

MENTAL HEALTH RESOURCES

Crisis Text Line

Text: "Start" to 741-741 to receive free, 24/7 support. Text a trained crisis counselor about anything that is on your mind.

Call: 800-584-3578

SAMHSA's National Helpline

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Call: 1-800-662-HELP (4357)

Local Crisis Hotline: Care Crisis: 425-258-4357 or 1-800-584-3578

Volunteers of America (VOAWW) Care Crisis Response Services

VOAWW offers 24 hour emotional support to individuals in crisis and/or considering suicide.

Crisis services are available by phone and instant messaging.

Call: 1-800-584-3578

Visit: www.imhurting.org

National Suicide Prevention Lifeline

Call: 1-800-273-8255

Washington State: 206-297-5922

LGBTQ National Youth Talk Line

Call: 1-800-246-PRIDE (7743)

Email: help@GLBThotline.org

Recovery Helpline (24/7): 866-789-1511

Skagit DVSAAS (Dating Violence/Sexual Assault): 888-336-9591

Teen Link (6–10 p.m.): 866-833-6546

Child Protective Services: 866-363-4276

National Runaway Safeline: 800-786-2929

Washington State Department of Health: 360-236-2800

Prevention Center of NWESD 189: 360-299-4010

Emergency Response: 911

Outpatient Services

For students and families covered by Washington Apple Health (Medicaid)

Compass Health: Intensive Youth and Adult mental health support including wrap-around services for families.

Call toll-free: 1-844-822-7609

[Online Referral Form](#)

Catholic Community Services: Wide range of services for low to moderate-income families, not restricted to Medicaid.

Call 360-676-2164 to schedule an appointment

614 Peterson Road

Burlington, WA 98233

SeaMar: Youth and Adult Mental Health support for low to moderate-income families

Call: 360-542-8920

360-428-4075

1400 N. La Venture

Mount Vernon, WA 98273

Skagit Behavioral Health - Mental Health professionals available for youth and adults, most insurance plans accepted

360-424-0400

406 S. 1st Street Suite #30008

Mount Vernon, WA 98273

United General District 304: Many programs to support family and community health

For a listing of certified mental health professionals in Skagit County: [Skagit County Therapists](#)