

## Behavioral Health and Community Resources 2019-2020

Created by Compass Health

Organization Name	Website	Phone	Area	Explanation and Notes
Al-Anon Family Groups	<a href="https://al-anon.org/">https://al-anon.org/</a>	800-344-2666	Inter-national	families and friends of alcoholics; go to website for local contact information
Alcoholics Anonymous	<a href="https://aa.org/">https://aa.org/</a>	212-870-3400	Inter-national	fellowship for those with a drinking problem; go to website for local contact information
Narcotics Anonymous	<a href="https://na.org/">https://na.org/</a>	818-773-9999	Inter-national	fellowship of recovering addicts
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Lifeline Chat	<a href="https://suicidepreventionlifeline.org/chat/">https://suicidepreventionlifeline.org/chat/</a>	800-273-8256	National	connecting individuals with counselors for emotional support and other services via web chat; Crisis Text Line: 741741
National Alliance on Mental Illness	<a href="https://www.nami.org/Home">https://www.nami.org/Home</a>	800-950-6265	National	mental health education, support groups; info@nami.org
National Domestic Violence Hotline	<a href="https://www.thehotline.org/">https://www.thehotline.org/</a>	800-799-7233	National	support to anyone experiencing domestic violence or seeking resources and information
National Sexual Assault Hotline	<a href="https://www.rainn.org/">https://www.rainn.org/</a>	800-656-4673	National	trained staff member from a sexual assault service provider in your area; Crisis chat: hotline.rainn.org/online
National Suicide Prevention Lifeline	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>	800-273-8255	National	network of local crisis centers for emotional support to people in suicidal crisis or emotional distress; Crisis Text Line: 741741
SAMHSA's National Helpline	<a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a>	800-662-4357	National	treatment referral and information service for mental and/or substance use disorders
Victim Support Services	<a href="https://victimsupportservices.org/">https://victimsupportservices.org/</a>	888-288-9221	National	crime victim response, victim advocate, support groups, mental health services

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Opioid Abuse Prevention	<a href="http://stopoverdose.org/">http://stopoverdose.org/</a>	206-685-5632	WA State	helping individuals and communities in Washington State respond to prevent opioid overdose; stopovd@uw.edu
Starts with One	<a href="https://getthefactorsrx.com/">https://getthefactorsrx.com/</a>	none	WA State	help prevent the misuse and abuse of opioids in your community; prevention@hca.wa.gov
Volunteers of America Care Crisis Response Services	<a href="https://www.voaww.org/behavioralhealth">https://www.voaww.org/behavioralhealth</a>	425-258-4357, 800-584-3578	WA State	emotional support to individuals in crisis and/or considering suicide, Chat: imhurting.org
Washington Recovery Helpline	<a href="http://www.warecoveryhelpline.org/">http://www.warecoveryhelpline.org/</a>	866-789-1511	WA State	substance use, problem gambling, and mental health challenges; recovery@crisisclinic.org
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Behavioral Health Ombuds - North Sound	<a href="https://hca.wa.gov/health-care-services-supports/behavioral-health-recovery/ombuds-services">https://hca.wa.gov/health-care-services-supports/behavioral-health-recovery/ombuds-services</a>	888-336-6164	North Sound	assist individuals who feel their rights have been violated or they aren't receiving adequate services
Northsound 2-1-1	<a href="https://www.voaww.org/behavioralhealth">https://www.voaww.org/behavioralhealth</a>	Dial 2-1-1	North Sound	connects people with resources in their community
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Catholic Community Services	<a href="https://ccsww.org/">https://ccsww.org/</a>	none	Island	community mental health, recovery center
Compass Health	<a href="https://www.compasshealth.org/">https://www.compasshealth.org/</a>	800-457-9303	Island	comprehensive behavioral health services, housing wraparound
Island County	<a href="https://www.islandcountywa.gov/Pages/Home.aspx">https://www.islandcountywa.gov/Pages/Home.aspx</a>	360-678-5111	Island	general resources for residents, seniors, business, & visitors
Opportunity Council	<a href="https://www.opppo.org/">https://www.opppo.org/</a>	360-734-5121, 800-649-5121	Island	education, support, and direct assistance; info@opppo.org
Sea Mar	<a href="https://seamar.org/">https://seamar.org/</a>	360-679-7676	Island	behavioral health clinic
Sunrise Services	<a href="https://sunriseservicesinc.com/">https://sunriseservicesinc.com/</a>	360-682-6154	Island	counseling, IOP, jail transitions, case management, groups
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Behavioral Health Ombuds - King	<a href="https://hca.wa.gov/health-care-services-supports/behavioral-health-recovery/ombuds-services">https://hca.wa.gov/health-care-services-supports/behavioral-health-recovery/ombuds-services</a>	800-790-8049 (#3), 206-477-0630	King	assist individuals who feel their rights have been violated or they aren't receiving adequate services

Catholic Community Services	<a href="https://ccsww.org/">https://ccsww.org/</a>	206-323-6336	King	child & family mental health, CReW, Matt Talbot Center, Spirit Journey House, housing, foster care
Crisis Connection	<a href="https://www.crisisconnections.org/">https://www.crisisconnections.org/</a>	866-427-4747	King	support, resources, training
Fairfax Behavioral Health	<a href="https://www.fairfaxhospital.com/">https://www.fairfaxhospital.com/</a>	425-296-0019	King	inpatient, outpatient, detox, seniors, inpatient teen, outpatient teen
King County 24-Hour Crisis Line	<a href="http://www.crisisconnections.org/24-hour-crisis-line/">http://www.crisisconnections.org/24-hour-crisis-line/</a>	24-Hour Crisis Line: 866-427-4747, 206-461-3222	King	immediate help to individuals, families, and friends of people in emotional crisis
Lakeside-Milam Recovery Center	<a href="https://lakesidemilam.com/kirkland-inpatient-drug-alcohol-rehab/">https://lakesidemilam.com/kirkland-inpatient-drug-alcohol-rehab/</a>	888-246-1805	King	inpatient treatment, residential, outpatient, education, defferment program
NAMI Seattle	<a href="http://namiseattle.org/">http://namiseattle.org/</a>	206-789-7722	King	mental health education, support groups, advocacy; info@namiseattle.org
Pioneer Human Services	<a href="https://pioneerhumanservices.org/">https://pioneerhumanservices.org/</a>	206-768-1993	King	residential treatment, counseling, in-jail sud, housing, FIRS, youth residential
Sea Mar	<a href="https://seamar.org/">https://seamar.org/</a>	206.766.6976	King	behavioral health clinics, youth re-engagement
Seattle's Union Gospel Mission	<a href="https://www.ugm.org/">https://www.ugm.org/</a>	206-723-0767	King	outreach, kitchen, life skills, recovery services, emergency shelter, mobile shower, mental health services
Telecare Corporation	<a href="https://www.telecarecorp.com/">https://www.telecarecorp.com/</a>	253-285-710	King	inpatient
Therapeutic Health Services	<a href="https://ths-wa.org/">https://ths-wa.org/</a>	425-747-7892	King	substance use, mental health
WCHS Canyon Park	<a href="https://www.westernwashingtonctc.com/location/bothell/">https://www.westernwashingtonctc.com/location/bothell/</a>	877-941-8957	King	addiction treatment
YMCA of Greater Seattle	<a href="https://www.seattleyymca.org/">https://www.seattleyymca.org/</a>	206-461-4888	King	housing, education, family support, foster care, counseling, youth outreach
YWCA	<a href="https://www.ywcaworks.org/">https://www.ywcaworks.org/</a>	206-461-4888	King	housing, emergency shelter, counseling

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Compass Health	<a href="https://www.compasshealth.org/">https://www.compasshealth.org/</a>	800-457-9303	San Juan	comprehensive behavioral health services, SUD. wraparound
Lopez Island Family Resource Center	<a href="http://lifrc.org/">http://lifrc.org/</a>	360-468-4117	San Juan	counseling supports, case management, youth mentoring
Orcas Family Connections	none	360-376-3184	San Juan	resource referral, case management
San Juan County	<a href="https://www.sanjuanco.com/">https://www.sanjuanco.com/</a>	360-378-4474	San Juan	general resources
San Juan Island Family Resource Center	<a href="http://sjifrc.org/">http://sjifrc.org/</a>	360-378-5246	San Juan	family support services, home visits
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Anacortes Family Center	<a href="https://www.anacortesfamily.org/">https://www.anacortesfamily.org/</a>	360-293-2993	Skagit	emergency shelter, life skills, therapy
Brigid Collins Skagit Children's Advocacy Centers	<a href="http://www.brigidcollins.org/">http://www.brigidcollins.org/</a>	360-428-6622	Skagit	parent education, PCIT Therapy, PCAP, PAT, kinship caregiver support
Catholic Community Services	<a href="https://ccsww.org/">https://ccsww.org/</a>	360-856-3054	Skagit	community mental health, wraparound, recovery center
Compass Health	<a href="https://www.compasshealth.org/">https://www.compasshealth.org/</a>	800-457-9303	Skagit	comprehensive behavioral health services, housing, wraparound
Friendship House, Mount Vernon - Men's Shelter	<a href="https://www.skagitfriendshiphouse.org/">https://www.skagitfriendshiphouse.org/</a>	360.336.2135	Skagit	emergency shelter, transitional housing
Friendship House, Mount Vernon - Women's shelter	<a href="https://www.skagitfriendshiphouse.org/">https://www.skagitfriendshiphouse.org/</a>	360-336-2418	Skagit	emergency shelter, transitional housing
Lifeline Connections	<a href="https://lifelineconnections.org/">https://lifelineconnections.org/</a>	800-604-0025	Skagit	behavior health treatment
NAMI Skagit	<a href="https://namiskagit.org/">https://namiskagit.org/</a>	none	Skagit	mental health education, support groups: namiskagit@gmail.com
Pioneer Human Services	<a href="https://pioneerhumanservices.org/">https://pioneerhumanservices.org/</a>	206-768-1990	Skagit	residential treatment, counseling, detox, in-jail sud, housing
Sea Mar	<a href="https://seamar.org/">https://seamar.org/</a>	360.542.8920	Skagit	behavioral health clinics, med assisted treatment
Service Alternatives	<a href="https://www.servicealternatives.com/">https://www.servicealternatives.com/</a>	360-419-7066	Skagit	adult supported living, employment services, foster care, residential, community based services
Skagit County	<a href="https://www.skagitcounty.net/">https://www.skagitcounty.net/</a>	360-416-1300	Skagit	DMA, HARPS, Jail Transition
Skagit County Community Action	<a href="https://www.communityactionskagit.org/">https://www.communityactionskagit.org/</a>	360-416-7585	Skagit	Emergency and food stamp assistance, housing info, literacy, veterans, critical

Skagit Domestic Violence and Sexual Assault Services	<a href="https://www.skagitdvsas.org/">https://www.skagitdvsas.org/</a>	24-hour Hotline 888-336-9591, 360-336-9591	Skagit	Emergency shelter, legal advocacy, support groups, counseling, and domestic violence education
Skagit Valley Hospital Mental Health Center	<a href="https://www.skagitregionalhealth.org/programs-services/psychiatry">https://www.skagitregionalhealth.org/programs-services/psychiatry</a>	360-814-2422	Skagit	inpatient
Skagit Valley REACH Center	<a href="https://www.cvabonline.org/reach-center">https://www.cvabonline.org/reach-center</a>	360-873-8635	Skagit	peer-run center with support groups and classes
Sunrise Services	<a href="https://sunriseservicesinc.com/">https://sunriseservicesinc.com/</a>	(360) 336-3762	Skagit	counseling, IOP, jail transitions, case management, groups
Telecare Corporation	<a href="https://www.telecarecorp.com/">https://www.telecarecorp.com/</a>	360-854-7400	Skagit	inpatient
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Arlington Community Resource Center	<a href="https://lcsnw.org/program/community-resource-centers">https://lcsnw.org/program/community-resource-centers</a>	360-386-7989	Snohomish	helps low income families and individuals meet basic needs, deal with mental health, domestic violence, and substance use
Bright Beginnings	none	425-259-6716	Snohomish	brightbeginnings1@frontier.com; supervised visitation, anger management and parent education (STEP)
Catholic Community Services	<a href="https://ccsww.org/">https://ccsww.org/</a>	425-257-2111	Snohomish	community mental health, recovery center, housing
Compass Health	<a href="https://www.compasshealth.org/">https://www.compasshealth.org/</a>	800-457-9303	Snohomish	comprehensive behavioral health services, residential, housing, inpatient, crisis triage, wraparound, peer recovery center, foster care
Domestic Violence Services of Snohomish County	<a href="https://dvs-snoco.org/">https://dvs-snoco.org/</a>	425-252-2873	Snohomish	emergency shelter, legal advocacy, support groups and domestic violence education
Everett Community Resource Center	<a href="https://lcsnw.org/program/community-resource-centers">https://lcsnw.org/program/community-resource-centers</a>	425-355-6005	Snohomish	helps low income families and individuals meet basic needs, deal with mental health, domestic violence, and substance use, parenting classes
Everett Gospel Mission	<a href="https://egmission.org/">https://egmission.org/</a>	425-740-2500	Snohomish	emergency shelter, kitchen, recovery program, life skills
Evergreen Recovery Centers	<a href="https://www.evergreenrc.org/">https://www.evergreenrc.org/</a>	425-258-2407	Snohomish	alcoholism and drug addiction
Fairfax Behavioral Health	<a href="https://www.fairfaxhospital.com/">https://www.fairfaxhospital.com/</a>	425-296-0020	Snohomish	inpatient

Familias Unidas Latino Community Resource Center	<a href="https://lcsnw.org/program/community-resource-centers">https://lcsnw.org/program/community-resource-centers</a>	425-513-2880	Snohomish	helps low income families and individuals meet basic needs, overcome language and cultural barriers
Helping Hands	<a href="http://arlingtonhelpinghands.org/">http://arlingtonhelpinghands.org/</a>	360-435-2214	Snohomish	clothing, footwear, household items, children's toys, etc
Housing Hope	<a href="https://www.housinghope.org/">https://www.housinghope.org/</a>	425-347-6556	Snohomish	child and family specilists, parent education, child development center, independent living for young moms and their babies
Lakeside-Milam Recovery Center	<a href="https://lakesidemilam.com/kirkland-inpatient-drug-alcohol-rehab/">https://lakesidemilam.com/kirkland-inpatient-drug-alcohol-rehab/</a>	888-246-1806	Snohomish	outpatient
Lynnwood Community Resource Center	none	425-670-8984	Snohomish	helps low income families and individuals meet basic needs, deal with mental health, domestic violence, and substance use; by appointment
NAMI Snohomish County	<a href="https://namisnohomishcounty.org/">https://namisnohomishcounty.org/</a>	425-339-3620	Snohomish	mental health eduction, support groups; nami.snohomish.county@gmail.com
Naval Station Everett Support Programs	<a href="https://everett.navylifepnw.com/support-program">https://everett.navylifepnw.com/support-program</a>	866-854-0638	Snohomish	fleet and family support center and annex
Pioneer Human Services	<a href="https://pioneerhumanservices.org/">https://pioneerhumanservices.org/</a>	206-768-1991	Snohomish	resource center, diversion center, housing
Providence	<a href="https://washington.providence.org/Classes-and-Events">https://washington.providence.org/Classes-and-Events</a>	425-261-4807	Snohomish	support groups, classes
Sea Mar	<a href="https://seamar.org/">https://seamar.org/</a>	425-609-5505	Snohomish	behavioral health clinics, med assisted treatment
Service Alternatives	<a href="https://www.servicealternatives.com/">https://www.servicealternatives.com/</a>	425-514-0329	Snohomish	adult supported living, employment services, foster care, residential, community based services
Snohomish County	<a href="https://snohomishcountywa.gov/">https://snohomishcountywa.gov/</a>	425-388-3411	Snohomish	crisis services, ITAs
Sunrise Services	<a href="https://sunriseservicesinc.com/">https://sunriseservicesinc.com/</a>	425-493-5800	Snohomish	counseling, IOP, jail transitions, case management, groups
Swedish Edmonds Mental Health Services	<a href="https://www.swedish.org/locations/edmonds-mental-health">https://www.swedish.org/locations/edmonds-mental-health</a>	425-640-4098	Snohomish	partial hospitalization, inpatient

Therapeutic Health Services	<a href="https://ths-wa.org/">https://ths-wa.org/</a>	425-347-5121	Snohomish	substance use, mental health
Tulalip Tribes	<a href="https://www.tulaliptribes-nsn.gov/">https://www.tulaliptribes-nsn.gov/</a>	360-716-4000	Snohomish	child, youth & family mental health, child advocacy
YMCA of Snohomish County	<a href="https://ymca-snoco.org/">https://ymca-snoco.org/</a>	206-461-4888	Snohomish	healthy living programs and groups, youth leadership
YWCA	<a href="https://www.ywcaworks.org/">https://www.ywcaworks.org/</a>	206-461-4889	Snohomish	housing, emergency shelter, counseling
<b>Organization Name</b>	<b>Website</b>	<b>Phone</b>	<b>Area</b>	<b>Explanation and Notes</b>
Bridges Treatment and Recovery	<a href="https://www.bridgestreatment.com/">https://www.bridgestreatment.com/</a>	360-393-4218	Whatcom	ADIS, DUI Assessment, Outpatient Treatment, Relapse Prevention
Brigid Collins Whatcom Children's Advocacy Centers	<a href="http://www.brigidcollins.org/">http://www.brigidcollins.org/</a>	360-734-4616	Whatcom	parent education, PCIT Therapy, PCAP, PAT, kinship caregiver support
Catholic Community Services	<a href="https://ccsww.org/">https://ccsww.org/</a>	360-676-2164	Whatcom	community mental health, wraparound, recovery center, housing
Compass Health	<a href="https://www.compasshealth.org/">https://www.compasshealth.org/</a>	800-457-9303	Whatcom	comprehensive behavioral health services, crisis triage, wraparound
Domestic Violence and Sexual Assault Services	<a href="https://www.dvsas.org/">https://www.dvsas.org/</a>	360-715-1563, 877-715-1563	Whatcom	one-to-one support and advocacy counseling
Lifeline Connections	<a href="https://lifelineconnections.org/">https://lifelineconnections.org/</a>	800-604-0025	Whatcom	behavior health treatment
The Lighthouse Mission	<a href="https://www.thelighthousemission.org/">https://www.thelighthousemission.org/</a>	360-733-5120	Whatcom	Agape home for women and children
Lydia Place	<a href="https://lydiaplace.org/">https://lydiaplace.org/</a>	360-671-7663	Whatcom	permanent supportive housing, rapid re-housing, emergency hotel stays, case management, managed housing
NAMI Whatcom	<a href="https://www.namiwhatcom.org/">https://www.namiwhatcom.org/</a>	360-671-4950	Whatcom	mental health education, support groups; nami.snohomish.county@gmail.com
Opportunity Council	<a href="https://www.oppco.org/">https://www.oppco.org/</a>	360-734-5121, 800-649-5121	Whatcom	resource centers; info@oppco.org
Pioneer Human Services	<a href="https://pioneerhumanservices.org/">https://pioneerhumanservices.org/</a>	206-768-1992	Whatcom	detox, housing
Sea Mar	<a href="https://seamar.org/">https://seamar.org/</a>	360-647-4266	Whatcom	behavioral health clinics, med assisted and youth treatment
Sunrise Services	<a href="https://sunriseservicesinc.com/">https://sunriseservicesinc.com/</a>	360-746-7200	Whatcom	counseling, IOP, jail transitions, case management, groups

The Lighthouse Mission	<a href="https://www.thelighthousemission.org/">https://www.thelighthousemission.org/</a>	360-733-5120	Whatcom	drop-in center, men's shelter, extended stay shelter, special needs shelter, medical
Whatcom County	<a href="http://co.whatcom.wa.us/">http://co.whatcom.wa.us/</a>	360-778-5000	Whatcom	DMA, HARPS
Whatcom Dispute Resolution Center	<a href="https://www.whatcomdrc.org/">https://www.whatcomdrc.org/</a>	360-676-0122	Whatcom	mediation, adult training