



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](tel:800-584-3578)

(Island, Skagit, Snohomish & Whatcom

Domestic Violence/Sexual Assault 24-hour Island County Crisis Line (CADA)
[360-675-2232](tel:360-675-2232) or [800-215-5669](tel:800-215-5669)

-Suicide Prevention

National Suicide Prevention Lifeline 24/7 [1-800-273-8255](tel: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](tel:866-833-6546)

Veteran Suicide Hotline [800-273-8255](tel:800-273-8255) press 1, text [838255](tel:838255), or chat online

LGBTQ+ Suicide Hotline (Trevor Project) [1-866-488-7386](tel: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](tel: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/>
- **Island Hospital Behavioral Healthcare** 360-299-4297 Anacortes Open M-F
- **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



Behavioral Health Stabilization Center/Substance Use Disorders

Ituha Stabilization Center: Oak Harbor Opening by March 2021 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>
- 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'wálic 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-F

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

didg'wálic 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](#)

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/>



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/>

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

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

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
- 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
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](tel:360-320-7681) (check-in by 6 pm) at Grace by the Sea 540 SE Pioneer Oak Harbor

Ryan's House [360-331-4575](tel:360-331-4575) for ages 18-24 19777 SR-20 Coupeville

Oasis Teen Center (Skagit Valley YMCA) [360-419-9058](tel: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](tel: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](tel: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](tel:360-679-6577)



[425 347-6556](tel: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](tel: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](tel:800-860-6812) offers transportation for medical Medicaid appointments.

Skagit Transit [360-757-4433](tel:360-757-4433)

Community Transit [425-562-1375](tel: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 . Information current as of 12/31/20.

Submit updates to:

Tiffany Wheeler-Thompson
Parent to Parent Coordinator
Island County Human Services
360.632.7539 Call/Text
t.wheeler-thompson@islandcountywa.gov