

WHENEVER UP BECOMES DOWN, I WILL ALWAYS BE HERE HOLDING YOUR CROWN

Founded by 

M E N T A L H E A L T H R E S O U R C E S

HOLD YOUR CROWN IS
BUILDING A MOVEMENT THROUGH MUSIC,
SOCIAL MEDIA MESSAGING & PEER-TO-PEER COMMUNICATION
TO DISMANTLE THE STIGMA OF MENTAL ILLNESS FOR YOUTH
& PROVIDE YOUTH WITH A PATH TO MENTAL WELLNESS



LEARN MORE
@
HoldYourCrown.org

SEATTLE

♥
National Alliance on Mental
Health Washington
namiwa.org/index.php/resources

♥
Crisis Connections
crisisconnections.org

♥
Path with Art
pathwithart.org

♥
A Mindful State
amindfulstate.org

♥
SUICIDE PREVENTION
LIFELINE
suicidepreventionlifeline.org

♥
FREE OR SLIDING
FEE COUNSELING
(SEATTLE)

♥
The Healing Center
healingcenterseattle.org

♥
Re-Evaluation Counseling
rc.org

♥
Pioneer Human Services
pioneerhumanservices.org

♥
Sea Mar Community Health
seamar.org

♥
Circle of Friends for Mental Health
circleformentalhealth.org

♥
The Country Doctor
countrydoctor.org

♥
Seattle Counseling Services
seattlecounseling.org

SPECIFIC THERAPY RESOURCES

♥
Therapy for Black Men
therapyforblackmen.org

♥
Innopsych
innopsych.com

♥
National Queer and Trans
Therapists of Color Network
nqtcn.com/en

♥
The Loveland Foundation:
Therapy for Black Women and Girls
[/thelovelandfoundation.org/about](http://thelovelandfoundation.org/about)

♥
Asian Counseling and Referral
Services (ACRS)
acrs.org

♥
National Alliance on Mental
Illness (NAMI) Asian American
& Pacific Islander Resources
nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Asian-American-and-Pacific-Islander

♥
House of GG
houseofgg.org

♥
Latinx Therapy
latinxtherapy.com

NATIONAL

♥
The Mental Health Coalition
thementalhealthcoalition.org

♥
Anxiety & Depression
Association of America
adaa.org

♥
Depressive & Bipolar
Support Alliance
dbsalliance.org

♥
National Council for Behavioral
Health
thenationalcouncil.org

♥
National Institute of Mental Health
nimh.nih.gov/index.shtml

♥
Substance Abuse and Mental
Health Services Administration
samhsa.gov

♥
Center for Disease Control
cdc.gov/mentalhealth/index.htm

♥
Fountain House
fountainhouse.org

♥
Mental Health America
[/www.mhanational.org](http://www.mhanational.org)

WE WOULD BE HONORED TO PRESENT TO YOUR SCHOOL/ORGANIZATION

CONTACT:

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