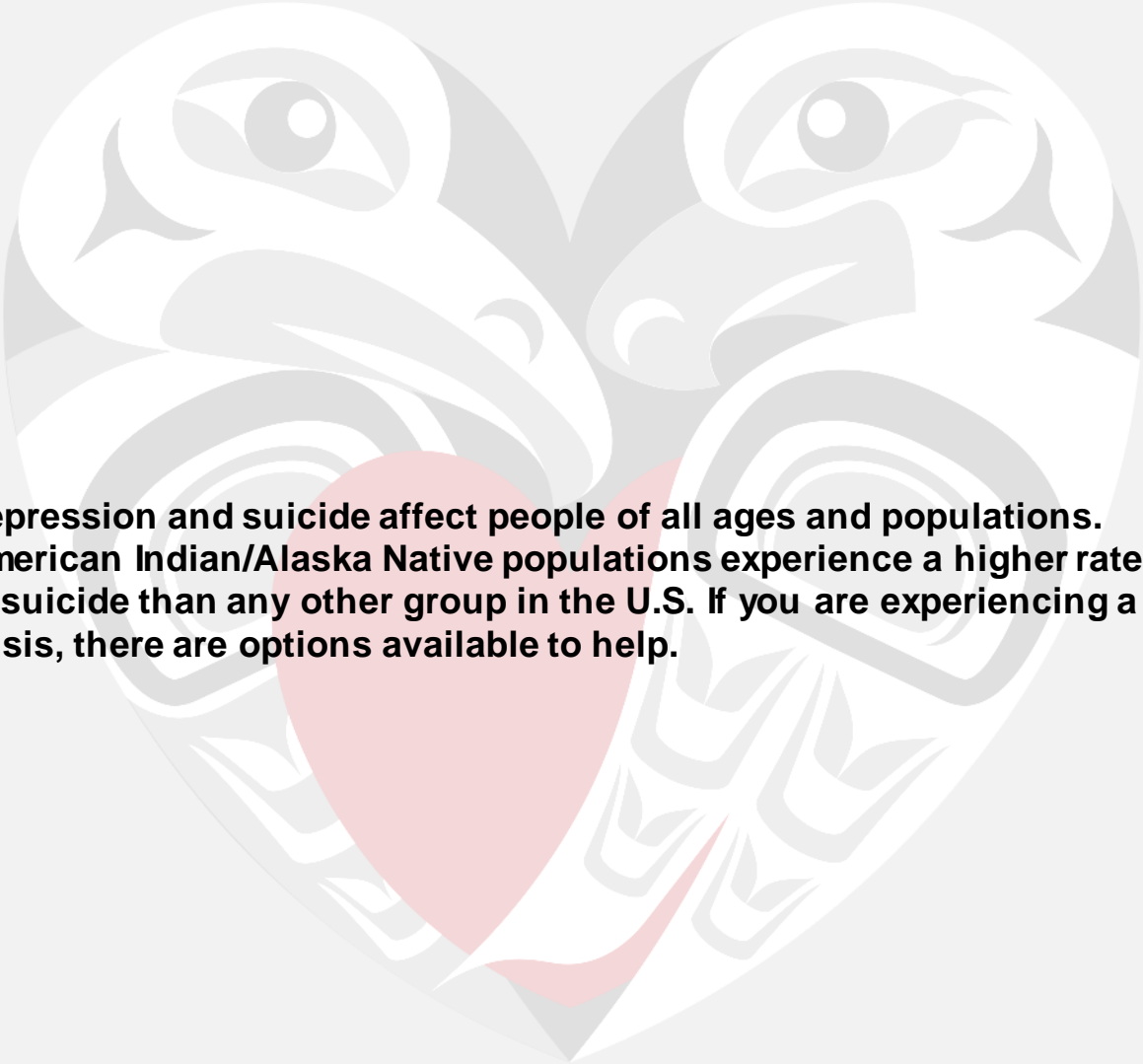


Mental Health Resource Guide

See below a set of resources to support your Mental Health as well as the Mental Health of the native youth you work with. This resource bank was compiled by the Swinomish Behavioral Health Programs. In the case of an emergency always call 911.



Depression and suicide affect people of all ages and populations. American Indian/Alaska Native populations experience a higher rate of suicide than any other group in the U.S. If you are experiencing a crisis, there are options available to help.

For confidential support 24 hours a day, 7 days a week, call 1-800-273-8255 (TALK), visit the National Suicide Prevention Lifeline [Crisis Chat](#) webpage, or text the [Crisis Text Line](#) (text START to 741741 from anywhere in the U.S., and a trained Crisis Counselor will respond quickly).

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Crisis Connections

- **24 HR Crisis Line** – (866) 427-4747
- **The Whatcom County Triage Center (WCTC)** – (800) 584-3578
- **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 and 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** – HL: 1-800-843-4564 or YT: 1-800-246-7743

Mental Health Support for Adults

- **Get Immediate Help:** If you are in crisis, and need immediate support or intervention, call [1-800-273-8255](tel:1-800-273-8255), or chat live online at <http://www.crisischat.org/>. Trained crisis workers are available to talk 24 hours a day, 7 days a week. Calls are toll-free and confidential.
- **Find a Health Care Provider or Treatment:** For general information on mental health and to locate treatment services in your area, call the Mental Health Services Treatment Referral Helpline at [1-800-662-4357](tel:1-800-662-4357). SAMHSA also has a Behavioral Health Treatment Locator on its website that can be searched by location: <https://findtreatment.samhsa.gov/>
- **Accessible Mental Health Information:** The HelpLine is a mental health information and referral service run by the National Alliance on Mental Illness (NAOMI). It can be reached by calling [1-800-950-6264](tel:1-800-950-6264) Monday to Friday 10 am – 6 pm EST or by emailing info@nami.org. Also, their website provides helpful information on navigating mental health concerns: <https://www.nami.org/Find-Support/>

Mental Health Support for Youth

- **Get Immediate Help:** If you are in crisis, and need immediate support or intervention, call [1-800-273-8255](tel:1-800-273-8255), or chat live online at <http://www.crisischat.org/>. Trained crisis workers are available to talk 24 hours a day, 7 days a week. Calls are toll-free and confidential.
- **Teenage Health Resource Line:** Confidential psychological and physical health information for teens by calling [1-888-711-8336](tel:1-888-711-8336) (7 a.m. – 11 pm. All Week).
- **Accessible Mental Health Information:** The HelpLine is a mental health information and referral service run by the **National Alliance on Mental Illness (NAOMI)**. It can be reached by calling [1-800-950-6264](tel:1-800-950-6264) Monday to Friday 10 am – 6 pm EST or by emailing info@nami.org. Also, their website provides helpful information on navigating mental health concerns: <https://www.nami.org/Find-Support/Teens-and-Young-Adults>.
- **Young Women's Health Information:** www.youngwomenshealthsite.org. Young Women's Health is a website for teen girls and young women featuring up-to-date mental and physical health information.
- **Young Men's Health Information:** www.youngmenshealthsite.org. Young Men's Health is a website for teen guys and young men featuring up-to-date mental and physical health info.

Mental Health Resources for Native and Indigenous Communities

- *Center for Traditional Medicine information:* <https://www.cwis.org/center-for-traditional-medicine/people/> Promotes traditional approaches and indigenous knowledge to address public health issues. It also offers several resources for mental health.
- *Healthy Aboriginal Network information:* <https://istorystudio.com/> 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 information:* <https://coloradosph.cuanschutz.edu/research-and-practice/centers-programs/caianh> Specializes in research on mental health issues among American Indian and Alaska Native (AI/AN) populations.
- *Indigenous Story Studio information:* <https://istorystudio.com/> 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 information:* <http://www.oneskycenter.org/> 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 information:* <https://www.wernative.org/> 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 information:* <https://strongheartshelpline.org/> 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.

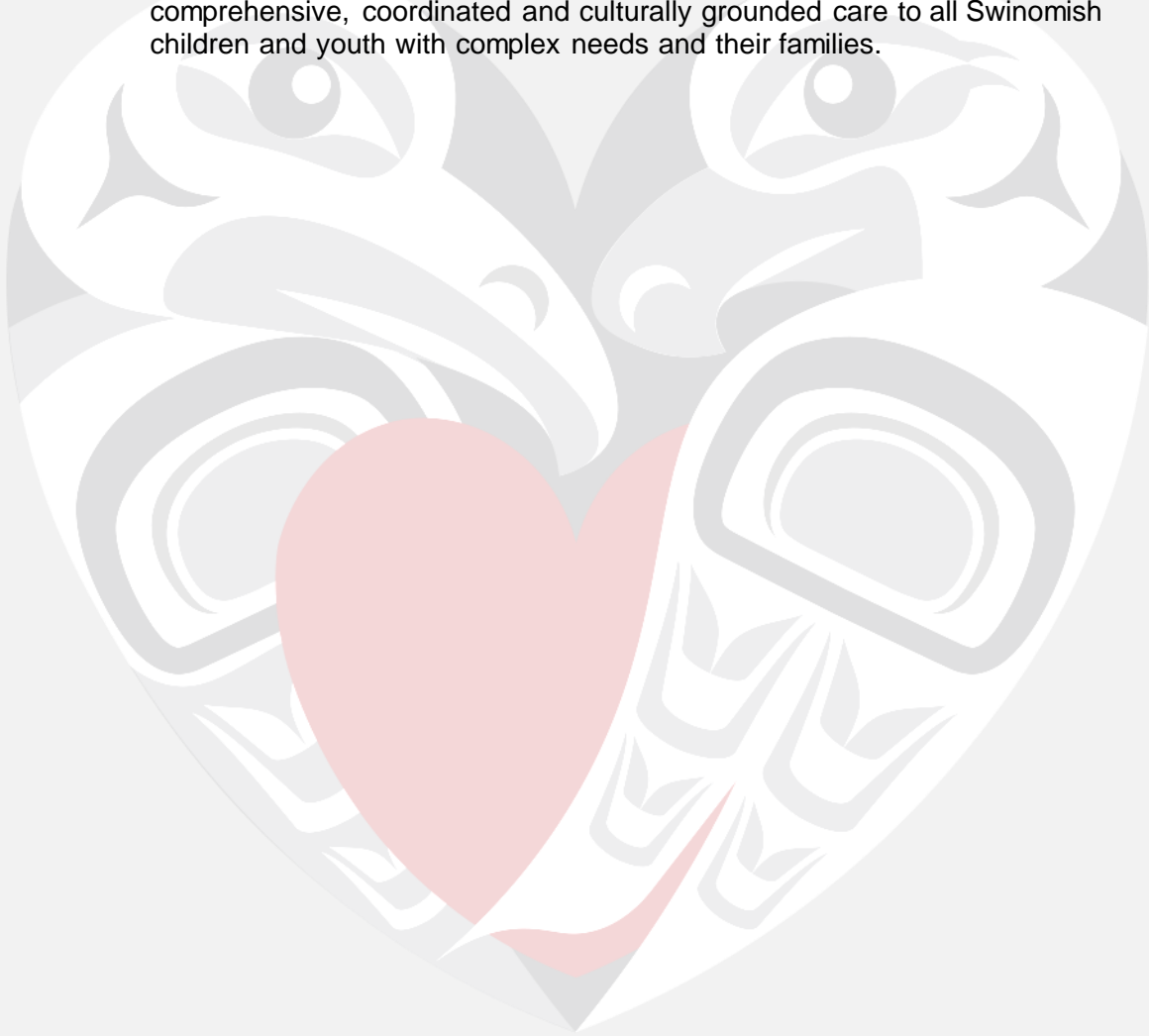
Mental Health Resources for LGBTQIA2S+

- *NPAIHB Indian Leadership for Indian Health information:* <https://www.npaihb.org/2slgbtq/> 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 information:* <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI> 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 information:* <https://www.lgbthotline.org/> 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 information:* <https://www.thetrevorproject.org/> 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 information:* <https://translifeline.org/about/> 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 information:* <https://transequality.org/about> 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.

SITC Resources for Tribal Members

- *Didgwalic Wellness Center information:* didgwalic.com 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 to 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 didgálič is a Lushootseed word translating to "place where camas was dug". Camas pictures on this site are courtesy of Swinomish Indian Tribal Community Archives.
- *Wellness Programs information:* <https://swinomish-nsn.gov/resources/health-wellness/wellness-program.aspx> Our mission is to improve the quality of the lives of the people and the community that we serve in a considerate, respectful, and sensitive manner. To help them to make the changes needed to be substance free through counseling and education. **We offer a wraparound approach on many different levels and offer care that is focused on the individual needs of each patient.**
- *Swinomish Counselors information:* <https://swinomish-nsn.gov/resources/health-wellness/counseling-services.aspx> 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.
- *Family Services information:* <https://swinomish-nsn.gov/resources/health-wellness/family-services.aspx> Swinomish Family Services connects community members with various resources within Skagit County and resources beyond when the need arises
- *Swinomish Domestic Violence Shelter information:* <https://swinomish-nsn.gov/resources/health-wellness/domestic-violence.aspx> For victims of domestic violence, dating violence, and sexual assault who need shelter care assistance.
- *Victim Counseling Services information:* <https://swinomish-nsn.gov/resources/health-wellness/domestic-violence.aspx> For Native adult victims of domestic violence, dating violence, sexual assault, or stalking who would like to receive licensed mental health counseling services.
- *Emergency Assistance Fund information:* <https://swinomish-nsn.gov/resources/health-wellness/domestic-violence.aspx> For Native adult victims of domestic violence, dating violence, sexual assault, or stalking who need emergency housing, hotel, food, or bill assistance to escape abuse.

- *Health Programs information: (CURRENT)*
 - **Circles of Care information:** 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
 - **Native Connections information:** 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.



Uplifting Text Messages

- *Caring Messages information:* **Sometimes all it takes is a thoughtful text to brighten your day and shift your perspective.** To receive two texts per week with messages designed to improve your mood and remind you how awesome you are, simply text: “CARING” to 65664 (youth 13-24), or “COLLEGE” to 65664 (for college students). The Caring Messages were developed and administered by THRIVE, the suicide prevention project at the Northwest Portland Area Indian Health Board.
- *Talking Is Power information:* Join Talking is Power: [A Text Messaging Service for parents and caring adults, that shares “How to Talk to Youth About Sexual Health.”](#) Text “EMPOWER” to 94449 to get started!
- *Veterans Caring Messages information:* A Text Messaging Service for Native Vets. Veterans who sign up will receive 1-2 messages a week. [The messages were designed by fellow Veterans and include messages of hope and caring with a mix of resources, videos, and songs.](#) Text “VETERANS” to 65664 to get started!

Free Apps from the Apple App Store and Google Play

- MY3 Safety Planning App. [Stay connected when you are having thoughts of suicide.](#)
- Virtual Hope Box. [Helps with coping, relaxation, distraction, and positive thinking](#)