

FOOD RESOURCES

► [Washington State DSHS](#)

Food Benefits

www.waconnection.org

[Call DSHS Customer](#)

[Service Center](#) 877-501-2233

► [Meals on Wheels](#)

Delivery of meals for homebound seniors (ages 60+) 3x a week

Island Senior Resources

360-321-1600

Whidbey Residents

360-387-6201 or

360-678-3373

or Camano Island Residents

360-321-1615

FOOD BANKS

WHIDBEY ISLAND

[Whidbey Island Nourishes](#)

Partners with community members to ensure no child on South Whidbey Island is without food. Offering home delivery of volunteer prepared lunches to South Whidbey residents. 360-221-7787

<https://www.whidbeyislandnourishes.org/>

• [Island Church of Whidbey](#),

Langley, Hot Meal Service

360-221-6980, Tues & Thurs

• [St. Hubert Catholic Church](#),

Langley, 360-221-

5383

• [SPIN CAFÉ Sack Meals](#) Hal

Ramaley Memorial Park

• [St. Augustine's Church](#),

360-675-2303, Oak Harbor

• [Ryan's House for Youth](#)

(Ages 12-24 Only)

360-331-4575, Coupeville

Three meals served daily

[North Whidbey Help House](#)

360-675-0681 (M-F) Oak

Harbor to Greenbank Resi-

dents

• [Gifts From the Heart Food Bank](#)

360-678-8312

Coupeville/Central Whidbey Residents Every other Wed *(Inside Boys & Girls Club)*

• [Good Cheer Food Bank](#)

Langley 360-221-6454

FOOD BANKS

STANWOOD / CAMANO ISLAND

► [Stanwood Camano](#)

Food Bank

360-629 2789 Stanwood

www.stanwoodcamano

[foodbank.org/fight-](http://foodbank.org/fight-hunger/#sign-up-services)

[hunger/#sign-up-services](#)

Food pickup on curbside

► [Camano Chapel](#)

360-387-7202

Camano Island

His Pantry provides free

food for those in need in

local community. Open

Mon 12:00-1:30 in the

small sanctuary at the front

of the campus.

► [Community](#)

[Resource Center](#)

360-629-5257

Stanwood



Community Resource Center

of Stanwood Camano

• Food vouchers • Financial help to avoid homelessness

• Financial vouchers/cash for water and heat, fuel to

get to needed appointments, work & school,

necessary vehicle repair.



Call NAMI Helpline at
800-950-6264 (M-F) or in a crisis, text
"NAMI" to 741741 for 24/7
confidential, free crisis counseling

HOUSING SUPPORT

► [Housing Support Center](#) Island County 360-678-8284
Mon-Fri 9-3 leave message after hours. Homeless? At risk of homelessness? Need help with rent, a deposit on housing or paying for utilities?

► [Pioneer Transition House](#) 360-336-0116 1011 Digby Rd.
Mount Vernon 10-bed transitional coed housing for those with documented mental health and substance use disorder.

► [Affordable apartments on Whidbey Island](#)
For seniors and persons with disabilities Go to list "Subsidized Low Cost Housing in Island County" at bottom of this page
<https://www.islandcountywa.gov/Humanservices/Pages/Affordablehousing.aspx>

► [Lervick Family Village in Stanwood](#)
425 347-6556 *Offers emergency shelter for up to 90 days; Offers help finding transitional housing & affordable rentals.*

EMERGENCY HOUSING

► [Homeless Coalition](#) 360-900-3077

► [Ryan's House](#) 360-331-4575 For ages 18-24,

19777 SR-20 Coupeville

► [Oasis Teen Center](#) (Skagit Valley YMCA)

360-419-9058 *Emergency Shelter for homeless or runaway teens ages 13-17, Hours 6:30pm-7:45am 125 N 5th St. Mount Vernon.*

TRANSPORTATION

► [Island Transit](#) 360-678-7771

Offers free rides on Whidbey & Camano Islands Mon-Sat

<https://www.islandtransit.org/How-to-Ride-the-Bus>

► [NW Regional Council](#) 800-860-6812

Offers transportation for medical Medicaid appointments.

[Skagit Transit](#) 360-757-4433

[Community Transit](#) 425-562-1375

Online version available on Parent to Parent website

<https://www.islandcountywa.gov/198/Parent-to-Parent>

Provided by Island County Accessible Communities Committee (360)632-7539 call/text

Updated July 2025



BEHAVIORAL HEALTH RESOURCE GUIDE For Island County, WA

For life-threatening emergency-always call 911
**CRISIS LINE 24-HOUR MENTAL
HEALTH HOTLINE 800-584-3578**



SUICIDE PREVENTION HOTLINES

National Suicide Prevention Lifeline 24/7

1-800-273-8255 or text HOME to 741741

Phone/Text/Chat Options-Confidential and anonymous
Help Line for teens in WA.

VETERAN SUICIDE HOTLINE

800-273-8255 press 1, text 838255, or chat online.

► [LGBTQ+ SUICIDE HOTLINE](#) (Trevor Project)
1-866-488-7386 or Text START to 678-678 *If you're thinking about suicide, you deserve immediate help.*

► [DOMESTIC VIOLENCE/SEXUAL ASSAULT
24-HOUR ISLAND COUNTY CRISIS LINE
\(CADA\)](#) 360-675-2232 or 800-215-5669

► [NATIONAL DOMESTIC VIOLENCE
HOTLINE](#) 800-799-7233 Call 911 if in immediate danger. Call hotline if you have been abused by an intimate partner.

HOW TO SLOW DOWN A MENTAL HEALTH CRISIS UNDERWAY

- | | |
|--|---|
| • Keep your voice calm | • Keep stimulation level low |
| • Avoid overreacting | • Move slowly |
| • Listen to the person | • Offer options instead of trying to take control |
| • Don't make judgmental comments | • Avoid touching the person unless you ask permission |
| • Don't argue or try to reason with the person | • Be patient |
| • Express support and concern | • Gently announce actions before initiating them |
| • Avoid continuous eye contact | • Give them space, don't make them feel trapped |
| • Ask how you can help | |

NAVIGATING a mental health CRISIS

A NAMI resource guide for those experiencing a mental health emergency



Like any other health crisis, it's important to address a mental health emergency quickly and effectively.

This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and so much more.

Download:

<https://www.nami.org/About-NAMI/NAMI-News/2018/NAMI-Releases-New-Crisis-Guide>

HOSPITALS-INPATIENT BEHAVIORAL HEALTHCARE

► [Providence Hospital Behavioral Health](#) (425)261-2000
Providence Hospital
Inpatient Unit for Behavioral Health
Urgent Walk In Clinic
(425)261-4210

► [Island Hospital Behavioral Healthcare](#)
360-299-4297 Open M-F
Anacortes

► [Skagit Valley Hospital Behavioral Health](#)
360-814-2422 Mount Vernon

► [Seattle Children's Hospital Psychiatry & Behavioral Medicine](#)
206-987-2164
Non-emergency visits, need referral by child's doctor. * Contact crisis lines in emergency

► [Fairfax Behavioral Health](#)
425-296-0019, A private, free-standing mental health hospital with locations in Kirkland, Everett and Monroe.

STABILIZATION CENTER/ SUBSTANCE USE DISORDERS

Ituha Stabilization Center in Oak Harbor A voluntary sub-acute detox, short-term residential facility for people experiencing a mental health crisis or substance use issues. Pioneer Human Services operates the facility. The 10-bed, serves Island, Skagit and San Juan Counties.

► [Washington Recovery Help Line](#): 866-789-1511 (24/7)
Anonymous/confidential help for problems with substance use disorders
<http://www.warecoveryhelpline.org/>

NON-EMERGENCY-OUTPATIENT BEHAVIORAL & SUBSTANCE USE SERVICES

Note: Recommended you first contact your insurance company to locate nearest provider

► **Washington's Mental Health Referral Service for Children and Teens**
833-303-5437 <https://www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/washingtons-mental-health-referral-service-children-teens/>

► [Catholic Community Services Burlington](#)
888-504-9992

► [Compass Health](#) (Medicaid Only)
Oak Harbor 360-682-4100,
Coupeville 360-678-5555,
Mount Vernon 360-419-3500 or
360-419-3555

► [didg'alič Wellness Center](#),
Anacortes 360-588-2800
► [Sea Mar Oak Harbor](#) (Medicaid Only) 360-679-7676,
Anacortes 360-293-8007,
Mount Vernon 360-419-3555
or 360-542-8810

► [Sunrise Behavioral Health](#) (Medicaid Only) Mount Vernon/
Anacortes 360-336-3762

► [Providence Hospital Behavioral Health Urgent Care Everett](#)
425-261-4210 (M-F)

Offering virtual appointments for those unable to come in person. <https://www.heraldnet.com/life/urgent-mental-health-care-clinic-a-rarity-opens-in-everett/>

► [Washington Recovery Helpline](#): 866-789-1511 (24/7)
Anonymous/confidential help for problems with substance use disorders
<http://www.warecoveryhelpline.org/>

► [Island County Opioid Outreach](#) 360-678-8295

► [Island County Outreach](#)

Call the NAMI Helpline
at 800-950-6264 (M-F)
Or in a crisis, text "HOME"
to 741741 for 24/7
confidential, free crisis
counseling

► [Sunrise Oak Harbor](#) (Medicaid only) 360-544-3806
Outpatient Clinic, Mount
Vernon 360-848-8500

► [Island County Early Childhood Behavioral Health Support](#)
360-678-2346 Providing resources and one-to-one coaching for parents of children aged birth-5

► [Locating a Therapist](#)
For those with private insurance:
<https://www.psychologytoday.com/us/therapists/washington>

[Behavioral Health](#)
360-678-2346 (M-F)
► [Snohomish Overdose Prevention](#)
<https://snohomishoverdoseprevention.com/treatment-options/>



SUPPORT GROUPS

► [Ala-Non](#)

Are you worried about someone's alcohol or substance use issues?
<https://al-anon.org/>

► [Alcoholics Anonymous](#)
Need help with a drinking problem?
<https://www.aa.org/>

► [Narcotics Anonymous](#)
Are you in recovery and want to meet with others to stay clean?
<https://www.na.org/>



► [NAMI \(National Alliance on Mental Illness\)](#)
See Washington websites for list of educational courses and support groups.
<https://namiwa.org/>

► [Skagit Valley Reach Center](#)
(peer-run center with support groups/classes) Mount Vernon
360-873-8635

BEHAVIORAL/MENTAL HEALTH ADVOCATE

[Office of Behavioral Health Advocacy](#)
360-416-7004
<https://www.obhadvocacy.org/>
Call if you feel your rights have been violated or you're not receiving adequate services; serves Island, San Juan, Skagit, Snohomish and Whatcom Counties.

LEGAL RESOURCES

[CLEAR \(Coordinated Legal Education, Advice and Referral\)](#)
A toll-free legal hotline for people with low incomes.
888-201-1014 (M-F)

Services and basic needs such as housing, income, medical care and family safety. A project of Northwest

Justice Project whose vision is to provide "Justice for all low-income people in Washington."

<https://nwjustice.org/home>.
GENERAL ASSISTANCE

Call 2-1-1 or search <https://search.wa211.org/> for free confidential community service and your one-stop connection to the local services you need, from utility assistance, food, housing, health, child care, after school programs, elder care, crisis intervention and more.

► [Washington Listens](#)
833-681-0211

Provides non-clinical support to people who feel sad, anxious, or stressed due to COVID-19.
Washington Listens is free and anonymous. Any Washington resident can call and a support specialist will listen and help guide you to connections within your community.

www.Walistsens.org
► [Opportunity Council Oak Harbor](#)
360-679-6577

(Mon-Fri 9am-4pm)



Helps with education, support and direct assistance, Basic Needs, Child-care resources, Food/ Nutrition, Home/Energy, Housing, Job Skills, Money Management, Kinship Care, SHIBA (Statewide Health Insurance Benefits Advisor), Energy Assistance Program, transportation, showers, etc