

Skagit County Crisis Contacts

Mental Health & Suicide Prevention Resources [updated 01/21]

Always call 911 in a life threatening situation.

Crisis Line 101: What to Expect

Whether someone is thinking of suicide, or is in need of someone to talk to, the lifeline is available 24/7 even during the holidays. Calling the crisis lifeline for the first time can be accompanied with feelings of uncertainty or doubt. The crisis line is available to anyone at any time with someone on the line to listen and offer support. *Please note that an experience and conversation through the hotline can be different for each person.*

- **After dialing the number there is an automated message:**
 - *"You have reached the National Suicide Prevention Lifeline, also servicing the Veterans service line. If you are in emotional distress or suicidal crisis or are concerned about someone who might be, we're here to help. Please remain on the line while we route your call to the nearest crisis center in our network."*
- **In the automated message there will be options for a translator or specialized support (i.e. Veteran). The call is then directed to the local crisis center, usually in under a minute.**
- **A trained individual will answer the phone and will stay on the line for as long as needed.**
 - *If the individual is calling for a friend or family member, resources and guidance on offering help to the loved one is provided.*

Regional/Statewide/National Resources

Organization/Contact Information	Languages	What resources & services are provided?	When to Contact?
Natl. Suicide Prevention Hotline <i>English Line:</i> 1-800-273-8255 (TALK) For texting: text 838255 <i>Spanish Line:</i> 1-888-628-9454 <u>Hours:</u> Available 24/7 and during holidays	English Español	Free and confidential phone support with a trained crisis worker to listen to problems and provide information about local mental health services.	If you feel you are in a crisis, whether or not you have thoughts of suicide. If you are concerned about someone who is in crisis.
Crisis Text Line Text Home to 741741 <u>Hours:</u> Available 24/7 and during holidays.	English	Free and confidential support 24/7 with a trained crisis counselor.	If you feel you are in a crisis, whether or not you have thoughts of suicide.
SAMHSA Disaster Distress Helpline <i>English Line:</i> 1-800-985-5990 Texting: text TalkWithUs to 66746 <i>Spanish Line:</i> press "2" Texting: text Hablanos to 66746 <u>Hours:</u> Available 24/7 and during holidays	English Español	Free and confidential support 24/7 with a trained crisis counselor including how to recognize stress and its effects in individuals and families, tips for healthy coping, and referrals to local crisis call centers for additional follow-up care and support.	If you or someone you know is experiencing emotional distress due to natural or human-caused disasters, infectious disease outbreaks, and other traumatic events.



WSU

AGRICULTURAL
SUICIDE PREVENTION
PROGRAM

WSU Extension programs and employment are available to all without discrimination. Evidence on noncompliance may be reported through your local WSU Extension Office.

Local Resources

Organization/Contact Information	Languages	What resources & services are provided?	When to Contact?
Skagit County Crisis Line 1-800-584-3578 <u>Hours:</u> Available 24/7 *Volunteers of America Online: www.carecrisischat.org	English Español - can take 5-10 minutes for a translator to be connected	<ul style="list-style-type: none"> Brief Interventions. Trained professionals. Next day appointment or connection to access line depending on the situation. 	When an individual feels unsafe or unhappy, when it is hard to get through the day.
Compass Health Mt. Vernon 360-419-3500 <u>Hours:</u> 8:30am-5pm, M-F	English Español	<ul style="list-style-type: none"> Continued counseling over phone and site referral if necessary for existing patients *Only accept clients on Medicaid 	When adults, adolescents, and children in Skagit County are experiencing a behavioral health crisis or chemical dependency issue.
Skagit County Crisis Center 360-757-7738 <u>Hours:</u> Available 24/7	English Español - depending on availability of staff	<ul style="list-style-type: none"> 3-5 day stabilization for mental health Mental health professionals. Monitoring of where patients are and what they may need. Connections with county resources. 	For detox, screening, and stabilization.

Continued Care

Organization/Contact Information	Languages	What resources & services are provided?	When to Contact?
National Alliance on Mental Illness NAMI Help Line: 1-800-950-NAMI (6264) <u>Hours:</u> 7am-3pm PST, M-F	English Español	<ul style="list-style-type: none"> Helpline staff and volunteers answer questions about mental health issues including: symptoms, treatment, local support groups and services, education programs, and helping family members. 	To get questions answered about mental health issues regarding yourself or a friend or family member.
Sunrise Services 360-336-3762	English	<ul style="list-style-type: none"> Offices in Mount Vernon, Sedro Woolley and Concrete. Mental Health counseling for adults. 	When you or someone you know has stabilized and looking for on-going services
Sea Mar Mt. Vernon Behavioral Health Clinic: SUD Services: 360-542-8920; <u>Hours:</u> 8am-5pm, M-F Mental Health/Child and Family Behavioral Health Services: 360-542-8810 <u>Hours:</u> 8am-5pm, M-F	English Español	<ul style="list-style-type: none"> Addiction recovery Mental health counseling for individuals/children/families Need Apple Care (Medicaid). Does not accept private insurance. Sliding scale. *All appts. incl. new patient MH assessment over phone/Zoom (as of 01/2021) 	When you or someone you know has stabilized and looking for on-going services for SUD, mental health, and/or child and family behavioral health.
Catholic Community Services 360-856-3054	English Español	<ul style="list-style-type: none"> Community mental health services for Medicaid eligible children & their families. *All appts. incl. new patients via telehealth (as of 01/2021) 	When you or someone you know needs licensed mental health services and/or addiction recovery

National Agriculture Resource Line

Organization/Contact Information	Languages	What resources & services are provided?	When to Contact?
Farm Aid 1-800-FARM-AID (1-800-327-6243) <u>Hours:</u> Available Mon-Fri, 6am-2pm PST	English	Connect you with services, resources and opportunities specific to your individual or farm needs.	If you feel you are in a crisis, or need someone to talk to.