

Mental Health Resources for Native and Indigenous Communities

[Center for Traditional Medicine](#)

Promotes traditional approaches and indigenous knowledge to address public health issues. It also offers several resources for mental health.

[Healthy Aboriginal Network](#)

Promotes wellness and literacy among indigenous youth through comic books and animated short films on health and social issues.

[National Center for American Indian and Alaska Native Mental Health Research at the Colorado School of Public Health](#)

Specializes in research on mental health issues among American Indian and Alaska Native (AI/AN) populations.

[Indigenous Story Studio](#)

Creates illustrations, posters, videos, and comic books on health and social issues for youth (Canada-based)

- [Strength of the Sash](#) and [Tomorrow's Hope](#): suicide prevention
- [Making it Right](#): community justice, policing
- [Just a Story](#): mental health stigma

[One Sky Center](#)

The American Indian/Alaska Native National Resource Center for Health, Education, and Research; mission is to improve prevention and treatment of mental health and substance use problems and services among Native people

- [A Guide to Suicide Prevention](#)
- [Presentations and Publications](#): number of downloadable resources by topic (addiction treatment, adolescents, crisis care & disaster management, disparity of health services, mental health management, and more)

[WeRNative](#)

A comprehensive health resource for Native youth by Native youth, promoting holistic health and positive growth in local communities and nation at large

- My Culture – [Wellness and Healing](#), [Identity](#)
- My Life – My Mind – [Mental Health Difficulties](#), [Improve Your Mood](#), [Getting Help](#), and more (including specific MH issues)
- My Relationships – [Unhealthy Relationships](#), [Communicating](#), [LGBT – Two Spirit](#)
- [Ask Auntie](#): similar to advice column – type in your question and it will pull up similar ones; if none answer what you're asking, Auntie Amanda will write up an answer and notify you when it is posted

[StrongHearts Native Helpline](#)

The StrongHearts Native Helpline (1-844-762-8483) is a confidential and anonymous culturally-appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CT.

Crisis Connections

24 HR Crisis Line

(866) 427-4747

Teen Link

(866) 833-6546

King County

(800) 621-4636

WA Recovery Helpline

(866) 789-1511

WA Warm Line

(877) 500-9276

SAMHSA

1-800-273-8255

Text or Call 988

StrongHearts

(844) 762-8483

NAMI

(800) 950-6264

Mother Nation

(206) 722-2321

Trans Lifeline

(877) 565-8860

The Trevor Project

(866) 488-7386

In Our Voices

(518)432-4188

The National Center for Transgender Equality

(202) 642-4542

LGBT Nation Help Center

Hotline: 1-800-843-4564

Youth Talk: 1-800-246-7743

LGBTQIA2S+ Resources

[NPAIHB Indian Leadership for Indian Health](#)

NPAIHB Delegates create and update a strategic plan, which contains four main functional areas:

- Health promotion and disease prevention
- Legislative and policy analysis
- Training and technical assistance
- Surveillance and research

NPAIHB houses a tribal epidemiology center (EpiCenter), several health promotion disease prevention projects, and is active in Indian health policy.

[National Alliance on Mental Health Illness \(NAMI\) – LGBT Youth](#)

The National Alliance on Mental Health Illness LGBT resources page contains articles, videos, publications, research and links to prominent organizations about LGBT mental health.

[LGBT National Help Center](#)

The LGBT National Help Center provides an online peer-support chat as well as free, confidential counseling over the phone for the LGBT community.

[The Trevor Project](#)

The creators of the Oscar-winning short film “Trevor” founded the Trevor Project. The organization provides suicide prevention and crisis intervention for LGBTQ Youth.

[Trans Lifeline](#)

Trans Lifeline is a grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

[The National Center for Transgender Equality](#)

The National Center for Transgender Equality advocates to change policies and society to increase understanding and acceptance of transgender people. In the nation’s capital and throughout the country, NCTE works to replace disrespect, discrimination, and violence with empathy, opportunity, and justice.

Swinomish Indian Tribal Community Behavioral Health Resources for tribal members

[Didgwalic Wellness Center](#)

The Swinomish Indian Tribal Community has supported the expansion of services for all enrolled tribal members in the fight against the opioid crisis. We have developed the following services within the past four years: opiate task force, healthy community tip line, medication assisted treatment, transitional housing, a needle exchange and distribution of Naloxone Overdose Kits. Now we would like share our knowledge, successes and approach with all community members. Our vision is to improve the health and wellness of all individuals suffering from substance use disorders and provide the best possible tools for them to lead a healthy productive lifestyle. The word didgálic is a Lushootseed word translating to "place where camas was dug". Camas pictures on this site are courtesy of Swinomish Indian Tribal Community Archives.

[Swinomish Counselors](#)

The mission of Swinomish Counseling Services is to promote individual, family, and community healing and growth by providing high quality accessible, and culturally appropriate counseling services for the Swinomish Community

Julia Ortiz – (360) 707-1904

Hannah Geggenheim – (360) 708-3573

Laura Lindberg – (360) 708-3916

Sabrina James – (360) 682-7490

[Health Programs](#)

Youth Spirit

Youth Spirit Intervention will address Historical Trauma and Health Disparities between Swinomish and Non-Native Youth.

Native Connections

The Swinomish Native Connections Grant (SNC) seeks to grow a Pacific Northwest tribal systems transformation to provide comprehensive, coordinated and culturally grounded care to all Swinomish children and youth with complex needs and their families.

Circles of Care

The Circles of Care Program plans to build on our current service strengths and utilize our cultural resources, our strong partnership with the La Conner School District and the Swinomish Health Programs to ensure that a non-duplicative coordinated enterprise occurs to reduce gaps in our mental health services and provide holistic, wraparound support for children and their families