

# Pathways to Wellness: *Integrating Refugee Health and Wellbeing*

## Community Resources and Cultural Information

### Federal Guidelines for Language Access

Title VI of the Civil Rights Act requires recipients of Federal assistance to have their programs and activities accessible to persons with limited English proficiency. For additional information see:

[http://www.lep.gov/guidance/guidance\\_index.html](http://www.lep.gov/guidance/guidance_index.html),  
<http://www.justice.gov/crt/about/cor/coord/titlevistat.php> or contact the Department of Health and Human Services, Office of Civil Rights.

### Metro-Seattle Interpreter Services

#### Face-to-Face Interpreting

|                                 |              |
|---------------------------------|--------------|
| Hopelink                        | 425-378-7977 |
| Language Connection             | 425-277-9045 |
| Universal Languages             | 888-462-0500 |
| Polylang Translation Services   | 800-715-7293 |
| Dynamic Languages               | 206-244-6709 |
| Khaleighi Interpreting Services | 206-200-5070 |
| Language Fusion                 | 888-750-1112 |
| Foreign Language Specialists    | 206-261-0999 |
| CTS Language Link               | 800-208-2620 |
| World Language Services         | 877-700-7922 |

#### Over the Phone Interpreting

|                      |              |
|----------------------|--------------|
| Language Line        | 800-874-9426 |
| Pacific Interpreters | 888-869-7344 |
| Hopelink             | 425-378-7977 |

### Epidemiological, Cultural Information & Multi-Language Resources

Center for Disease Control

[www.cdc.gov/yellowbook/RefugeeGuidelines](http://www.cdc.gov/yellowbook/RefugeeGuidelines).

U.S. State Department Bureau of Population, Refugees & Migration

[www.state.gov/g/prm/](http://www.state.gov/g/prm/)

Health and Human Services Global Health

[www.globalhealth.gov](http://www.globalhealth.gov)

US Committee for Refugees & Immigrants

[www.refugees.org](http://www.refugees.org)

Center for Applied Linguistics Cultural Orientation

[www.cal.org](http://www.cal.org)

Canadian Cultural Profiles Project

[www.cp-pc.ca](http://www.cp-pc.ca)

EthnoMed

[ethnomed.org](http://ethnomed.org)

Center for Victims of Torture

[www.cvt.org](http://www.cvt.org)

### Refugee Resettlement Agencies

Lutheran Community Services Northwest

Tele: 206-694-6753

Fax: 206-694-5777

### Refugee Resettlement Agencies continued

**Diocese of Olympia Resettlement Office: EMM**

Tele: 206-323-3152

Fax: 206-322-7632

**World Relief**

Tele: 206-587-0234 Kent: 253-854-7857

Fax: 206-587-0594

**Jewish Family Services**

Tele: 253-850-4065 S. King County: 253-850-4065

Fax: 253-850-4070

**International Rescue Committee**

Tele: 206-623-2105 SeaTac: 206-431-033

Fax: 206-623-2289

**KHRW**

Tele: 253-520-8441

Fax: 253-520-6497

### Community Support & Mental Health Services for Refugees

**24 Hour Crisis Line:**

Tele: 206-461-3222/ Toll Free: 1-866-427-474

**Lutheran Community Services NW**

International Counseling and Community Services

Tele: 206-816-3253

**Asian Counseling and Referral Service**

Tele: 206-695-7600

**Center for Multicultural Health**

Tele: 206-461-6910 Ext. 211

**Refugee Womens Alliance (REWA)**

Tele: 206-721-0243

**Therapeutic Health Services**

Tele: 206-322-7676

**Southwest Youth & Family Services**

Tele: 206-937-7680

**Harborview Center for Sexual Assault & Traumatic Stress**

Tele: 206-744-1600

**Navos**

Tele: 206-933-7000

*For a list of King County community mental health agencies:*

<http://www.kingcounty.gov/healthservices/MentalHealth/Resources/ProvidersAll.aspx>