

## 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 12<sup>th</sup> Ave S  
Seattle WA 98144  
(206) 324-9360  
[www.sihb.org](http://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](http://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/](http://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/](http://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](http://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/](http://www.crisisconnections.org/teen-link/)



STRONGHEARTS  
Native Helpline

#### StrongHearts Native Helpline

Helpline for Native Americans affected by domestic violence and dating violence.

1-844-7NATIVE  
(1-844-762-8483)  
[www.strongheartshelpline.org](http://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](http://www.nami.org)  
**NAMI Seattle**  
Text Helpline: (206) 207-7765  
[www.namisseattle.org](http://www.namisseattle.org)