

PUBLIC MENTAL HEALTH SERVICES IN THE SKAGIT COUNTY AREA

Information developed by NAMI Skagit, an affiliate of the National Alliance on Mental Illness

CRISIS SERVICES

CARE CRISIS LINE (24-hour Service)	A Volunteers of America Program	1-800-584-3578
SKAGIT COUNTY BEHAVIORAL HEALTH CRISIS CENTER	Voluntary subacute detox and mental health crisis stabilization. Access thru Care Crisis Line above or directly thru center (757-7738).	1-800-584-3578 360-757-7738
Island Hospital - Emergency Room, Anacortes	Main hospital number 360-299-1300	360-299-1311
Skagit Valley Hospital - Emergency Room, Mount Vernon	(Inpatient Mental Health Center 360-814-2422)	360-428-2165
United General Hospital - Emergency Room, Sedro Woolley		360-856-6021
Violent/dangerous situation		911
Washington Poison Center		1-800-222-1222

OUTPATIENT COMMUNITY MENTAL HEALTH SERVICES

ACCESS LINE for outpatient services	Call for eligibility screening and first-time appointments	1-888-693-7200
Crisis Prevention Intervention Team (CPIT)	(Certified peer counselor and mental health professional provide voluntary face-to-face early intervention in homes and community settings for those not currently enrolled with another provider. Access thru Care Crisis Line or Behavioral Health Crisis Center (757-7738).	1-800-584-3578 360-419-3640
Catholic Community Services Northwest, Burlington	Serving children and families including intensive Wraparound	1-888-504-9992
Compass Health in Mount Vernon	Now offering Open Access for walk-in mental health assessments	360-419-3500
Sea Mar Community Health Center, Mount Vernon/Anacortes		360-542-8920
Sunrise Behavioral Health Services, (incl. dual diagnosis) Mount Vernon/Anacortes/Concrete		360-336-3762
Island Hospital Behavioral Health Care Center, Anacortes		360-299-4297
VA Community-Based Outpatient Clinic, Mt V.	Integrated mental health and other medical care for vets	360-848-8500
Jail Transition Program: Case management to link inmates with mental illness to mental health services upon release		360-391-9729
Skagit Valley REACH Center	1413 East College Way, Mount Vernon A peer-run center with support groups and classes for <u>R</u> ecovery/ <u>E</u> mpowerment/ <u>A</u> dvocacy/ <u>C</u> ommunity/ <u>H</u> ope. Managed by Consumer Voices Are Born (CVAB). Open 9am to 6pm Mon thru Sat for people 16 and over.	360-873-8635

REGIONAL SUPPORT SERVICES

North Sound Behavioral Health Organization (NSBHO)	Serving Island/San Juan/Skagit/Snohomish/Whatcom counties	1-800-684-3555
Mental Health Ombuds	Complaint resolution/advocacy for people receiving services through NSBHO (North Sound Behavioral Health Organization)	1-888-336-6164 or 360-416-7004

NAMI SKAGIT PROGRAMS

NAMI Skagit , P O Box 546, Mt Vernon 98273, www.namiskagit.org	Information: Marti Wall or Dayna Telidetzki	360-770-5666 360-708-8452
NAMI Skagit email address: namiskagit@gmail.com		
NAMI National HelpLine	1-800-950-NAMI (6264)	
Family-to-Family Education Program (For and by family members/caregivers)	Marti Wall Judy Peraino	360-770-5666 360-424-5802
Clase de Familia a Familia	Fecha para ser anunciada; llame para mas informacion a Faviola Lopez	360-840-8880
Peer-to-Peer Recovery Education Program (For and by people living with mental illness)	Mark Dodds or John Gresbrink	360-424-8224 360-755-1768
NAMI Basics Education Program (For and by parents/caregivers of children/teens)	Marti Wall	360-770-5666
Next Generation Teen Program (Presentations for middle and high school classes)	Jim Ramaglia	360-588-8229
In Our OwnVoice (community based presentations by recovering peers)	Marti Wall	360-770-5666
Open Support Group (Fourth Tuesday every month at Skagit Valley Hospital, 7-9pm)	Marti Wall or Al Peraino	360-770-5666 360-424-5802
Family Support Group (1 st & 3 rd Mondays, 7-9pm at Island Christian Fellowship At 66 N. East Camano Drive, Camano Island)	Julianne Dowiss or Julie Melville	714-746-6785 425-765-2006

OTHER SUPPORT GROUPS

Alanon (Family support for chemical dependency issues)	1-800-344-2666
Alcoholics Anonymous (District 4 information line)	360-428-7155
Narcotics Anonymous (NW Washington Area)	1-360-647-3234
NAMI Whatcom support groups and other information	1-360-671-4950

OTHER ASSOCIATED SERVICES

North Sound 2-1-1 Community Information and Referral needed community resources; volunteering opportunities	Volunteers of America program links callers to www.voaww.org/211	1-800-223-8145 or 211
Division of Vocational Rehabilitation, Mount Vernon		360-416-3515
DSHS Adult Protective Services (regional intake office)		1-800-487-0416
Phoenix Recovery Services, Mount Vernon	Outpatient drug/alcohol/gambling treatment for youth/adults	360-848-8437
Pioneer Center North, Sedro-Woolley	inpatient chemical dependency treatment	360-856-3186
Skagit County Community Action Agency	Emergency and food stamp assistance, housing info, literacy program, veteran services, critical needs program, prescription and dental van program, legal assistance; volunteering opportunities	360-416-7585
SKAT bus service (Dial-A-Ride)		360-757-4433
Skagit Domestic Violence and Sexual Assault Services (24-hour Hotline 1-888-336-9591)	Legal advocacy	360-336-9591
Sunrise Services Community Trades and Careers	Vocational rehabilitation and supported employment services	360-336-3147
Youthnet, Mt. Vernon	Foster care, teen parent support, independent living skills training, Emerson Alternative School	360-336-1610

HEALTH INSURANCE ASSISTANCE/MEDICAL SERVICES

SHIBA (Statewide Health Insurance Benefits Advice)	Anacortes and vicinity Mt. Vernon-Sedro Woolley and vicinity	360-299-4212 360-856-7298 X. 7314
WA State Health Care Authority (including Basic Health)	www.hca.wa.gov	1-800-826-2444
DSHS (Dept of Social and Health Services) —Medicaid Customer Service	http://hrsa.dshs.wa.gov/	1-800-562-3022
N. Cascade Family Physicians Walk-In/Urgent Care (Call regarding accepted forms of insurance coverage)		360-428-1700
SeaMar Medical and Dental, 1400 North LaVenture, Mt. Vernon	Medicaid/Medicare/BasicHealth/private ins.	360-428-4075
SeaMar Emergency Medical Services at Skagit Valley Hospital	Open Monday-Saturday	360-588-5550
Skagit Regional Clinics Walk-In/Urgent Care Clinic, (call first for insurance acceptance)	809 South 15 th , Mt. Vernon 2320 Freeway Drive MV	360-428-6434 360-814-6850

LEGAL ISSUES AND ASSISTANCE

Disability Rights Washington (DRW) Provides independent protection and advocacy services to eligible people with developmental and other disabilities and/or mental illness		1-800-562-2702
CLEAR (9:15am-12:25pm weekdays) Services for low-income people seeking free legal assistance with civil legal problems		1-888-201-1014
Office of Assigned Counsel Appointed counsel for indigent defendants in criminal and some civil matters		360-416-1690
Skagit County Community Justice Center (formerly “jail”)		360-416-1948
Skagit County Prosecuting Attorney		360-416-1600
Skagit County Public Defender		360-416-1650

FINANCIAL AID/FOOD/SHELTER

DSHS Home and Community Services	Primarily for older citizens; COPES assistance, long-term nursing care	1-866-608-0836
Friendship House, Mount Vernon	Women’s Shelter Men’s Shelter	360-336-2418 360-336-2135
Oasis YMCA Teen Shelter (13-17Y 4pm-8am)	125 North Fifth Street, Mount Vernon	360-419-9058
Housing Authority of Skagit County		360-428-1959
Skagit County Community Action Agency Coordinated Housing Resource Center/housing case mgt		360-416-7585
Pioneer Transitions House—Transitional housing for indiv with mental illness &/or sub abuse		360-336-0116
Social Security Administration, Mt. Vernon	www.socialsecurity.gov	1-800-772-1213
Food Banks [Alger 724-5131]; [Anacortes 100, 512 4 th St, 293-6445]; [Anacortes Salvation Army, 3001 R Ave, 293-6682]; [Burlington St. Charles Catholic Church, 935 Peterson Rd, 757-2563]; [Concrete 853-8505]; [Sedro Woolley Helping Hands, Cook Rd, 856-2211]; [Mt Vernon Neighbors in Need, 1615 S 2 nd St, 424-6311]		

Please note: This information is current as of 8/25/17 and is subject to frequent changes. Please call Marti at 360-770-5666 if you have updated information.