LOCAL RESOURCE CARD FOR URBAN NATIVE YOUTH
Urban Indian Health Institute – UI-UUP Project

Seattle Indian Health Board
Cultural healthcare and human services including youth programs; women, traditional Indian medicine and youth programming.
611 12th Ave S
Seattle WA 98144
(206) 324-9360
www.sihb.org

Urban Native Education Alliance
Clear Sky Native Youth Council: A youth-centered, youth-driven program that provides cultural, social and academic support for urban Native youth.
P.O. Box 2514
Seattle WA 98165
(206) 941-0338
www.urbannativeeducation.org

Chief Seattle Club
Urban Native organization offering a day center, case management, homelessness and transitional support, traditional and cultural programming and more.
410 2nd Ave Ext S
Seattle, WA 98104
(206) 292-6214
www.chiefseattleclub.org/

Southwest Youth & Family Services
Resource for low-income families and youth of all backgrounds in southwest King County offering behavioral health, education, family advocacy, and youth development services.
4555 Delridge Way SW
Seattle, WA 98106
(206) 937-7680
www.swyfs.org/

Cowlitz Tribal Health Seattle
Cowlitz Indian Tribe’s Health and Human Services program for eligible Native children and families, providing high quality, culturally-informed behavioral health services to the King County, Pierce County, Thurston County and other regional Indian communities.
15455 65th Ave S
Tukwila, WA 98188
(206)-721-5170
www.cowlitz.org

Crisis Connections
Peer-to-peer anonymous and confidential helpline for teens. Available to talk through any issue, big or small.
TEENLINK: 1-866-833-6546
www.crisisconnections.org/teen-link/

StrongHearts Native Helpline
Helpline for Native Americans affected by domestic violence and dating violence.
1-844-7NATIVE
(1-844-762-8483)
www.strongheartshelpline.org

NAMI (National Alliance on Mental Illness)
Helpline for information, referrals and support to people living with a mental health condition, family members and caregivers, mental health providers and the public.
1-800-950-NAMI
(1-800-950-6264) www.nami.org
NAMI Seattle
Text Helpline: (206) 207-7765
www.namiseattle.org