



MENTAL HEALTH & CRISIS RESOURCES

988 has 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress with:

- *Thoughts of suicide*
- *Mental health/substance use crisis*
- *Any other kind of emotional distress*

988 is the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline) and is active across the United States. The previous Lifeline number is also still active.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. Counselors will listen, understand how problems are affecting someone’s life, provide support, and connect them to resources if necessary.

SKAGIT RESOURCES

RESOURCE	SERVICES	WHEN TO USE
<p>Compass Health Mobile Community Outreach Team (MCOT)</p> <p>360-419-3640</p> <p>English/Spanish</p> <p>Hours: 9AM-Midnight</p> <p>7 days a week</p>	<p>*Urgent community response (usually within 2 hours) by an outreach team (regardless of insurance status)</p> <p>*Urgent follow-up appointments</p> <p>*Care planning services for up to 2 weeks</p> <p>Community Outreach</p>	<p>When adults, adolescents, and children who in Skagit, Island, San Juan, and Whatcom counties experience a behavioral health crisis or chemical dependency issue</p>

	*Involuntary Treatment Services	
Skagit Community Detox 360-757-7738 English/ Spanish 24/7 staff	*3-5 day stabilization for a crisis related to substance use *Connections with county resources *Seven day Suboxone Tapering program for opioid addiction	For adults in crisis, including people who are intoxicated or in withdrawal from alcohol or other drugs AND people with co-occurring mental health & substance use issues
Skagit Domestic Violence and Sexual Assault Services 1-888-336-9591 24 hr helpline Call or walk-in: Open Mon-Thurs, 9 am-5 pm	*Advocacy services: Crisis Intervention, legal, medical, social services, and community education *Translation & bilingual advocacy *Confidential and free services	If you are experiencing domestic violence or sexual assault currently or have in the past DVSAS also assist family members and friends of those being assaulted or abused
www.skagitcounty.net/Departments/HumanServices/mh.htm 800-584-3578	*Website with access to multiple local resources	When you, your family, or your friends need support around housing and

		basic needs, drug or alcohol use, crisis support, or just finding someone to talk to
Skagit Rising 360-416-1504 Mon-Fri 8:30AM-4:30PM	*Education about and resources for substance use disorders, particularly opioid use disorder	When you, your family, or your friends need support and information on substance use prevention and treatment or are looking for a specific type of treatment

YOUTH RESOURCES

RESOURCE	SERVICES	WHEN TO USE
Crisis Text Line Text HOME to 741741 (24/7)	*Every texter is connected with a Crisis Counselor, a real-life human being trained in active listening & collaborative problem-solving (<i>not a teen-specific resource; also for adults</i>)	When youth or adults are experiencing any emotion for which they need support, including thoughts of suicide. The goal of any conversation is to get folks to a calm, safe place
Teen Link 1-866-TEENLINK (866-833-6546) Every Day 6 PM –10 PM	*Teen Link offers a confidential, anonymous, and non-judgmental helpline for youth ages 13-20. Run by teens for teens.	Call for assistance in figuring out what to do when you or someone else is thinking about suicide or if you just need someone to talk to
The Trevor Lifeline (LGBTQ) 1-866-488-7386 (24/7) thetrevorproject.org	*Crisis intervention & suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth (LGBTQ)	To get FAQ's and find resources related to sexual orientation, gender identity, and more. If youth are in crisis or thinking about suicide

Trans Lifeline 877-565-8860 Mon-Fri: 10 AM – 6 PM English/Spanish	*Trans peer support connecting trans people to the community support and resources that are available. Run by and for trans people	If you are trans and in need of support from the trans community
Northwest Youth Services 360-336-1988 Skagit Office – <i>currently by appointment only</i> 24-hour PAD hotline 360-393-0116	*Transitional and supportive housing for eligible youth *Education & employment help *Behavioral health team *Connect 1:1 in person or remote	If you are a young person aged 13-24 who is at risk for or experiencing homelessness Specific support for LGBTQ youth available
Oasis Teen Shelter 360-419-9058 Every day: 3 PM – 9 AM 125 N 5 th St, Mount Vernon	*Emergency Shelter with 9 beds *Provides a safe environment, basic needs, support, and advice *Access to a case manager	For youth age 13-17 who need a safe place to go at night
National Runaway Safeline 1-800-786-2929 24/7	*Connection over the phone or live chat online with a trusted, compassionate person who will listen and help create a plan to address concerns	Call or chat if you are thinking of running from home, if you have a friend who has runaway, or if you are a runaway ready to go home
HearMeWA 888-537-1634 24/7 Text HearMeWA to 738466	*Support through Sandy Hook Promise crisis counselors to get connected to whatever resource best fits the nature of the call	If you or a friend are experiencing stress, anxiety, violent threats, sexual abuse – or anything that makes life hard

VETERAN'S RESOURCES

RESOURCE	SERVICES	WHEN TO USE
Mount Vernon Outpatient Clinic 307 S 13 th St, Ste 200 M-F 8:00 to 4:30 360-848-8500 1-800-329-8387	*Veteran's Administration clinic for those seeking medical, dental, vision, laboratory, and behavioral health resources *Basic needs support *One on one or support groups	For veterans needing medical and/or behavioral health support or assistance with accessing basic needs

WASHINGTON RESOURCES

RESOURCE	SERVICES	WHEN TO USE
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Washington Recovery Helpline 1-866-789-1511 24/7	*Treatment options & resources available for substance use disorder *Information on medications for opioid use disorder *Treatment options for people with an emotional or mental health challenge	For those experiencing substance use disorder, problem gambling, and/or a mental health challenge.
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