backgrounds, experiences, ethnicities, and language skills needed to assist many ethnicities in Washington.
- [Nobel Foundation](#): (Kelso) to ensure all marginalized communities are able to gain the connections, knowledge, and empowerment to build a more just, equitable, and healthy society. We support the idea that community knows what the community needs and has the ability, tools, and power to build collaboratively and collectively.
- [Odyssey World International Education Services](#): (Vancouver area) Odyssey World International Education Services prohibits discrimination in its programs, services, policies, hiring practices and administration on the basis of race, color, ethnicity, ancestry, national origin, age, gender, gender identity or expression, sexual orientation, marital status, or physical or mental disability
- [Opportunities Industrialization Center](#) (Yakima)

- [Seattle Liberation Healing](#): Referrals to QTBIPOC (Queer, Trans, Black, Indigenous & People of Color) Therapy Directories, Therapy Directories, Therapy Matching Sites, Low Cost/Reduced Fee Therapy, Trauma, Sexual Violence, & Crime Victim Counseling (Washington State), Voluntary & Involuntary Hospitalizations (Washington State), Washington State Non-Profits Accepting Insurance & Apple Health/Medicaid, Washington State Based Group Practices Accepting Insurance, Emotional Support, Crisis Hotlines, Therapy Funding, decolonizing therapy, intergenerational trauma therapy, and more.
- [Seattle Rep: BPOIC, LGBTQ, VETERAN Mental Health Resources](#)
- [Tri-Cities Diversity & Inclusion Council](#): (Tri-Cities and Walla Walla) The Tri-Cities Diversity & Inclusion Council seeks to provide safe spaces and programs that support the mental, emotional, physical, and financial well-being of BIPOC residents living in a predominantly homogenous community.
- [The Tubman Center for Health & Freedom](#): Puget Sound region (**opening 2025**) The Tubman Center for Health & Freedom addresses health and wellness from both systemic and clinical approaches. By practicing medicine from the intersection of health and freedom, we address both the health of our patients as well as the factors that determine their health. Tubman Health provides primary and preventative care, community resources, social services, political education, and advocacy.

National Resources

- [Ayana Therapy](#): Mental healthcare for marginalized and intersectional communities
- [Multicultural Mental Health Resource Centre](#)
- [National Queer & Trans Therapists of Color Network](#)
- [The Steve Fund](#): is dedicated to supporting the mental health and emotional well-being of young people of color.
- [Think Cultural Health](#)

Latino/Hispanic Resources

Washington State Resources

- [*Washington State Commissions on Hispanic affairs*](#)
- [Cielo](#): Their purpose was to help the growing Latino population in the South Puget Sound access mental health services (since then, we have significantly expanded our services).
- [Consejo Counseling](#): Consejo Counseling and Referral Service, with Headquarters in Seattle, Washington, has worked to provide innovative quality care for Latinos and low-income families.
- [El Centro de le Raza](#): As an organization grounded in the Latino community of Washington State, it is the mission of El Centro de la Raza (The Center for People of All Races) to build the Beloved Community through unifying all racial and economic sectors; to organize, empower, and defend the basic human rights of our most vulnerable and marginalized populations; and to bring critical consciousness, justice, dignity, and equity to all the peoples of the world.
- [La Esperanza Health Counseling Services](#)
- [The Latina/o Bar Association of Washington](#): The Latina/o Bar Association of Washington strives to represent the concerns and goals of Latino attorneys and the Latino people of Washington State. To do so, we encourage and promote the active participation of all Latina/o attorneys throughout Washington State and seek the involvement of Latina/o political, governmental, educational, and business leader.
- [Latino Center for Health](#): The Latino Center for Health provides leadership for community-engaged research through capacity building and authentic partnerships with community stakeholders to promote impactful improvements in the health and well-being of Latinx communities in Washington State, regionally, and nationally.

- [Latino Community Fund](#): To achieve its mission and address the needs of Latinos, LCF programs create a vibrant community through civic engagement, healthy families, arts, and culture.
- Latino Educational Training Institute: [LETI Licensed for Vocational Training in Washington State](#)
- [Mi Centro](#): We are a community-based non-profit that works with Latino and Indigenous Native families. Explore our website and learn more about our educational programs, crisis intervention, family outreach services, Arts & Culture programming, or join our advocacy efforts that address the concerns and opportunities for our families and community.
- [Puentes](#): Standing with immigrant families through access to mental health.
- [Puget Sound Training Center](#): Since 1999, PSTC has provided career training and employment services to over 4,000 refugees, immigrants, and low-income individuals living in King and Pierce County. Bilingual case management, career coaching, job search, job placement retention and support services are provided at no cost to participants through our adult employment and training programs: Basic Food Employment and Training (BFET), Resources to Initiate Successful Employment (RISE), LEP Pathways, L & I Worker Retraining Services and DVR Job Service program.

National Resources

- [Green Latinos](#): is a national non-profit organization that convenes a broad coalition of Latino leaders committed to addressing national, regional and local environmental, natural resources and conservation issues that significantly affect the health and welfare of the Latino community in the United States.
- [Hispanic/Latinx Nami](#)
- [Latinx Therapy](#)
- [National Alliance Hispanic Health](#)
- [National Latino Behavioral Health Associations](#)
- [Therapy for Latinx](#)

LGBTQIA Resources

Washington State Resources

- [*LGBTQ Commission Resources by County*](#)
- [Counseling for the Queers](#): Live Authentically with Counseling Designed for You LGBTQIA+ Counseling via Telehealth in Washington State
- [LifeWire](#): Together Against Domestic Violence LGBTQIA Resources
- [NORTHWEST LGBT SENIOR CARE PROVIDERS NETWORK](#)
- [THE NW NETWORK](#): The NWN has been dedicated to supporting queer survivors of abuse since our founding in 1987. We are excited to emerge from this current period of chrysalis with our team even more equipped and resourced to offer critical supports to our community.
- [Pride Counseling](#): Get matched to a licensed therapist. Communicate via phone, video, and messaging.
- [Stone Wall Youth](#): Founded in 1991, Stonewall Youth is a youth-led organization that empowers LGBTQ+ youth to speak for themselves, support each other, educate our communities, and work for social justice. Most of our programming is for youth aged 21 and under. We recently started drop-ins and other activities for youth ages 18-24. We serve three primarily rural counties in southwestern Washington: Thurston, Mason, and Lewis.
- [Spectrum Counseling IN the Tri Cities](#)
- [Veteran LGBT Health Care Services](#)

National Resources

- [The Gay Center](#): The Center provides a range of programs, services, and counseling options to help our LGBT communities protect and preserve their health.
- [Gender Odyssey](#)
- [LGBTQ OF COLOR PSYCHOTHERAPIST](#)
- [National Center for Transgender equality](#)

Native American Resources

Washington State Resources

- [*Governor's office on Indian Affairs*](#)
- [American Indian Health Commissions of Washington State](#)
- [American Indian and Alaskan Native Behavioral Health](#)
- [Center for Traditional Medicine](#)
- [Coville Behavioral Health](#)
- [Cowlitz Tribal Health Seattle](#)
- [Duwamish Tribe Native Health and Wellness](#)
- [q̓w̓əlú̓t Healing Center: Stillaguamish Behavioral Health Programs](#)
- [Mother Nation](#)
- [National Resource Center on Native American and Aging \(Washington State\)](#)
- [Native American Veteran Association](#)
- [Native Hire: Native America's Premier Employment Resource](#)
- [Nisqually Health Services](#)
- [Northwest Indian Housing Association](#)
- [Northwest Indian Treatment Center \(NWITC\)](#)
- [Resources for Native American Transgendered youth](#)
- [Snoqualmie Behavioral Health](#)
- [Tribal Vocational Rehabilitation Programs](#)
- Seattle Indian Health Board: [For the Love of Native People](#)
- [The Native Project in Spokane](#)
- [Tribal Access Justice Innovation](#): Puyallup Tribe Community Domestic Violence Advocacy Program
- [Tribal outreach program](#)
- [United Indians of all Tribes](#)
- [Unkitawa](#): itawa is centered in traditional practices to help heal and support communities through ceremony, art, and culture.

- [Women Spirit Coalition](#): (Sequim) Washington State Native American Coalition Against Domestic Violence and Sexual Assault serves 29 tribes in WA State, providing technical assistance, consultation, and raising public awareness on issues related to domestic violence, sexual assault, stalking, dating violence and sex trafficking.

National Resources

- [Council for Tribal Employment Rights](#)
- [Indian Health Services](#)
- [Indigenous Story Studio](#)
- [National American Indian and Alaskan Native Mental Health Technology Transfer Center Network](#): The National American Indian and Alaska Native MHTTC works with organizations and treatment practitioners involved in the delivery of mental health services to American Indian and Alaska Native individuals, families, and tribal and urban Indian communities to strengthen their capacity to deliver effective evidence-based and experience-based practices. This includes the full continuum of services spanning mental illness, prevention, treatment, and recovery support.
- [Native Americans and Alzheimer's](#)
- [Native American Disability Law Center](#)
- [One Sky Center](#): One Sky Center is a National Resource Center for American Indian and Alaska Native Health, Education and Research. It is dedicated to quality health care across Indian Country.
- [Rural Tribal Health – Organizations](#)
- [TRIBAL HUD-VASH](#): The Tribal HUD-VA Supportive Housing program (Tribal HUD-VASH) will provide rental assistance and supportive services to Native American veterans who are Homeless or At Risk of Homelessness living on or near a reservation or other Indian areas.

Veteran Resources

Washington State Resources

- [*Washington State Department of Veteran Affairs*](#)
- [Washington State Department of Veteran Affairs Counseling and Wellness](#)
- [Blue Mountain Action Council](#): Blue Mountain Action Council is a local nonprofit serving neighbors in Southeast Washington who are experiencing poverty. We provide opportunities for individuals and families to achieve greater levels of strength, independence, and self-sufficiency.
- [Cohen Veterans Network](#)
- [Disabled Veteran Hunting & Fishing Licenses](#)
- [Eagle Northwest](#): The Wellness Center at Northwest University thanks you for the service you have given to our country. We are honored to be able to assist you in meeting your academic, career, and health & wellness needs as you return to civilian life and pursue your educational goals.
- [Hope for Heroes Equine Therapy](#)
- [Lacey Veteran Service Hub](#)
- [LGBTQ+ Veterans](#)
- [Lewis County Relief Fund for Veterans](#)
- [Military Experience CDL Waiver](#) (Department of Licensing)
- [National Association of Black Veterans in Lakewood](#)
- [Nisei Vets Committee and NVC Foundation](#)
- [Paralyzed Veterans of America](#)
- [Property Tax Relief Department of Veteran Affairs](#)
- [Puget Sound Veterans Hope Center](#)
- [Seattle Stand Down](#)
- [Seattle Vet Center](#)
- [Seattle Veteran Treatment Court](#)
- [State Parks Disabled Veteran Lifetime Pass](#)

- [Thurston County Veteran Resources](#)
- [US Department of Veterans Affairs: Puget Sound Health Care System Vocational Rehabilitation Services](#)
- [Veterans Down payment Assistance Loan Program](#)
- [Veteran Resources Clark County](#)
- [Veteran Services Pierce County](#)
- [Yakima County Resources for Veterans](#)

National Resources

- [Cohen Veteran Network](#)
- [Military On Source Mental Health Resources](#)
- [Make the Connection Veteran Affairs Resources](#)
- [Mental Health Resources for Veterans](#)
- [National Alliance on Mental Illness Veteran & Active Duty](#)
- [Native American Veteran Assistance](#)
- [Office of Tribal Government Relations Veteran Resources](#)
- [Trans America Veteran Association](#)
- [Veteran Crisis Line](#)
- [VHA LGBTQ+ Health Program](#)
- [Wounded Warrior Project Mental Health Services for Veterans](#)

Additional Community Resources and Supports

[*Resource Finder: Just Type in Your Zip Code*](#)

Washington State Child Care Assistance

- [Child Care Action Council](#)
- [Child Care Aware](#)
- [Child Care.gov](#)
- [Department of Child, Family, and Youth Services](#)
- [Goodwin Connection](#) (Seattle) Our Family Connections Program supports the entire family. When families are accepted into the program, they become eligible for childcare or preschool tuition assistance for their children. By supporting low-income families with childcare and preschool expenses, it allows parents to attend college full-time, focus on their studies, graduate in a timely manner, and ultimately embark on a career that pays a living wage
- [Moms Rising](#)
- [The Working Connections Child Care \(WCCC\)](#)

Washington State Clothing Banks

- [Clothes For Kids](#) (Lynnwood)
- [Donald Loomis](#) (Buckley)
- [Dress For Success Seattle](#)
- [Giving Closet Vancouver WA](#)
- [Hoquiam Food & Clothing Bank](#)
- [Issaquah Food and Clothing Bank](#)
- [Just Threads Clothing Bank](#) (Tacoma)
- [Washington Education Association](#)

Washington State Diaper Banks

- [Babies in Need](#)
- [Do the Right Thing](#) (Auburn)
- [Dry Tikes & Wet Wipes](#) (Tumwater)
- [Help Me Grow Diaper Bank \(Pierce County\)](#)
- [Island Northwest Diaper Bank](#)
- [The Multicultural Diaper Bank](#) (Tacoma)
- [Skagit County Diaper Bank](#)
- [Tri cities Diaper Bank](#)
- [West Side Baby](#)

Washington State Employment/Job Training Resources

- [Blue Mountain Action Council](#): Blue Mountain Action Council is a local nonprofit serving neighbors in Southeast Washington who are experiencing poverty. We provide opportunities for individuals and families to achieve greater levels of strength, independence, and self-sufficiency.
- [Career Connect Washington](#)
- [Employment Security Department](#)
- [Foundational Community Supports](#): Living with a mental illness or a disability can make it hard for someone to find a job or a place to live. Our Foundational Community Supports (FCS) team is here to help.
- [WA State Self-Employment Assistance Program: SEAP](#)
- [Washington Career Bridge](#)
- [Washington Care Career](#)
- [Work source Washington](#)

Washington State Financial Assistance

- [Charity Care and Financial Assistance at Washington State Hospitals](#)
- [Department of Social and Health Services Financial Help](#)
- [Disaster Cash Assistance Program](#)
- [Low-Income Home Energy Assistance Program](#)
- [Opportunity Council](#) (Whatcom) Opportunity Council administers the Federal Emergency Rental Assistance program for residents in Whatcom, Island, and San Juan Counties.
- [Opportunities Industrialization Center](#) (Yakima)
- [Puget Sound Energy Home Energy Lifeline Program](#)
- [Washington Multifamily Housing Association Rental Assistance](#)

Washington State Food Assistance

- [Aunt Leah's Place](#)
- [Blue Mountain Action Council](#): Blue Mountain Action Council is a local nonprofit serving neighbors in Southeast Washington who are experiencing poverty. We provide opportunities for individuals and families to achieve greater levels of strength, independence, and self-sufficiency.
- [Feeding Washington Solving Hunger Statewide](#)
- [Hopelink](#): in Washington helps, with food, employment, housing, transportation, adult education, energy assistance and family development
- [Hunger Relief Resources](#)
- [The Moore Wright Group](#): (Tumwater) The Moore Wright Group currently works with 90+ organizations, 25+ school districts, and Tribes to be able to have access to the immediate, and basic needs to help our community to be able to thrive.
- [Northwest Harvest](#)
- [Opportunities Industrialization Center](#) (Yakima)
- [Solid Ground](#): Solid Ground works to end poverty and undo racism and other oppressions that are root causes of poverty.
- [Washington Food Coalition](#)

- [Washington Free Food Resources](#)
- [Washington state free food banks](#)

Washington State Housing/Shelter

- [Blue Mountain Action Council](#): Blue Mountain Action Council is a local nonprofit serving neighbors in Southeast Washington who are experiencing poverty. We provide opportunities for individuals and families to achieve greater levels of strength, independence, and self-sufficiency.
- [Council For the Homeless](#)
- [Elijah Family Homes](#)
- [Family Promise of Spokane](#)
- [Fusion Housing Families in Need](#)
- [Helping hand House](#)
- [Housing and Essential Needs \(HEN\) Referral Program](#)
- [Housing for the homeless](#) (Clark County)
- [Housing Resource Center](#)
- [HUD Washington State Resources](#)
- [Kitsap Community Resources](#)
- [The Inn Enhanced Shelter - CCSWW Program](#)
- [Opportunities Industrialization Center](#) (Yakima)
- [Rental Housing Association of Washington](#)
- [Resource Center of Spokane County](#)
- [Rod's House in Yakima](#)
- [Quixote Village](#)
- [Solid Ground](#): (Seattle) Solid Ground works to end poverty and undo racism and other oppressions that are root causes of poverty.
- [The Support Center](#) (Okanogan)
- [Tacoma Rescue Mission](#)
- [Tenants Union of Washington State](#)

- [United Way Thurston County](#)
- [Washington Low-income Housing Alliance](#)
- [Washington State Housing Finance Commission](#)

Washington State Legal/low-cost services Resources

- [Alliance for Equal Justice](#)
- [April Thomas](#) (Takes pro bono, sliding scale, for DV & child custody)
- [Blue Mountain Action Council](#): Blue Mountain Action Council is a local nonprofit serving neighbors in Southeast Washington who are experiencing poverty. We provide opportunities for individuals and families to achieve greater levels of strength, independence, and self-sufficiency.
- [Disability Rights Washington](#)
- [Department of Social and Health Services kinship care legal issues](#) (Helps with guardianship issues, etc.)
- [Equal Opportunity Commission](#)
- [Fair Work Center Legal Clinic](#) (educate, advise, and represent workers in employment law cases.)
- [Housing Authority in Thurston County Legal Assistance](#)
- [Justia helps find attorneys](#)
- Law Office of Michael Izak: surdus.law@gmail.com
Deaf Attorney serving the Deaf and Hard of Hearing community in Oregon and Washington states. Contact for a consultation or for an appointment.
- [Legal Foundation of Washington](#) We serve tens of thousands of low-income people each year by investing in civil legal aid organizations across Washington. We bring expertise about our state civil legal aid system to ensure thoughtful grantmaking. We receive support from public and private partners who are committed to equal justice and system reform. We responsibly steward and strategically distribute these funds throughout the state.
- [LegalShield](#)

- [Moderate Means Program](#). (Sliding Scale legal services, matches with attorneys in WA to help with legal needs)
- [Northwest Justice Project](#) (Free legal aid/must meet income qualifications)
- [Northwest Immigrant Rights Project](#)
- [Office of Civil Legal Aid](#)
- [Pierce County Legal Assistance Organizations](#)
- [Washington Law Help](#) (Legal questions and answers and free legal forms)
- [Safe Place](#) (Has a legal clinic and help with domestic violence services)
- Disability
- [Social Security Insurance Attorneys](#) (Not pro-bono, takes a percentage of awarded money)
- [Thurston County Bar Pro Bono Attorneys](#)
- [Washington Employment Lawyer Association](#)
- [Thurston County Free Legal Services](#)
- [Thurston County Free Legal help/housing justice](#) (Tenant Problems)
- [Thurston County Landlord Tenant Attorney](#)
- [Unemployment law project](#)
- [Washington State Bar Association](#): Helps find attorneys in your area and if they are still practicing
- [Washington State Human rights Commission](#)
- [Washington state VA Disability Attorney](#)

Washington State Free/Low-Cost Medical/Dental Clinics

- [Community Health medical, dental, and pharmacy](#) (Lakewood)
- [Dental Clinic List for Washington](#) 150 Free Low-Cost or Sliding Scale Dental Clinics
- [Free and Charitable Clinics](#)
- [Free Clinic Directory](#)
- [Grace Clinic](#) (Tri-Cities)
- [Health Point](#)

- [Jefferson HealthCare & Dental Care](#)
- [Neighborhood Clinic](#) (Tacoma)
- [Olympia Free Clinic](#) (Olympia)
- [Seattle Children Dental Clinic](#): dental services for children and teens with certain complex medical conditions, developmental delays, or behavioral problems. We provide routine preventive care and specialized dental services.
- [Seattle Washington Free Clinic](#)
- [Sea Mar](#)
- [The Tubman Center for Health & Freedom](#): Puget Sound region (**opening 2025**) The Tubman Center for Health & Freedom addresses health and wellness from both systemic and clinical approaches. By practicing medicine from the intersection of health and freedom, we address both the health of our patients as well as the factors that determine their health. Tuban Health provides primary and preventative care, community resources, social services, political education, and advocacy.
- [Trinity Neighborhood Clinic](#) (Tacoma)
- [Washington Free/low-cost Dental Clinic](#)
- [Washington Health Care Access Alliance](#) Find free and low-cost clinics
- [Washington State Health Care Authority Medicaid](#)

Washington State Mental Health and Domestic Violence Resources

- [Better Together Counseling and Education Services](#) (Olympia) (takes Medicaid for children)
- [Coalition of ending gender-based violence](#) (Lists Services by location)
- [Address Confidentiality Program](#)
- [Crystal Judson Family Justice Center](#) (Tacoma)
- [Dawn Rising](#) (Kent)

- [Korean Women's Association](#) Provide multi-cultural, multi-lingual human services, regardless of race or ethnic background, to diverse communities through education, socialization, advocacy, and support.
- [Men's Domestic Abuse Check-Up](#)
- [Mental Health Clinic List for Washington](#)
- [New Beginnings](#) (Seattle)
- [Open Counseling: Washington Mental Health Service Guide](#)
- [Open path](#) (Seattle) Provides sliding scale therapy.
- [Pacific Lutheran University: Couple and family Therapy Center:](#) At the CFTC, we offer affordable, high-quality therapy to individuals, couples, and families.
- [SafePlace:](#) (Olympia) Strives to stop sexual and domestic violence and advocate for personal and societal change through crisis intervention and education.
- [Spokane EMDR Counseling](#) (Spokane takes Medicaid)
- [Turning Pointe Survivor Advocacy Center:](#) (Shelton & Belfair) Providing shelter and services for victims of domestic violence (DV) including women, children, men, and family pets since 2000
- [Tenants Union of Washington State:](#) Your rights as a victim of domestic violence
- [Trauma Informed Therapies](#) (Spokane takes Medicaid)
- [Twloha Scholarship](#) We know that sometimes finances are not the only barrier to accessing mental health services. Sometimes people live in a place where they don't have physical access to options for counseling. With that in mind, we're proud to partner with Meru Health, an online mental health care provider. Eligible scholarship recipients can participate in a 12-week digital program to help treat anxiety, depression, and burnout.
- [Washington Recovery Help Line](#)
- [Washington State Coalition Against Domestic Violence](#) (has Resources by county)

National Resources

- [Crazy Meds education on medication](#)
- **National Domestic Violence Hotline:1-800-799-7233**
- [National Federation of Single Parents provides](#)
- **National Suicide Prevention Lifeline 1-800-273-8255**
- **National Veteran Crisis line 1-800-273-8255 and press 1**
- [Text HOME to 741741 to reach a Crisis Counselor](#)

Washington State Pet Food Banks/Veterinarian Help

- [Alley Cat Allies](#): Animal food bank directory
- [Auburn Valley Human Society](#): Public Veterinary Assistance Fund
- [Concern for Animals](#)
- [Face Foundations](#) (national)
- [Pet Savers](#) (Spokane)
- [Puget Sound Pet Food Bank](#) (Tacoma) Fighting food insecurity by ensuring people don't have to choose between feeding their pets and feeding themselves.
- [Rainier Animal Fund](#): At the Rainier Animal Fund (RAF), our goal is to help those who are unable to afford the full cost of veterinary care for their pets. Qualifying western Washington residents will be able to access the RAF free and low-cost wellness, in-service surgical, and spay/neuter clinics as well as apply for medical grants to assist with individual veterinary care on a case-by-case basis.
- [Red Rover](#)
- [Seattle Animal Shelter Pet food bank](#)
- [Tacoma Human Society Pet food pantry](#)
- [Whidbey Animals Improvement Foundation](#)

Washington State RX Discount Resources

- [ArrayRx Card](#) (Health Care Authority Washington) provides prescription drug discounts for those who don't have prescription drug coverage.
- [King County Prescription Discount Card](#)

National Resources

- [Amazon RX](#) You much have a prime account, and you can get a lost cost account if you have Medicaid, Snap, SSI/SSDI
- [Cost plus](#) (national) you don't have insurance or have a high deductible plan; you know that even the most basic medications can cost a fortune.
- [Good RX](#)
- [Live Healthy](#)
- [Single Care](#)
- [WellRX](#)

Washington State Transportation Resources

- [Community Health Plan of Washington](#)
- [King County Subsidized Transportation](#)
- [Snap Ride Neighborhood by your side](#) (Spokane) SNAP's transportation and health services are evolving as we are continually adding or expanding programs under the umbrella of SNAP Ride to Health. Many of our programs employ a Community Health Worker (CHWs) to improve social determinants of health. We also have an ever-expanding Volunteer Driver program offering transportation for seniors and individuals living with disabilities.
- [Special Mobility Services](#) (Spokane area)
- [Transportation services](#) (nonemergency) Health Care Authority

Washington State Vision Clinics Resources

- [Cougar Health Vision Clinic](#)
- [Des Moines Vision Center](#) We are proud partners of the Des Moines branch of the Lion's Club of Washington State. We accept referrals from the Lion's Club vision coordinator and local school nurses to provide free eye exams and glasses to the neediest members of our community. The costs of this program are subsidized by the Lion's Club of Des Moines
- [Free Clinic of Southwest Washington Eye Clinic](#)
- [ICHS Vision Clinic-International Community Health Services](#)
- [Northwest Lions Foundation](#)
- [Vision USA Washington](#) Providing Free Eye Exams to Low-Income Uninsured Americans across the U.S. More than 46 million low-income individuals in the United States cannot afford the cost of routine eye care or do not have the health insurance that covers such exams