

FOOD RESOURCES

Washington State DSHS

Food Benefits

www.waconnection.org

Call DSHS Customer Service Center 877-501-2233

Meals on Wheels

Delivery of meals for homebound seniors (ages 60+) 3x a week

Island Senior Resources

360-321-1600

Whidbey Residents

360-387-6201 or

360-678-3373

or Camano Island Residents

360-321-1615

FOOD BANKS

WHIDBEY ISLAND

Whidbey Island Nourishes

Partners with community members to ensure no child on South Whidbey Island is without food. Offering home delivery of volunteer prepared lunches to South Whidbey residents. 360-221-7787

<https://www.whidbeyislandnourishes.org/>

Island Church of Whidbey,

Langley, Hot Meal Service

360-221-6980, Tues & Thurs

St. Hubert Catholic Church,

Langley, 360-221-

5383

SPIN CAFÉ Sack Meals Hal

Ramaley Memorial Park

St. Augustine's Church,

360-675-2303, Oak Harbor

Ryan's House for Youth

(Ages 12-24 Only)

360-331-4575, Coupeville

Three meals served daily

North Whidbey Help House

360-675-0681 (M-F) Oak

Harbor to Greenbank Resi-

dents

Gifts From the Heart Food Bank

360-678-8312

Coupeville/Central Whidbey Residents Every other Wed (Inside Boys & Girls Club)

Good Cheer Food Bank

Langley 360-221-6454

FOOD BANKS

STANWOOD/CAMANO ISLAND

Stanwood Camano

Food Bank

360-629 2789 Stanwood

www.stanwoodcamano

[foodbank.org/fight-](http://foodbank.org/fight-hunger/#sign-up-services)

hunger/#sign-up-services

Food pickup on curbside

Camano Chapel

360-387-7202

Camano Island

His Pantry provides free

food for those in need in

local community. Open

Mon 12:00-1:30 in the

small sanctuary at the front

of the campus.

Community

Resource Center

360-629-5257

Stanwood



Community Resource Center

of Stanwood Camano

Food vouchers • Financial help to avoid homelessness

Financial vouchers/cash for water and heat, fuel to get to needed appointments, work & school, necessary vehicle repair.



Call NAMI Helpline at 800-950-6264 (M-F) or in a crisis, text "NAMI" to 741741 for 24/7 confidential, free crisis counseling

HOUSING SUPPORT

Housing Support Center Island County 360-678-8284

Mon-Fri 9-3 leave message after hours. Homeless? At risk of homelessness? Need help with rent, a deposit on housing or paying for utilities?

Pioneer Transition House 360-336-0116 1011 Digby Rd. Mount Vernon 10-bed transitional coed housing for those with documented mental health and substance use disorder.

Affordable apartments on Whidbey Island For seniors and persons with disabilities Go to list "Subsidized Low Cost Housing in Island County" at bottom of this page

<https://www.islandcountywa.gov/Humanservices/Pages/Affordablehousing.aspx>

Lervick Family Village in Stanwood

425 347-6556 Offers emergency shelter for up to 90 days; Offers help finding transitional housing & affordable rentals.

EMERGENCY HOUSING

Homeless Coalition 360-900-3077

Ryan's House 360-331-4575 For ages 18-24,

19777 SR-20 Coupeville

Oasis Teen Center (Skagit Valley YMCA)

360-419-9058 Emergency Shelter for homeless or runaway teens ages 13-17, Hours 6:30pm-7:45am 125 N 5th St. Mount Vernon.

TRANSPORTATION

Island Transit 360-678-7771

Offers free rides on Whidbey & Camano Islands Mon-Sat

<https://www.islandtransit.org/How-to-Ride-the-Bus>

NW Regional Council 800-860-6812

Offers transportation for medical Medicaid appointments.

Skagit Transit 360-757-4433

Community Transit 425-562-1375

Online version available on Parent to Parent website

[https://www.islandcountywa.gov/Humanservices/Pages/](https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx)

[Parent-to-Parent.aspx](https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx) Provided by Island County

Accessible Communities Committee

(360)632-7539 call/text Updated June 2022



BEHAVIORAL HEALTH RESOURCE GUIDE

For Island County, WA

For life-threatening emergency-always call 911
CRISIS LINE 24-HOUR MENTAL HEALTH
HOTLINE 800-584-3578

SUICIDE PREVENTION HOTLINES

National Suicide Prevention Lifeline 24/7

1-800-273-8255 or text HOME to 741741

Phone/Text/Chat Options-Confidential and anonymous Help Line for teens in WA.

VETERAN SUICIDE HOTLINE

800-273-8255 press 1, text 838255, or chat online.

LGBTQ+ SUICIDE HOTLINE (Trevor Project)

1-866-488-7386 or Text START to 678-678 If you're thinking about suicide, you deserve immediate help.

DOMESTIC VIOLENCE/SEXUAL ASSAULT

24-HOUR ISLAND COUNTY CRISIS LINE

(CADA) 360-675-2232 or 800-215-5669

NATIONAL DOMESTIC VIOLENCE

HOTLINE 800-799-7233 Call 911 if in immediate danger. Call hotline if you have been abused by an intimate partner.

HOW TO SLOW DOWN A MENTAL HEALTH CRISIS UNDERWAY

- Keep your voice calm
- Avoid overreacting
- Listen to the person
- Don't make judgmental comments
- Don't argue or try to reason with the person
- Express support and concern
- Avoid continuous eye contact
- Ask how you can help
- Keep stimulation level low
- Move slowly
- Offer options instead of trying to take control
- Avoid touching the person unless you ask permission
- Be patient
- Gently announce actions before initiating them
- Give them space, don't

NAVIGATING a mental health CRISIS

A NAMI resource guide for those experiencing
a mental health emergency



Like any other health crisis, it's important to address a mental health emergency quickly and effectively.

This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and so much more.

Download:

<https://www.nami.org/About-NAMI/NAMI-News/2018/NAMI-Releases-New-Crisis-Guide>

HOSPITALS-INPATIENT BEHAVIORAL HEALTHCARE

► Providence Hospital Behavioral Health

Watch for Providence Hospital Inpatient Unit for Behavioral Health on Everett Colby Campus (Opening summer 2021)

► Island Hospital Behavioral Healthcare
360-299-4297 Open M-F Anacortes

► Skagit Valley Hospital Behavioral Health

360-814-2422 Mount Vernon

► Seattle Children's Hospital Psychiatry & Behavioral Medicine

206-987-2164

Non-emergency visits, need referral by child's doctor. * Contact crisis lines in emergency

► Fairfax Behavioral Health
425-296-0019, A private, free-standing mental health hospital with locations in Kirkland, Everett and Monroe.

STABILIZATION CENTER/ SUBSTANCE USE DISORDERS

Ituha Stabilization Center in Oak Harbor A voluntary sub-acute detox, short-term residential facility for people experiencing a mental health crisis or substance use issues. Pioneer Human Services operates the facility. The 10-bed, serves Island, Skagit and San Juan Counties.

► Washington Recovery Help Line: 866-789-1511 (24/7)
Anonymous/confidential help for problems with substance use disorders
<http://www.warecoveryhelpline.org/>

NON-EMERGENCY-OUTPATIENT BEHAVIORAL HEALTHCARE & SUBSTANCE USE SERVICES

Note: Recommended you first contact your insurance company to locate nearest provider

► **Washington's Mental Health Referral Service for Children and Teens**
833-303-5437 <https://www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/washingtons-mental-health->

[referral-service-children-teens/](#)

► **Catholic Community Services** Burlington
888-504-9992

► **Compass Health (Medicaid Only)**
Oak Harbor 360-682-4100,
Coupeville 360-678-5555,
Mount Vernon 360-419-3500 or
360-419-3555

► **didg*alič Wellness Center,**
Anacortes 360-588-2800

► **Sea Mar** Oak Harbor (Medicaid Only) 360-679-7676,
Anacortes 360-293-8007,
Mount Vernon 360-419-3555
or 360-542-8810

► **Sunrise Behavioral Health**

(Medicaid Only) Mount Vernon/
Anacortes/Concrete 360-336-3762

► **Sunrise Oak Harbor (Medicaid only)** 360-544-3806
Outpatient Clinic, Mount Vernon 360-848-8500

► **Island County Early Childhood Behavioral Health Support**
360-678-2346 Providing resources and one-to-one coaching for parents of children aged birth-5

► **Locating a Therapist**
For those with private insurance:

<https://www.psychologytoday.com/us/therapists/washington>
► **Providence Hospital Behavioral Health Urgent Care Everett**
425-261-4210 (M-F)
Offering virtual appointments for those unable to come in person. <https://www.heraldnet.com/life/urgent-mental-health-care-clinic-a-rarity-opens-in-everett/>
► **Washington Recovery Helpline: 866-789-1511 (24/7)**
Anonymous/confidential help for problems with substance use disorders
<http://www.warecoveryhelpline.org/>

Call the NAMI Helpline at 800-950-6264 (M-F) Or in a crisis, text "NAMI" to 741741 for 24/7 confidential, free crisis counseling

► **Island County Opioid Outreach** 360-678-8295
► **Island County Outreach Behavioral Health**
360-678-2346 (M-F)
► **Snohomish Overdose Prevention**
<https://snohomishoverdoseprevention.com/treatment-options/>



SUPPORT GROUPS

► **Ala-Non**
Are you worried about someone's alcohol or substance use issues?
<https://al-anon.org/>
► **Alcoholics Anonymous**
Need help with a drinking problem?
<https://www.aa.org/>
► **Narcotics Anonymous**
Are you in recovery and want to meet with others to stay clean?
<https://www.na.org/>



► **NAMI (National Alliance on Mental Illness)**
See Washington websites for list of educational courses and support groups.

<https://namiwa.org/>

► **Skagit Valley Reach Center**
(peer-run center with support groups/classes) Mount Vernon
360-873-8635

BEHAVIORAL/MENTAL HEALTH ADVOCATE

The North Sound Behavioral Health Ombuds
360-416-7004

nsbhombuds@communityactionskagit.org

Call if you feel your rights have been violated or you're not receiving adequate services; serves Island, San Juan, Skagit, Snohomish and Whatcom Counties.

LEGAL RESOURCES

CLEAR (Coordinated Legal Education, Advice and Referral), A toll-free legal hotline for people with low incomes.
888-201-1014 (M-F)
Services and basic needs such as

housing, income, medical care and family safety. A project of Northwest Justice Project whose vision is to provide "Justice for all low-income people in Washington."

GENERAL ASSISTANCE

Call 2-1-1 or search <https://search.wa211.org/> for free confidential community service and your one-stop connection to the local services you need, from utility assistance, food, housing, health, child care, after school programs, elder care, crisis intervention and more.

► **Washington Listens**
833-681-0211

Provides non-clinical support to people who feel sad, anxious, or stressed due to COVID-19.

Washington Listens is free and anonymous. Any Washington resident can call and a support specialist will listen and help guide you to connections within your community.

www.Walistens.org

► **Opportunity Council**
Oak Harbor
360-679-6577



(Mon-Fri 9am-4pm)

Helps with education, support and direct assistance, Basic Needs, Child-care resources, Food/ Nutrition, Home/Energy, Housing, Job Skills, Money Management, Kinship Care, SHIBA (Statewide Health Insurance Benefits Advisor), Energy Assistance Program, transportation, showers, etc