

Mental Health Community Resources

Pierce County mental health/community resources

- **Pierce County Crisis Line** – For a non-life-threatening, but urgent mental health crisis, call the Pierce County Crisis Line available 24 hours a day, seven days a week at 800-576-7764.
 - Crisis Text Line – Text 741741 (mobile fees waived).
 - LGBTQ Trevor Project Support Center – Call 866-488-7386
- **Sound South 211** – Dial 2-1-1- to be connected to local social and community resources. Call center open Monday to Friday from 9 a.m. to 4 p.m., with 24-hour voicemail.
- **Consejo Counseling and Referral Service** – Offering services including mental health, substance use, and children and family services. For people with immigrant backgrounds from Latin American countries and who speak Spanish as their primary language.
- **MultiCare Asian Counseling Services** – Offering services in Cambodian, Vietnamese and Korean including therapy, help accessing legal, job and education resources; free counseling to victims of sexual assault.
- **NAMI Seattle** – Black, indigenous and people of color mental health resources.
- **NAMI Pierce County** – Community-based non-profit organization serving anyone affected by mental illness
- **Oasis Youth Center** – Providing connection and support for LGTBQ youth. Offers weekly peer-to-peer support group and more.
- **Tacoma Community House** – Crime victim advocacy; provides free services and support to individuals who have been harmed by domestic violence, sexual assault, human trafficking, and many other crimes. Visit online or call 253-383-3951.
- **Tacoma Urban League**
 - Resource navigator connects community to programs, community services, etc.
 - Black Parents Alliance: <https://thetacomaurbanleague.org/black-parents-alliance>
- **WA Listens** is a free, anonymous call-in service for people in WA who feel sad, anxious or stressed due to COVID-19. Support specialists listen and provide local resource information. Operated by partner agencies, including organizations serving indigenous people. Text or call 1-833-681-0211.

National mental health resources and directories

- **Asian Mental Health Collective** – Aims to make mental health accessible and available in Asian communities, includes an Asian, Pacific Islander, and South Asian American therapist [directory](#).
- **Black Mental Health Alliance** – Offers confidential referrals to culturally-competent and patient-centered licensed mental health professionals.

- [Black Virtual Therapist Directory](#) - An online directory for virtual Black therapists, doulas, yoga teachers and mediators committed to emotional/mental health and healing of Black communities.
- [Headstrong](#) – National nonprofit offering free, confidential mental health services for military, veterans, and their family members.
- [The Jed Foundation](#) – Expert information and resources to help teens and young adults navigate life’s challenges. Text START to 741-741 or call 1-800-273-TALK (8255).
- [Latinx Therapy Action Network](#) – Directory of culturally grounded, Latinx mental health practitioners.
- [Loveland Foundation’s Therapy Fund](#) – Resource for Black women and girls – apply for financial assistance with seeking therapy.
- [Melanin and Mental Health](#) – A therapist directory for Black communities with a podcast “Between Sessions” for advice about seeking therapy and mental support.
- [Mental Health Resources for Young People of Color](#) – Robust list of organizations, therapy directories, hotlines, articles, films and more.
- **National Suicide Prevention Hotline** – Available 24 hours a day, seven days a week by phone at 800-273-8255 for English y en español 1-888-628-9454.
- [National Queer and Trans Therapists of Color](#) – A mental health practitioner directory
- [Open Path Psychotherapy Collective](#) – A nonprofit nationwide network of mental health professionals dedicated to providing both in-office and online mental health care at steeply reduced rates; has a searchable directory.
- “Psychology Today’s” [Find a Therapist](#) portal and [Find a Black Therapist](#) portal.
- [Stronghearts Native Helpline](#) – Confidential and anonymous domestic, dating and sexual violence helpline for American Indians and Alaska Natives. Call 1-844-7NATIVE.
- [Teen Line](#) – A community based organization providing emotional support, and peer based education to youth. Text TEEN to 839863 between 6pm and 9pm Pacific Time to speak with a teen. Or call 1-800-TLC-TEEN from 6pm-10pm Pacific Time.
- [Therapy for Black Girls](#) – Offers a [provider search](#) for in-person and virtual counseling.
- [Therapy for Black Men](#) – Includes a directory of 140 therapists and 30 coaches across 50 states providing culturally-competent care.
- [The Trevor Project](#) – Crisis intervention and suicide prevention for LGBTQ youth. Visit online or call 1-888-488-7386.
- **Veterans Crisis Line** – Free and confidential Veterans Crisis Line responder available 24/7. Call 800-273-8255, then select 1 or text 838255. Provided by US Department of Veterans Affairs.
- [We R Native](#) – For Native youth by Native youth. Visit online, or in crisis text NATIVE: to 741-741. Get skills to help a friend: text BRAVE to 97779. Call, text, or chat Stronghearts Native Helpline: 1-844-7NATIVE.