

# We are here to help!



**Contact Resident Services to speak with a Resident Services Coordinator to get connected to resources at 206-556-3335 or email [residentservices@communityrootshousing.org](mailto:residentservices@communityrootshousing.org)**

## **Mental Health Resources:**

- If you are experiencing a mental health emergency contact Seattle Crisis Clinic at 206-461-3222 or text 741741
- Visit [www.multiculturalcounselors.org](http://www.multiculturalcounselors.org) to find a culturally responsive therapist who understands the specific needs of people of color and various cultures
- For families, contact YMCA Family Services & Mental Health at 206-382-5340
- Youth of color can text 'STEVE' to 741741 to be connected to a trained crisis counselor
- To establish mental health support in Seattle, contact Sound at 206-302-2300

## **Other Resources:**

- If you have a maintenance emergency call 206-204-8777 (will respond in 30 minutes)
- If you experience or witness a crime call 911