

# Be Heard: Community Voices about Mental Health and Wellness

## Community Listening Project

In 2024, King County funded 14 culturally centered, community-based organizations to host 106 listening sessions with 543 individuals about mental health. 10 key themes emerged from the sessions.

### 01 Culture and Context Matters

Beliefs, values, race, and language impacts one's cultural identity which influences one's perspective on mental health and well-being.



### 02 Spirituality and Mental Health are Intertwined

A person's interpretation of their mental health is often tied to spiritual beliefs & ancestral traditions which may influence perceptions of mental health.



### 03 Mental Health Perceptions, Knowledge and Stigma Vary Across Communities

People experiencing mental health conditions often face negative perceptions from others, leading to stigma.

### 04 Common Mental Health Concerns include Anxiety, Loneliness, and Depression

*“People aren't taken seriously and when [mental health challenges] reach an extreme, they're blamed for not reaching out. They become isolated from their community and support system.” -Alimentando al Pueblo*

### 05 Trauma and Stressors Contribute to Mental Health Issues

Trauma related to war and violence in native countries is common and is increased by stress from displacement, migration, and adaptation to a new country.

### 06 Desire for Inter-generational Healing

*“Older generations tell young adults today that we complain too much because, back then, they weren't allowed to express their feelings or else it would come off as weak.” -CHARMD Behavioral Health*

**07** Communities seek Education, Resources and Support related to Substance Use

*"I think there's a lot of silencing [about substance use]. There's a lot of changing the subject and not being as open. It's hard to talk about."*  
**-Filipino Community of Seattle**



**09** Barriers to Care are Many

Barriers to accessing care include a lack of: in-language and culturally responsive services, trust in providers, knowledge about where to go for services, cost of services and insurance coverage, and transportation issues.

**08** Concerns about Youth Well-being Differ Between Caregivers and Youth

Youth want to talk about mental health within families and in communities, but older generations are hesitant.



**10** Need for culturally responsive mental health and substance use care designed for and delivered by communities

*"Provide more opportunities for community members to train as mental health therapists and professionals and to how to handle trauma. Also, share ideas on how communities can create Peer Support Groups."*  
**-Association of Zambians in Seattle**



**Thank you to the community-based partners that participated in the listening sessions**

Alimentando al Pueblo, Association of Zambians in Seattle, Ayan Maternity Health Care Services, CHARMD Behavioral Health, Communities of Rooted Brilliance, Congolese Integration Network, Ethiopian Community in Seattle, Filipino Community of Seattle, Indian American Community Services, Korean Community Service Center, NAMI Eastside, New Americans Alliance for Policy and Research, Vietnamese Health Board, Therapy Fund Foundation.

**More Information**

- Be Heard Community Voices Full Report: [bit.ly/BeHeardReport](https://bit.ly/BeHeardReport)
- For crisis support, call or text 988.
- DCHS Behavioral Health and Recovery Division Client Services Line: 1-206-263-8997



Department of Community and Human Services