



# MENTAL HEALTH RESOURCES

## FOR NATIVE AND INDIGENOUS COMMUNITIES

In addition to support from CCA@YourService, there are a number of the mental health resources available specifically for Native Americans, Alaska Natives, and Native Hawaiians.

### **Center for Native American Youth**

**(CNAY)**: A national advocacy organization working to improve the health, safety, and overall wellbeing of Native American youth ages 24 and under

### **Child Welfare Information Gateway:**

Resources to engage American Indian families around mental health and wellbeing

### **Indian Health Service:**

Provides a comprehensive health service delivery system for approximately 2.6 million American Indians and Alaska Natives who belong to 574 federally recognized tribes.

- **Division of Behavioral Health** responsible for efforts to monitor, treat, and prevent mental and behavioral health conditions and substance use
- **Mental Health** resources and programs
- **Telebehavioral Health** list of sites offering culturally sensitive health services

### **Indigenous Story Studio:**

creates illustrations, posters, videos, and comic books on health and social issues for youth

- **Strength of the Sash** and **Tomorrow's Hope** suicide prevention
- **Making it Right** community justice, policing
- **Just a Story** mental health stigma

**Native Hope:** Dedicated to addressing injustice, healing from violence and trauma, and inspiring hope through storytelling and impactful programs

**One Sky Center:** The American Indian and Alaska Native National Resource Center for Health, Education, and Research, works to improve prevention and treatment of mental health and substance use problems and services among Native people

**StrongHearts Native Helpline** or **1-844-762-8483:** 24/7, safe, and anonymous support for Native Americans and Alaska Natives, offering culturally appropriate support and advocacy to those experiencing domestic and sexual violence

**WeRNative:** a comprehensive health resource for Native youth by Native youth, promoting holistic health and positive growth in local communities and nation at large

- **My Culture** Traditions, Identity
- **My Life** and **My Mind** Building Mental Resilience, Mental Health Challenges, Getting Help, and more
- **My Relationships** Relationships and Dating, Sexual Health
- **Ask Auntie** similar to an advice column, search for questions similar to yours, and if you don't find answers, Auntie Amanda will reply to questions and notify you when answers are posted



Note: The resources included here are not endorsed by CCA, and CCA is not responsible for the content of, or service provided by, these resources.