

Asian American Mental Health & Community Supports

Below is a list of organizations dedicated to supporting youth, individuals, and families within the Asian American communities. The list covers a wide variety of support including mental health, domestic violence, refugee support, cultural connection opportunities, youth programs, and multicultural healthcare services. Below you will find both broad-scope organizations supporting many identities to focused-community care supports working with Cham, Burma refugees, Filipino, Hmong, Indian, Khmer, Korean, Mongolian, and Vietnamese populations. Note: This is not an encompassing list.



For more on Seattle Public Schools' resources combating anti-Asian hate, click [HERE](#):

Crisis Lines:

[API Chaya](#): is a Seattle-based group that seeks to end violence in API communities. It includes a Queer Network Program, which works to engage the API LGBTQ community to address and prevent intimate partner violence. 1-877-922-4292/206-325-0325 (Helpline 8-4 M-F)

[Crisis Connections](#) (24/7): Crisis call line that provides immediate help to individuals, families, and friends of people in emotional crisis. Crisis Line is available in over 100 languages and has support lines for texting, chat, and Teen Link. 206-461-3222

[Crisis Text Line](#) (24/7): Crisis text line available 24/7 for any painful emotion or time you need support. Available in over 100 languages. Text HOME to 741-741

Health and Wellness Supports:

[Asian Counseling and Referral Service](#): Seattle-based organization that offers a broad array of behavioral health programs, human services, recovery services, employment, youth leadership and civic engagement activities for Asian Americans, Pacific Islanders, and other communities in King County and beyond. (206) 695-7600

[Asian Mental Health Collective](#): Has a wide variety of resources, a APISAA Therapist Directory, and includes listening sessions and additional resources through the [subtle Asian mental health Facebook group](#).

[Chinese Information & Service Center](#): Helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. Has civic engagement, early childhood education, youth development, family support, senior and disabled adult services, and healthcare access. 206-624-5633

[International Community Health Services](#): Provides affordable health care medical services, full dental care, behavioral health, medication assisted treatment, Chinese traditional medicine, nutrition counseling, Women, Infants & Children (WIC) support, school services, health education, pharmacy, eye care, and healthy aging & wellness. Deeply rooted in the Asian and Pacific Islander Community. 206-788-3700

[MultiCare Asian Counseling Services](#): Provides a wide range of serves at their Asian Counseling Center in Tacoma. Includes individual, group, and family mental health support, assistance to applying for public programs, help accessing community resources, and free counseling for victims of domestic violence and other crimes. Offers services in three Asian languages: Cambodian, Vietnamese, and Korean. 253-697-8120

Community Supports:

[Cham Refugees Community](#): Serves ethnic Cham populations and newly arrived refugees from East Africa, Iraq and Burma (Rohingya). Through its case management services, Cham Refugees Community assists low-income, limited English speaking clients to meet all social service needs, including: System navigation; referral services; family support services including youth programs and senior services; and cultural services such as language classes and community events. 206-829-8300

[Coalition for Refugees from Burma:](#) Coalition for Refugees from Burma (CRB) promotes the self-sufficiency of all resettled refugees by helping them access services and educational opportunities, while preserving traditional customs. Provides early learning, youth programs, and family support programs. 206-860-5939

[Filipino Community of Seattle:](#) Serves Filipino and other communities in the surrounding Seattle area. Has senior services, community food bank, youth services, anti-human trafficking, anti-gender-based violence advocacy, social, arts, and cultural programs, and Filipino Community Village. 206-722-9872

[Hmong Association of Washington:](#) Serves the Hmong American community in Washington. Has youth programming, food assistance, education promotion, and support to advocate for the Hmong people. 206-651-5480

[Indian-American Community Services:](#) IACS serves the Indian American community through programs, services, and advocacy for people of all ages and life stages. Has programs for seniors, early childhood, women, youth, civic engagement, mental health, crisis care, and holds community centers. 253-234-9989

[Kandelia \(Formerly Vietnamese Friends Association\):](#) Kandelia provides direct programs, connections to community resources, and tools to address systemic inequities so immigrant and refugee families and communities can thrive without having to compromise values, heritage or ethnicity. Offers youth programs, family programs, and community engagement. Works closely with Seattle World School. 206-760-1573

[Khmer Community of SKC Youth Engagement Program:](#) Empowers Khmer community by bridging the intergenerational gap between elders and youth, through cultural preservation and promoting well-being. All KSCSKC programs are free to participants of all levels and experiences. 206-637-5200

[Korean Community Service Center:](#) The Korean Community Service Center (formerly called Korea Community Counseling Center). WeKAN seeks to create strong peer and intergenerational relationships by building communication skills, awareness and imagination among middle school students and their caregivers. Korean middle and high school youth may participate in monthly art playshops, bi-weekly mentoring sessions, or one-on-one tutoring and mentorship with community members. 425-776-2400

[Korean Women's Association of WA Behavioral Health:](#) Provides multicultural, multilingual human services. Helps with navigating social services, providing basic needs, naturalization, health navigation, domestic violence assistance, and behavioral health support. 253-946-1995

[Refugee Women's Alliance:](#) Serves thousands of refugees and immigrants each year through bilingual and bicultural programs. Offers 1st-12th grade after-school programming, academic support, training, parent workshops and home visits, Post-Secondary Success Program (PSSP), behavioral health, domestic violence, early learning centers, legal services, and more. 206-721-0243

[Seattle Mongolian Youth Center:](#) SMYC offers a variety of educational programs and partnerships that include language, art, culture, music instruction, community-based leadership, healthcare, and community-building workshops. 425-286-5758

[Wing Luke Museum of the Asian Pacific American Experience:](#) Middle School, High School, and Summer camp art programs incorporating culture, heritage, and community.

[The Youth Healing Project:](#) The Youth Healing Project is a youth-led community funding effort of the Road Map Project that provides resources and support to grassroots organizations and young leaders advancing youth-led solutions that improve the mental health, connection and wellbeing of young people ages 16-24 in South King County, Washington. 206-409-6775