

Behavioral Health Resource Guide for Island County, WA

For a life-threatening emergency - always call 911

■ Crisis line 24-hour mental health hotline 800-584-3578

(for Island, Skagit, Snohomish & Whatcom Counties)

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

→ SUICIDE PREVENTION HOTLINES

■ 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

■ 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

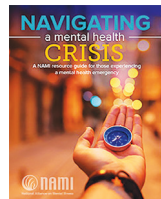
If you're thinking about suicide, you deserve immediate help.

■ 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 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 make them feel trapped



Download:

guidewww.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis

→ NON-EMERGENCY BEHAVIORAL HEALTH SERVICES

Note: It's recommended you first contact your insurance company to locate the nearest provider for your health plan.

■ Island County Outreach Behavioral Health 360-678-2346 Mon-Fri 8:30-4:30

■ Catholic Community Services • Burlington 888-504-9992

■ Compass Health on Whidbey Island • Oak Harbor 360-682-4100, Coupeville 360-678-5555 (most Compass offices only accept Medicaid)

■ Compass Health Mount Vernon 360-419-3500 or 360-419-3555

■ didg'āli Wellness Center, Anacortes 360-588-2800

■ Sea Mar Oak Harbor 360.679.7676, Anacortes 360-293-8007, Mount Vernon 360-419-3555 or 360-542-8810 (most Sea Mar offices only accept Medicaid)

■ Sunrise Behavioral Health Mount Vernon/Anacortes/Concrete 360-336-3762 (most Sunrise offices only accept Medicaid)

■ Sunrise Oak Harbor 360-544-3806 (most Sunrise offices only accept Medicaid)

■ VA Community Based Outpatient Clinic Mount Vernon 360-848-8500

■ Washington's Mental Health Referral Service for Children and Teens through Seattle Children's Hospital 833-303-5437 Mon-Fri (8-5pm)

■ 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-Fri 10-8 & Sat-Sun 9-5 (hours subject to change)



→ 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/> or <https://namiskagit.org/> 360-313-7080 or <https://namisnohomishcounty.org/> 425-339-3620

Call the NAMI Helpline at 800-950-6264 M-F, 10 am-6 pm, ET
Or in a crisis, text "NAMI" to 741741 for 24/7 confidential, free crisis counseling

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

→ HOSPITALS OFFERING INPATIENT BEHAVIORAL HEALTH CARE

■ Providence Hospital Behavioral Health Urgent Care (not inpatient care) Everett 425-261-4210 offering virtual appointments for those unable to come in person. 1330 Rockefeller Ave., Medical Office Building, Suite 104 (Colby Campus) Open 10-5 Mon-Fri

■ Watch for Providence Hospital Inpatient Unit for Behavioral Health on Everett Colby Campus (under construction, tentatively open 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 Health Care 360-299-4297 2511 M Avenue, Suite G Anacortes, WA Open Mon-Fri 8:30 am-5 pm

■ Skagit Valley Hospital Behavioral Health 360-814-2422

300 Hospital Parkway Mount Vernon, WA

■ Children's Hospital Behavioral Health, Seattle, WA 206-987-2164 Non-emergency visits, need referral by child's doctor. * Contact crisis lines in emergency <https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine>

■ Fairfax Behavioral Health 425-296-0019 is a private, free-standing mental health hospital with locations in Kirkland, Everett & Monroe

→ LOCATING A THERAPIST

For those with employer-provided insurance:

<https://www.psychologytoday.com/us/therapists/washington>

→ MENTAL HEALTH STABILIZATION/SUBSTANCE USE DISORDERS

Washington Recovery Help Line: 866-789-1511 (24/7)

Anonymous/confidential help for problems with substance use disorders <http://www.warecoveryhelpline.org/>

■ Oak Harbor Mental Health Stabilization Center - expected to open early 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 that helps people overcome substance use and mental health issues, will operate the facility. The 10-bed, \$6 million facility will serve Island, Skagit and San Juan Counties. NARCAN® (naloxone HCl) Nasal Spray is a prescription medicine used during an opioid emergency. Any pharmacy has it on hand. A co-pay may be required or insurance may cover cost. All first responders in WA now carry this life-saving medication thanks to a Whidbey Island family's advocacy efforts.

■ Needle Exchange Locations in Island County

Camano Island: 360-387-0184 • Whidbey Island: 360-221-6626

Island County Opioid Outreach Worker 360-678-8295

Island County Outreach Behavioral Health 360-678-2346 Mon-Fri 8:30-4:30

■ didg'āli Wellness Center, Anacortes, WA 360-588-2800

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

→ TRANSPORTATION

■ Island Transit 360-678-7771

Learn how to ride bus system

Hours of Operation:

WHIDBEY

Monday - Friday

3:45 AM - 7:50 PM

Saturday

6:45 AM - 7:00 PM



CAMANO

Monday - Friday

5:45 AM - 7:30 PM

Saturday

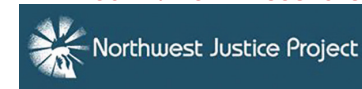
7:30 AM - 6:30 PM

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

NW Regional Council 800-860-6812

offers transportation for medical Medicaid appointments.

→ ADVOCATE/LEGAL RESOURCES



■ CLEAR (Coordinated Legal Education, Advice and Referral) is a toll-free legal hotline for people with low incomes

888-201-1014 Weekdays 9:15-12:15

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>.

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

nsbhombuds@communityactionkagit.org

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

■ WA State Court Forms for Behavioral Health Issues -

Involuntary commitment, Joel's Law <https://www.courts.wa.gov/forms/?fa=forms.home&dis=y>

Protection Order/Anti-harassment <https://www.courts.wa.gov/forms/?fa=forms.contribute&formID=2>

→ SHELTER Emergency Housing:

■ **The Haven 360-320-7681** (check in by 6 pm) at

Grace by the Sea 540 SE Pioneer Oak Harbor, WA

■ **Ryan's House 360-331-4575** for ages 18-24, 19777 SR-20 Coupeville, WA

■ **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, WA

■ **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>, 425 347-6556



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

→ 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. 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

→ FOOD RESOURCES

■ Washington State DSHS Food Benefits (Nov. 2020, subject to change) 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

■ Food Banks Whidbey Island:

Whidbey Island Nourishes partners with community members to ensure that no child on South Whidbey Island is without food. Nov. 2020 (subject to change) offering home delivery of volunteer prepared sack lunches to South Whidbey residents 360-221-7787

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

■ **Island Church of Whidbey**, 503 Cascade Ave, Langley, WA

Hot Meal Service, Tues & Thurs 11:30-1:30 Nov. 2020 (subject to change)

■ **St. Hubert's Catholic Church**, 804 3 rd St, Langley, WA

Soup to Go, Wednesdays at 11:30 am Nov. 2020 (subject to change)

■ **SPIN Café Sack Meals @ Hal Ramaley Memorial Park**

526 SE Bayshore Dr., Oak Harbor, WA

Pick-up Daily from 12:15-1:15 pm Nov. 2020 (subject to change)

Call 360-678-2348 to arrange for showers or laundry service appointment.

■ **St. Augustine's Church**

185 N Oak Harbor St, Oak Harbor, WA • Agape Meal to Go, Pick-up Mondays, 4:30-6:00 pm Nov. 2020 (subject to change)

■ **Ryan's House for Youth (Ages 12-24 Only)**

19777 SR 20, Coupeville, WA 360-331-4575 3 Meals Served Daily Nov. 2020 (subject to change)

■ **North Whidbey Help House (Oak Harbor to Greenbank Residents)**

1091 SE Hathaway St., 360-675-0681

Mon-Fri, 9-4 pm Nov. 2020 (subject to change)

■ **Gifts From the Heart Food Bank (Coupeville/Central Whidbey Residents)**

Every other Wednesday, 2:00-5:00 pm

203 N Main St., Coupeville, WA (Inside the Boys & Girls Club)

360-678-8312 Nov. 2020 (subject to change)

■ **Good Cheer Food Bank (South Whidbey)**

2812 Grimm Rd., Langley, WA 360-221-6454 Mon-Fri 10-4

South Whidbey Residents Nov. 2020 (subject to change)

Download & print shopping list- <https://goodcheer.org/home/foodbank/>

→ **FOOD BANKS STANWOOD/CAMANO ISLAND:**

FOOD BANK 360-629 2789 • 27030 102nd Ave NW, Stanwood, WA

www.stanwoodcamanofoodbank.org/fight-hunger/#-

sign-up-services

Food pickup hours curbside during COVID: Wed. 10-3 and Sat. 10-2

Thanksgiving and Christmas meals once pre-registered at link above.

■ **Camano Chapel 360-387-7202**

867 S. West Camano Drive, Camano Island, WA

His Pantry provides free food for those in need in local community. Open Monday 12:00-1:30 in the small sanctuary at the front of the campus.

360-629-5257 9612 271st St NW, Stanwood, WA

• **Food vouchers** available for extreme circumstances when local food banks unavailable.

• **Financial assistance** available to avoid homelessness in the form of hotel vouchers, state park vouchers, rent and/or mortgage assistance. Limited resources also available for move-in costs.

• **Utility** – Financial assistance for essential utilities (water and heat). Assistance provided in form of vouchers and/or cash assistance.

• **Vehicle/Fuel Assistance** – Fuel vouchers available to help people get to needed appointments (medical, court and social service appointments, work and school). Limited resources available to make necessary vehicle repairs.

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. 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