

Resources for Urban Native Youth in Washington



Reach Out:

Suicide Prevention & Mental Health Resources

***To all my
Young
Relatives,***

This booklet is designed for our relatives seeking support. We recognize the significance of connecting our young relatives with mental health services that are culturally attuned, centered, and respectful of the customs and values of our Indigenous communities.

We are diverse in our Indigenous ways of being and knowing, which makes it important that we offer services that are focused on you and your specific needs. ➡





***For the
love of
Native
People***

We are with you always, either in spirit or in practice, through everything you do. You are never alone, no

matter how many mistakes you make, we are here to uplift you and help you move forward in a good way. It's ok to be nervous—life is no easy feat after all!

Remember, you are Indigenous. You were prayed here with the strength of generations of fierce ancestors. All you need to do is to raise your voice and ask for help when you need it.

You have a whole community behind you, offering prayers and love for your generation and those to come.



***Love,
Auntie***
(Esther
Lucero)

Inside this Book!

County Resources

- 4 King County
- 18 Grays Harbor County
- 21 Kitsap County
- 23 Pierce County
- 26 Snohomish County
- 28 Thurston County
- 29 Mason County
- 30 **National and State Resources**



Look out!



This symbol indicates
Native-led organizations.

Artwork in this book by:

Kóotxéech Elizah Dominy

Lingít & Lakota



Native-led Organizations in King County

I heard the
Indian tacos
around King
County are
pretty good!

These
resources
are, too!

Chief Seattle Club

Chief Seattle Club believes that a world without homelessness is possible by leading with Native values. Chief Seattle Club provides sacred space to nurture, affirm, and strengthen the spirit of urban Native people.

Hours

Daily: 7 AM – 2 PM

Phone

(206) 715-7536

Address

410 2nd Ave Ext S
Seattle, WA 98104

Website

ChiefSeattleClub.org



Cowlitz Tribal Health Seattle

Cowlitz Tribal Health Seattle is a health clinic specializing in youth mental health and substances use. Services are available to AI/AN relatives and youth ages 7–17.

Hours Mon–Fri: 8 AM – 5 PM

Phone (206) 721-5170

Address 15455 65th Ave S.
Tukwila, WA 98188

Website Cowlitz.org



Labeteyah Youth Home

Labeteyah Youth Home provides a safe and nurturing environment for youth ages 18–24 experiencing homelessness.

Hours Mon–Sun: 10 AM – 5 PM

Phone (206) 285-4425

Address 5011 Bernie Whitebear Way
Seattle, WA 98199

Website UnitedIndians.org



Mother Nation

Mother Nation offers culturally informed healing services, advocacy, mentorship, and homeless prevention for families.

Hours Mon–Fri: 8 AM – 4 PM

Phone (206) 722-2321

Address 801 23rd Ave S
Seattle, WA 98144

Website MotherNation.org



Muckleshoot Health and Wellness Center

Muckleshoot Health and Wellness Center is a tribal clinic that provides medical, dental, pharmacy, and fitness services for AI/AN and non-AI/AN individuals.

Hours

Mon–Fri: 6 AM – 7 PM

Sat: 8 AM – 5 PM

Phone

(253) 294-8239

Address

17500 SE 392nd St.
Auburn, WA 98092

Website

Muckleshoot.nsn.us



Na'ah Illahee Fund Youth Cultural Arts

Na'ah Illahee Fund seeks to support Indigenous youth in the Seattle area with a focus on traditional foods, medicine, language, cultural arts, and growing leadership. Available to youth ages 11–17.

Phone

(206) 659-5860

Address

423 2nd Ave Ext. S. Suite 303
Seattle, WA 98104

Website

NaahIllahee.org



Red Eagle Soaring

Red Eagle Soaring is a Native youth theatre and art programs centered around the power of Native cultural traditions and community. The program offers free-of-charge programming to Native American youth ages 10–19.

Phone

(206) 595-7553

Address

Delmar Building
108 S. Washington #308
Seattle, WA 98104

Website

RedEagleSoaring.org



Seattle Indian Health Board

Seattle Indian Health Board offers culturally attuned healthcare and human services including youth programs, women, infants, and children (WIC) program, and Traditional Indian Medicine.

Hours

Mon, Wed-Fri: 8 AM – 5 PM

Tue: 9 AM – 5 PM

Phone

(206) 324-9360

Address

611 12th Ave S.

Seattle, WA 98144

Website

SIHB.org



Unkitawa Indigenous Youth Program

Unkitawa uses traditional practices to support healing through art, ceremony, and culture.

Phone

(253) 277-3749

Address

816 Central Ave N.
Kent, WA 98032

Website

Unkitawa.org



Urban Native Education Alliance

Urban Native Education Alliance is a youth-centered and youth-driven program that provides cultural, social, and academic support.

Phone

(206) 941-0338

Address

North Seattle College
9600 College Way N,
Seattle, WA 98103

Website

UrbanNativeEducation.org



Additional resources in King County

Asian Counseling & Referral Service

Hours Appointment only,
Mon–Fri: 9 AM – 4 PM

Phone (206) 695-7600

Address 3639 Martin Luther
King Jr. Way S
Seattle, WA 98144

Website ACRS.org



Black, Indigenous, and People of Color Support Group

Hours Tue: 5 PM – 6 PM

Phone (425) 298-5315 text: 988

Address 802 NW 70th Street
Seattle, WA 98117

Website NAMISeattle.org



Kent Youth and Family Services

Hours Mon–Fri: 8:30 AM – 5 PM

Phone (253) 859-0300

Address 232 2nd Ave S. Suite 201
Kent, WA 98032

Website KYFS.org

Navos

Hours Child, Youth & Family services:
Mon–Fri: 8 AM – 5 PM

Phone (206) 257-6600

Address 1210 SW 136th St.
Burien, WA 98166

Website Navos.org

YouthCare Orion Center

Hours Mon–Fri: 10:30 AM – 5:30PM

Phone (206) 694-4500

Address 1828 Yale Ave
Seattle, WA 98101

Website YouthCare.org







Native-led organizations in Grays Harbor County

Chehalis Suicide Prevention & Awareness Program (R.E.D. R.O.A.D)

This program brings awareness through educational programs including suicide prevention, healthy living through traditional plant medicine, life skills, and self-esteem building.

Hours Mon–Fri: 8 AM – 4:30 PM

Phone (360) 709-1683

Address 420 Howanut Rd
Oakville, WA 98568

Website ChehalisTribe.org



*Access to the coast is
not the only thing Grays
Harbor has to offer!*

Quinault Wellness Center

Quinault Wellness Center's goal is to provide the community with quality health care solutions to today's substance abuse disorder and mental health challenges. QWC has developed an integrated health care model designed to improve outcomes for patients.

- Hours** Mon–Fri: 6 AM – 2 PM
Sat (MAT only): 6 AM – 10 AM
- Phone** (564) 544-1950
- Address** 511 W. Heron Street
Aberdeen, WA 98520
- Website** QuinaultWellnessCenter.com



Northwest Indian Treatment Center

The treatment center specializes in unresolved trauma and grief related to chronic relapse patterns. Services include chemical dependency programs based on the belief that spirituality must be a part of recovery.

Hours Mon–Sat: 9 AM – 5 PM

Phone (360) 482-2674

Address 308 E Young St,
Elma, WA 98541

Website SquaxinIsland.org



Native-led organizations in Kitsap County



Port Gamble S'Klallam Tribe Wellness Program

The Tribal Wellness Program works to enhance the quality of life of the Tribe and its members through delivering culturally appropriate prevention, education, early intervention, treatment, and ongoing support services.

Hours Mon–Fri: 8 AM – 4:30 PM

Phone (360) 297-2840

Address 31912 Little Boston Road NE
Kingston, WA 98346

Website PGST.nsn.us



You play an integral part in the health of your community. YOU are the answer to our ancestors' prayers.

Suquamish Wellness Center

Suquamish Wellness Center provides culturally responsive programs to the community. The Wellness Center assists community members in areas of mental health, substance use, and gambling. They honor each and every attempt a person makes toward achieving their full potential.

Hours Mon–Fri: 8 AM – 4:30 PM

Phone (360) 394-8558

Address 18490 Suquamish Way
Suquamish, WA 98392

Website Suquamish.nsn.us



Native-led organizations in Pierce County



Kwawachee Center

Kwawachee Counseling Center (KCC) is a WA state-licensed facility and a safe place during difficult times, crisis, or illness. KCC provides a full range of preventative and treatment options to address mental health needs.

Hours Call to make an appointment

Phone (253) 593-0232

Address 2209 East 32nd Street
Tacoma, WA 98404

Website EPTHA.com



*Hey cuz, did you know
about these resources
around Pierce County?*

Tahoma Indian Center

Tahoma Indian Center is located on Puyallup Reservation. Tahoma Indian Center offers a safe gathering place, laundry facilities, computer/phone/internet/fax access, clothing bank, and lunch. Tahoma Indian Center engages relatives around traditional, spiritual, and cultural activities.

Hours Mon–Fri: 9 AM – 1 PM
Call to make an appointment

Phone (253) 212-3350

Address 621 Tacoma Ave S. Suite 505
Tacoma, WA 98402

Website TahomaIndianCenter.org



Additional resource in Pierce County

Community Youth Services (CYS)

Community Youth Services serves the South Sound of Washington. They have offices in Lewis, Mason, Thurston, and Pierce County. They empower youth at-risk and their families to meet their goals for safety, stability, belonging, and success by providing a range of individualized services and advocacy.

Hours Mon–Fri: 9 AM – 4 PM

Phone (360) 943-0780

Address 711 State Ave, NE
Olympia, WA 98506

Website CommunityYouthServices.org



Native-led organizations in Snohomish County

Stillaguamish Behavioral Health

Stillaguamish Behavioral Health is dedicated to elevating the quality of life for all. The Chemical Dependency Programs provide treatment of high quality at an affordable price by well-trained, licensed, and caring professionals.

Hours Mon–Fri: 8 AM – 6 PM

Phone (360) 435-3985

Address 5700 172nd St NE Suite B
Arlington, WA 98223

Website Stillaguamish.com



*We want you, and all
future generations, to feel
supported and connected.*

Tulalip Behavioral Health

The Tulalip Tribes Behavioral Health Department consists of programs such as Chemical Dependency, Child, Youth and Family Mental Wellness, The Healing Lodge, Crisis Response Team, Psychiatric Services, and Psychological Services. Most services are available to eligible Tulalip Tribal Members and other Natives.

Hours Mon–Fri: 8 AM – 4:30 PM

Phone (360) 716-4400

Address 7520 Totem Beach Road
Tulalip, WA 98271

Website TulalipHealthSystem.com/
BehavioralHealth



Native-led organizations in Thurston County



Mental Health Counseling - Nisqually Indian Tribe

The Nisqually Indian Tribe provides for its community in a respectful and caring atmosphere that results in self-sufficiency and an improved quality of life for present and future generations.

Hours Mon–Fri: 8 AM – 5 PM

Phone (360) 413-2727

Address 4840 Journey St SE
Olympia, WA 98513

Website Nisqually-nsn.gov



Native-led organizations in Mason County



Squaxin Island Tribe Behavioral Health

Squaxin Island Tribe offers behavioral health services, both in-person and virtually, that focus on AI/AN individuals.

Hours Mon–Fri: 8 AM – 5 PM

Phone (360) 426-1582

Address 100 SE Whitener RD,
Shelton, WA 98584

Website SquaxinIsland.org



Native-led National Resources



Healthy Native Youth

Healthy Native Youth provides health promotion curricula and resources for AI/AN youth, which promote positive youth development, embrace cultural teachings, and are evidence-based.

Hours 24/7

Phone Text: NATIVE to 741-741

Website HealthyNativeYouth.org



Native Suicide & Crisis Hotline

Connect to a counselor who is familiar with historical and intergenerational trauma, self-care, and more traditional elements.

Hours 24/7

Phone 988, press 4



*These resources are
dedicated to the past,
present, and future you.*

StrongHearts Native Helpline

Safe, confidential, and anonymous domestic and sexual violence helpline for AI/AN, offering culturally appropriate support and advocacy.

Hours 24/7

Phone (844) 762-8483

Website StrongHeartsHelpline.org



We R Native

We R Native is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth.

Website WeRNative.org



Additional National & State Resources

National Alliance on Mental Illness (NAMI)

Hours Help Line: Mon–Thus: 10 AM – 10 PM ET
Crisis: 24/7

Phone Call (800) 950-6264 /Text: “NAMI” to 62640
Crisis: Call or Text 988

Website NAMI.org

Crisis Connections

Hours 24-hours

Phone 24-hour crisis line: (866) 427-4747
King County 2-1-1: (877) 211-9274
Teen link: (866) 833-6546
WA Recovery help line: (866) 789-1511
WA warm line: (877) 500-9276

Website CrisisConnections.org/get-help

Trans Lifeline

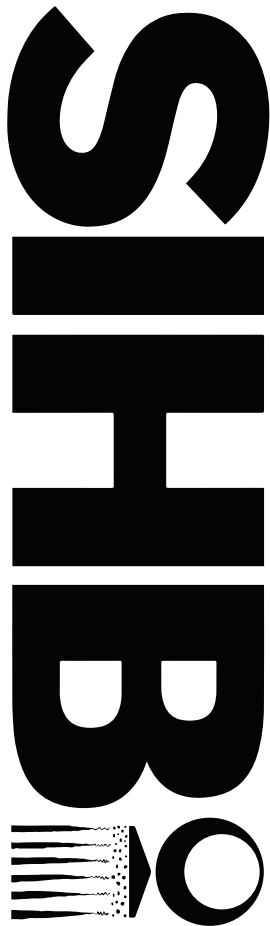
Hours Mon–Fri: 10 AM – 6 PM

Phone (877) 565-8860

Website Translifeline.org

Washington Counselors of Color Network

Website MulticulturalCounselors.org



Skoden!

Website

SIHB.org

Email

info@sihb.org

Phone

(206) 324-9360

***International
District Clinic***

611 12th Ave S
Seattle, WA 98144

***Pioneer
Square Clinic***

124 2nd Ave S
Seattle, WA 98104

Lake City Clinic
12736 33rd Ave NE
Suite 200
Seattle, WA 98125

***Thunderbird
Treatment Center***
15333 Vashon
Highway SW
Vashon, WA 98070