

Safety Support:

For emergency, call 911. Other crisis contacts are listed in my Contact page.

API Chaya

Support for South Asian domestic violence survivors and families in Seattle

<https://www.apichaya.org>

Child Help

Prevention and Treatment of Child Abuse

www.childhelp.org

Child Protective Services

1-866-ENDHARM (1-866-363-4276)

<https://www.dshs.wa.gov/report-abuse-and-neglect>

Crisis Solution Center through DESC

Resource for police, medics, crisis mental health professionals, and other first responders to use for individuals who are in crisis and might otherwise receive no help, or be taken to jail or a hospital emergency department. 206-682-2371

<https://www.desc.org/what-we-do/crisis-response/>

Domestic Shelters

24/7 Hotline, Emergency Shelter and domestic violence programs in USA and Canada

<https://www.domesticshelters.org>

Mental Health Support:

Open path

Provide discounted therapy service. Via Oto is a proud provider for Open Path.

<https://openpathcollective.org>

Asian Counseling and Referral Service

Mental Health and community support for AAPI individuals and families.

<https://acrs.org>

Consejo Counseling and Referral Service

Mental Health and community support for Latinx individuals and families.

<https://consejocounseling.org>

Seattle Counseling Service

Mental health and community support for LGBTQ+ individuals and families in Seattle, WA.

<https://seattlecounseling.org>

WA Therapy Fund Foundation

Fund providing free therapy for Black individuals and families in Washington State.
<https://watherapyfund.com>

Deaf & Hard of Hearing Services

Mental Health support in ASL for Deaf and Hard of Hearing individuals.
<https://www.sound.health/deaf-hard-of-hearing/>

Journey

A Grief Support Program for Parents of Children who have passed away.
<https://www.seattlechildrens.org/globalassets/documents/for-patients-and-families/pfe/pi710.pdf>

Recovery Support:

Alcoholics Anonymous

12-step program for people in recovery from alcoholism.
<https://www.aa.org>

Al-Anon

12-step program for family and friends of alcoholics.
<https://al-anon.org>

CoDA

12-step program for people recovering from codependency.
<https://coda.org>

Addict Help

Helping people find addiction recovery
www.addict-help.com

Nar-Anon

12-step program for family and friends of people with addiction.
<https://www.nar-anon.org>

New Beginnings

Domestic Violence support in Seattle, WA.
<https://newbegin.org>

RAINN

Support for survivors of sexual assault and incest.
<https://www.rainn.org>

Recovery Café

Recovery Support and Community in Seattle, WA
<https://recoverycafe.org>