

Native Hawaiian and Pacific Islander Mental Health and Community Supports



Below is a list of organizations dedicated to supporting youth, individuals, and families within the Native Hawaiian and Pacific Islander 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 COFA Islanders, Native Hawaiian, and Pacific Islander populations. Note: This is not an encompassing list.

Click [HERE](#) for more resources to health and wellness services with Seattle Public Schools.

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](#).

[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

Community Supports:

[Asia Pacific Cultural Center](#): Offers space, cultural programs, and youth programs focused on Asian and Pacific Islander heritage. 253-383-3900

[COFA Alliance of Washington](#): Unites Washingtonians from The Republic of Palau, The Republic of the Marshall Islands, and the Federated States of Micronesia to amplify and expand the reach of our voices through civic engagement in the fight for economic and social justice. Supports access to rent assistance, basic needs, and COFA Islander Health Care program.

[UTOPIA](#) Washington: Space dedicated to Pacific Islander LGBTQI community. Works on social justice advocacy, health and safety, immigrant support, education, overall wellness, and empowerment to Pacific Islander LGBTQI community. 253-478-3941

[Pacific Islander Community Association of WA Family Wellness](#): Serves as a cultural home, centers community power and advocates to further the wellness of Pacific Islander communities in Washington State. Programs support Pacific Islander C19 Taskforce, Pasifika Food NETWORKS, Pasifika Family Wellness, Pasifika Wayfinders, and more.

[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