

## **Organizations That Support Physical and Emotional Wellness**

### [4 Tomorrow](#)

4 Tomorrow provides culturally appropriate short term therapy and referrals in Spanish and Portuguese. Combined with their case management services, clients can receive the wholistically oriented services they need to succeed.

### [Asian Counseling and Referral Service](#)

ACRS' counselors and medical staff offer an array of services to help people with mental health challenges reach their potential and lead meaningful lives in community. They offer culturally specific mental health services and individualized case management for AAPI youth and families.

### [Consejo Counseling and Referral Service](#)

Consejo's Domestic Program provides quality intervention, prevention, and outreach services for non- or limited English-language proficient Latino survivors of domestic violence, sexual assault, and other crimes.

### [Crisis Connections](#)

Through their 24-Hour Crisis Line and King County 2-1-1, Crisis Connections connects people in physical, emotional, and financial crisis to services that will be of help.

### [HealthPoint](#)

HealthPoint's mission is to strengthen communities and improve people's health by delivering quality physical and dental health care services, breaking down barriers, and providing access to all.

### [Indian American Community Services](#)

IACS mental health services promote whole health by addressing physical, mental, and social well-being. Services may include individual, group, and/or family therapy and counseling, as well as wellness and day activity programs.

### [LifeWire](#)

LifeWire is on a mission to end domestic violence and create a world where every person lives in a safe environment, free from oppression and with the opportunity to thrive.

### [NAMI Eastside](#)

NAMI Eastside provides support groups for adults living with mental illness in safe and confidential spaces, as well as groups for adults with a loved one who has experienced symptoms of a mental health condition.

### [Youth Eastside Services](#)

YES is a lifeline for kids and families coping with challenges such as emotional distress, substance abuse and violence. Through intervention, outreach and prevention, YES builds confidence and personal responsibility, strengthens family relationships, and advocates for a safer community that cares for its youth.