

# Multilingual Mental Health Resource Directory

## Multilingual

- [988 Lifeline](#)
- [City of Seattle Youth Mental Health \(multiple languages\)](#)
- [Psychology Today- Language filter](#)
- [Inclusive therapists provider search by language](#)
- [National Alliance on Mental Illness Settle \(NAMI\)](#)

## Language Cohort resources

### Arabic

- [Refugee Women's Alliance](#)

### Mandarin

- [Asian Counseling and Referral Services](#)

### Spanish

- [Consejo Counseling and Referral Service](#)
- [Therapy for Latinx Directory](#)
- [King County Sexual Assault Resource Center](#)
- [Seattle Children's Hospital CALMA Mental health for children and families](#)
- <https://namiseattle.org/espanol/>
- [Hispanic Federation](#)

### Somali

- [Somali Health Board](#)
- [Odessa Brown Children's clinic Othello](#)
- [Health care enrollment at SCSS](#)