

# Island County Behavioral Health Resource Guide

**\*\*For a life-threatening emergency -- always call 911\*\***

**Crisis line 24-hour mental/behavioral health hotline 800-584-3578**

(Island, Skagit, Snohomish & Whatcom

**Domestic Violence/Sexual Assault 24-hour Island County Crisis Line (CADA)**

**360-675-2232 or 800-215-5669**

## **-Suicide Prevention**

**National Suicide Prevention Lifeline 24/7 1-800-273-8255 or text HOME to 741741 (no text messaging charges apply)**



A program of *Crisis Connections* in WA State  
Phone/Text/Chat Options- Confidential and  
anonymous help line for teens in WA 866-833-6546

**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.

**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 S L O W D O W N when a mental health crisis is 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 make them feel trapped



[guidewww.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis](http://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis)

## Hospitals-Inpatient Behavioral HealthCare

- **Providence Hospital Behavioral Health** Watch for Providence Hospital Inpatient Unit for Behavioral Health on Everett Colby Campus (opening Summer 2021)  
<https://washington.providence.org/locations-directory/b/behavioral-health-urgent-care-everett> <https://www.heraldnet.com/life/urgent-mental-health-care-clinic-a-rarity-opens-in-everett/>
- **Skagit Valley Hospital Behavioral Health** **360-814-2422** Mount Vernon
- **Seattle Children’s Hospital Psychiatry and 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 & Monroe



### **Island County: Behavioral Health Stabilization Center/Substance Use Disorders**

**Ituha Stabilization Center: Oak Harbor**  
**(360)499-7011 275 NE 10<sup>th</sup> Ave 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, a Seattle-based nonprofit, will operate the facility. The 10-bed, \$6 million facility will serve 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/>

**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**

## -Non-Emergency-Outpatient Behavioral Healthcare & Substance Use Services

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

- Island County Outreach Behavioral Health **360-678-2346** M-F
- Washington's Mental Health Referral Service for Children and Teens **833-303-5437**  
Maintained by Seattle Children's Hospital <https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine>
- Island Hospital Behavioral Healthcare **360-299-4297** Anacortes Open M-F
- 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**
- didgʷálič 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 **360-544-3806** (Medicaid only) 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 Mon-Sun
- **Locating a Therapist** For those with private insurance:  
<https://www.psychologytoday.com/us/therapists/washington>
- Providence Hospital Behavioral Health Urgent Care (**not inpatient care**) - Everett **425-261-4210** offering virtual appointments for those unable to come in person. M

### Needle Exchange Locations in Island County

Camano Island: **360-387-0184**

Whidbey Island: **360-221-6626**

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

### Island County Opioid Outreach **360-678-8295**

### Island County Outreach Behavioral Health **360-678-2346** M-F

didgʷálič Wellness Center Anacortes **360-588-2800**

Snohomish Overdose Prevention <https://snohomishoverdoseprevention.com/treatment-options/>

**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**

## Support Groups

**NAMI (National Alliance on Mental Illness)** - dedicated to building better lives for the millions of Americans affected by mental illness. See Washington websites for list of educational courses and support groups- <https://namiwa.org/>

**NAMI Skagit:** Provides support to Island, Skagit and Stanwood in Snohomish County. **Support Groups: Mt. Vernon (360)770-5666 Anacortes (369)424-8224 Camano (360)941-0996 or 360-420-7422**

**Ala-Non** are you worried about someone's alcohol or substance use issues? Virtual meetings are available during the pandemic in lieu of face-to-face meetings  
<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/>

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

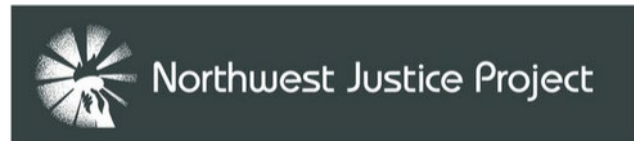
## -Behavioral/Mental Health Advocate

**The North Sound Behavioral Health Ombuds** **360-416-7004**

[nsbhombuds@communityactionskagit.org](mailto: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 are targeted to problems that affect 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." Go to <https://nwjustice.org/home>.

## -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. Go to: [www.Walistens.org](http://www.Walistens.org)

**Opportunity Council Oak Harbor** helps people improve their lives through education, support and direct assistance while advocating for just and equitable communities. Basic Needs, Childcare resources, Food/Nutrition, Home/Energy, Housing, Job Skills, Money Management, Kinship Care, SHIBA (Statewide Health Insurance Benefits Advisor), Energy Assistance Program, Transportation, etc. Mon-Fri 9am-4pm **360-679-6577**

**Community Resource Center 360-629-5257** Stanwood  
Food vouchers available for extreme circumstances when local food banks not open. Financial help to avoid homelessness in form of hotel vouchers, state park vouchers, rent and/or mortgage assistance & move-in costs. Financial help in form of vouchers/cash for water and heat, fuel to get to needed appointments, work & school, necessary vehicle repair.

## -Food Resources

### **Washington State DSHS Food Benefits**

No in-person services due to COVID, clients can apply via the following:

- Online at [www.waconnection.org](http://www.waconnection.org)
- Call DSHS Customer Service Center **877-501-2233**
- Apply via paper application (In DSHS Applications Folder)

**Meals on Wheels** Delivery of meals for homebound seniors (ages 60+) 3x a week

*Enroll through Island Senior Resources*

**360-321-1600** Whidbey Residents

**360-387-6201 or 360-678-3373 or 360-321-1615** Camano Island Residents

**Opportunity Council Oak Harbor** Helps people improve their lives through education, support and direct assistance while advocating for just and equitable communities. Basic Needs, Childcare resources, Food/Nutrition, Home/Energy, Housing, Job Skills, Money Management, Kinship Care, SHIBA (Statewide Health Insurance Benefits Advisor), Energy Assistance Program, Transportation, etc. Mon-Fri 9am-4pm **360-679-6577**



**Community Resource Center** [360-629-5257](tel:360-629-5257) Stanwood



Food vouchers available for extreme circumstances when local food banks not open. Financial help to avoid homelessness in form of hotel vouchers, state park vouchers, rent and/or mortgage assistance & move-in costs. Financial help in form of vouchers/cash for water and heat, fuel to get to needed appointments, work & school, necessary vehicle repair.

### -Food Banks Stanwood/Camano Island:



**Stanwood Camano Food Bank** [360-629 2789](tel:360-629-2789) Stanwood  
[www.stanwoodcamanofoodbank.org/fight-hunger/#sign-up-services](http://www.stanwoodcamanofoodbank.org/fight-hunger/#sign-up-services)  
Food pickup on curbside Wed & Sat during COVID

**Camano Chapel** [360-387-7202](tel: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 (subject to change)

### 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](tel:360-221-7787)  
<https://www.whidbeyislandnourishes.org/> (subject to change)

**Island Church of Whidbey, Langley** [360-221-6980](tel:360-221-6980) Hot Meal Service Tues & Thurs

**St. Hubert Catholic Church, Langley** [360-221-5383](tel:360-221-5383) Soup to Go, Wed

**SPIN Café Sack Meals @ Hal Ramaley Memorial Park, Oak Harbor**

Pick-up Daily (subject to change) Call [360-678-2348](tel:360-678-2348) to arrange for showers or laundry service appointment

**St. Augustine's Church, Oak Harbor** [360-675-2303](tel:360-675-2303) Agape Meals to Go, Pick-up Mon

**Ryan's House for Youth (Ages 12-24 Only) - Coupeville** [360-331-4575](tel:360-331-4575) Three meals served daily

**North Whidbey Help House - Oak Harbor to Greenbank Residents M-F** [360-675-0681](tel:360-675-0681)

**Gifts From the Heart Food Bank - Coupeville/Central Whidbey Residents**

Every other Wed (Inside Boys & Girls Club) [360-678-8312](tel:360-678-8312)

**Good Cheer Food Bank - Langley** [360-221-6454](tel:360-221-6454) M-F (subject to change) Download & print shopping list- <https://goodcheer.org/home/foodbank/>

## -Emergency Housing

**The Haven** **360-320-7681** (check-in by 6 pm) at Grace by the Sea 540 SE Pioneer Oak Harbor

**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, first come, first served in 9-bed/21-days; helps locate permanent housing for teens. Hours 6:30pm-7:45am  
125 N 5th St. Mount Vernon

## 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, WA  
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>

**Opportunity Council Oak Harbor** Basic Needs, Childcare resources, Food/Nutrition, Home/Energy, Housing, Job Skills, Money Management, Kinship Care, SHIBA (Statewide Health Insurance Benefits Advisor), Energy Assistance Program, Transportation, etc. Mon-Fri 9am-4pm **360-679-6577**



**425 347-6556**

Lervick Family Village in Stanwood, WA offers emergency shelter for up to 90 days; Offers help finding transitional housing & affordable rentals.

## -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**

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\*\*All information provided is subject to change. Call ahead to verify days and hours.

Services listed in this guide are provided for Island County residents and neighboring communities. Services should not be considered an endorsement by Island County government.

This project was coordinated by the Island County Accessible Communities Committee. Funding made possible through Governor Jay Inslee's Committee on Disability Issues and Employment and the Accessible Communities Act [www.accessiblecommunities.wa.gov](http://www.accessiblecommunities.wa.gov) . Information current as of **August 2021**

Submit updates to:

Tiffany Wheeler-Thompson  
Parent to Parent Coordinator  
Island County Human Services  
360.632.7539 Call/Text  
[t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov)