



Help Starts Here.

Washington State Employee Assistance Program

MENTAL/BEHAVIORAL HEALTH RESOURCES FOR BUILD

EAP Resources

- [Washington State Employee Assistance Program](#) (Home page)
- [Racism & Mental Health Resources](#)
- [COVID-19 Resources](#)

Washington Community Resources

- [Black, Indigenous & People of Color Mental Health Resources](#) (National Alliance on Mental Illness, NAMI Seattle)
- [Black, Indigenous and People of Color Support Group](#) (NAMI Seattle)
- [Cup of Comfort](#) (NAMI Seattle)
- [Washington Counselors of Color](#)
- [Washington Therapy Fund](#)

Therapist Finder Resources

- [Therapy for Black Girls](#)
- [Therapy for Black Men](#)
- [Melanin and Mental Health](#)
- [Psychology Today – Find a Therapist](#)

Online Resources

- [Identity and Cultural Dimensions, Black/African American](#) (NAMI)
- [Black Emotional and Mental Health Collective - BEAM](#)
- [Black Mental Health Alliance](#) (Baltimore, MD)

Special Considerations

Substance Use

- [Alcohol and Substance Use](#) (CDC)
- [Rethinking Drinking](#) (National Institutes of Health)

Mental Health Crises

- [National Suicide Prevention Lifeline](#) – call **(800) 273-8255**
- [Crisis Text Line](#) – to Connect with a Crisis Counselor, text **“Heal” to 741741**

Domestic/Intimate Partner Violence

- [National Domestic Violence Hotline](#) – call **(800) 799-7233**

Washington State EAP is accessible, free, and confidential.
Contact us today at **877.313.4455** or **eap.wa.gov**