

Mental Health Resources and Support for Kids

QUESTIONS? Call Island County Human Services

<https://www.islandcountywa.gov/Humanservices/Pages/Home.aspx>

Check updated information from Island County United Way Family Resource Guide 360-675-1778

HOUSING

Island County Housing Support Center - 360-678-8284 M-F 9am-4pm, Coordinated entry for homeless families and those at risk. Screenings, assessments and placement.

Cocoon House - Housing for homeless teens , advocates for teens, parenting classes ,support group and counseling 425-259-5802 www.cocoonhouse.org

INFORMATION AND REFERRAL

Help Me Grow WA -Free childhood developmental screening, parenting classes etc. 1-800-322-2588

Recovery Helpline 24/7 1-866-789-1511

Providence Sexual Assault 425-252-4800

Teen Link 6-10 p.m. 1-866-833-6546

National Runaway Safeline 1-800—786-2929

GLBT National Youth Talk Line 1-800-246-7743

211 -Information and Referral

C.H.A.L.K.'s National Youth Talk Line 1-888-977-3399

COUNSELING RESOURCES

Access Line 888-693-7200 Schedules mental health appointments if Apple Health/Medicaid eligible

Compass Health Provide a full continuum of outpatient care for kids includes counseling, med management. Accepts Apple Health/Medicaid and sliding scale. Coupeville 360-678-5555 www.compasshealth.org

Island County Community Counseling Connections – 360-678-7882

Sunrise Services – adults only, 101 NE Birch St, Coupeville 360-544-3888

Island County Outreach Mental Health – 360-678-2346

CHEMICAL DEPENDENCY

SeaMar Behavioral Health Provides outpatient services, counseling, assessments, med management in Oak Harbor. Accepts Apple Health/Medicaid www.seamar.org 360-679-7676

AA – Alcoholics Anonymous (referrals to Island County) 888-360-1564

Island County Substance Abuse Prevention 360-678-7884

DISABILITY RESOURCES

Children with Special Health Care Needs (ICPHD) 5475 Maxwellton Rd 360-221-8482

HOPE Therapeutic Riding Center 819 Camano Avenue, Langley 360-221-7656

Island County Developmental Disabilities Coordinator 360-678-7883

Island County Parent to Parent – 360-632-7539 resources and mentors

WA State Developmental Disabilities Administration Oak Harbor 360-240-4729

FAMILY SUPPORT

Readiness to Learn – South Whidbey Family Resource Center 5476 Maxwellton Rd, 360-221-0484

Island County Human Services 360-678-7880

At –Risk Youth Petition 425-388-7800 #7

Hopelink Transportation to medical appointments www.hope-link.org

ARC 425-258-2459 Advocacy for people with developmental disabilities, resources etc. www.thearc.org

Mother Mentors 5476 Maxwellton Rd B Pod, #3&4, Langley 360-321-1484

ECEAP Early Childhood Education & Assistance Program 5380 Maxwellton Road, 360-321-0696 ext 5348

Island County Early Childhood Parent Support 360-240-5517

United Way of Island County 350 SE Pioneer Way, Ste 101, Oak Harbor 360-675-1778

DOMESTIC VIOLENCE

CADA 360-675 CADA (2232) or 1-800-215-5669 www.Cadacanhelp.org

WA State Domestic Violence Hotline & Referrals (8am-5pm) 1-800-562-6025

CHILD ABUSE PREVENTION

Child Protective Services 1-800-562-5624 To report abuse or neglect of a child.

CADA Citizens Against Domestic & Sexual Abuse (24 hr Crisis line) 800-215-5669

Island County CASA (Juvenile Court Dependency Cases) Coupeville 360-240-5560
MEDICAL
Planned Parenthood Reproductive health care Everett 425-339-5220 Lynnwood 425-775-3522 www.plannedparenthood.org
Free Medical Clinics www.freeclinicdirectory.org
Children's Hospital 206-987-2000 inpatient psychiatric support and eating disorder clinic
Fairfax Hospital 425-284-1706 Inpatient psychiatric hospital for kids www.fairfaxbehavioralhealth.com
Island County Public Health Dept (ICPHD) Coupeville 360-679-7350
Medicaid (DSHS) 877-501-2233
Whidbey General Hospital & Clinics 101 N Main St Coupeville 360-678-5151
EDUCATION/TRAINING
Job Corps Job training for 16-24 year olds 425-388-0166 www.jobcorps.gov
Sno Isle Skill Center 425-348-2220 Prepares high school students to be successful in the high-tech work force www.snoisletech.com
EARLY INTERVENTION
Early Childhood Education and Assistance Program (ECEAP) 425-388-7268 is a free pre-school serving low-income children and families providing quality educational experiences
Snohomish County Early Intervention Program Provides support to children ages birth to three who have or are at high –risk of a delay. 425-388-7402 1-800-927-9308 www.snohomishcountywa.gov/dd
Department of Early Learning- Connecting to Childcare, Early Head Start, Kindergarten Readiness 1-866-482-4325 www.del.wa.gov
ENRICHING ACTIVITIES
Boys and Girl Club 360-678-5640 Sport for kids, after school program and more www.bgcsc . Coupeville
Boy Scouts of America 425 338-0380 www.mountbakerbsa.org
Girls Explorer Team 360-632-5779
Girl Scouts www.girlscoutsww.org 1-800-767-6845
YWCA of Snohomish County 425-258-9211 www.ymca-snoco.org
Big Brothers Big Sisters 360-279-0644 Mentors for kids ages 6-14 for single parent families www.bbbs-snoco.org Oak Harbor – Island County
GLOBE <i>LGBTQ support group and activities for kids</i> www.globeyouth.com
ISLAND COUNTY 4-H, WSU EXTENSION, 360-679-7328 OR 360-321-5111 X 7328 Coupeville
SOUTH WHIDBEY PARKS & RECREATION DISTRICT, 5475 Maxwellton Rd, Langley 360-221-5484
WHIDBEY CHILDREN'S THEATER 723 Camano Ave, Langley 360-221-8707
CRISIS SERVICES
Access Line 1-800-747-8654; 425-388-7215 Call to ask for a designated mental health professional to be dispatched to assess a kid for voluntary or involuntary treatment. This is to be used as a last resort. This number also can help set up an initial assessment and counseling.
Care Crisis Response Service Triage Line 800-584-3578 Open 24/7 to discuss crisis related needs (Suicide Prevention)
Crisis Chat www.carecrisis.chat.org (5 days a week 3-11:30 p.m.) Crisis support via instant messaging.
Suicide Prevention Lifeline 1-800-273-TALK (8255) Support for someone who is struggling with suicide thoughts .
Child Protective Services 1-800-562-5624 To report abuse or neglect of a child.
Protection Order Programs 425-388-3638
CADA 360-675 CADA (2232) or 1-800-215-5669 www.Cadacanhelpp.org
National Runaway Hotline 1-800-RUNAWAY
The Trevor Project 1-866-4-U-TREVOR Providing crisis and suicide services to lesbian, gay , bisexual, transgender ,and questioning youth
McKinney Vento Program – Mary Michell 360-221-6808x4320 for Homeless Students
PARENTING SUPPORT
Parent Help 123 www.parenthelp123.org
CHANGES 360-653-5464 Support Group Network for Parents cpsn.org
PFLAG- Parent and friend group of lesbian and gay kids 360-863-8222
National Association for Mental Illness (NAMI) 206-783-4288 Advocacy, training and support groups for a

family member of a loved one struggling with a mental illness 5 www.namiwa.org
FOOD
Food Stamps (DSHS) 877-501-2233
Good Cheer Food Bank , 2812 Grimm Road, Langley 360-221-6454 x1
WIC (Women, Infants, Children) 5475 Maxwellton Road 360-221-8880
LAW & JUSTICE
Island County Juvenile & Family Court Services, Coupeville 360-321-5111 x 7325
LIBRARIES
Clinton library 4781 Deer Lake Road 360-341-4280
Freeland library 5495 Harbor Avenue 360-331-7323
Langley library 104 Second Street 360-221-4383
TRANSPORTATION
Island transit/paratransit , 1-800-860-6812, 360-738-4554

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