

Skagit County Mental Health First Aid Resources

Please add and update resources as needed

Skagit County Mental Health Services Mobile Crisis Outreach Team

Designated Crisis Responders (DCR) – What does a DCR do? Determine if the person presents a harm to self/others/property, or is gravely disabled and is at imminent risk, or if there is a nonemergent risk due to a substance use disorder or mental disorder or is in need of assisted outpatient behavioral health treatment.

Compass Mental Health

1100 S. Second St. Mt. Vernon, WA 98273

Crisis Line: (800) 584-3578

Fax: (360) 419-3535

Sunrise Services

<https://sunriseservicesinc.com/what-we-do/>

[+1 425-212-4200](tel:+14252124200)

[+1 888-774-9658](tel:+18887749658)

We serve those who are elderly, have developmental disabilities, have mental challenges, have physical challenges, who need help to manage employment and money, and those who need help to stay in their own homes.

National Alliance on Mental Illness (NAMI)

NAMI Skagit <https://namiskagit.org/>

2222 Riverside Drive, Suite 403

Mount Vernon, WA 98273

Phone: [360-313-7080](tel:3603137080)

The families and members of NAMI Skagit are here to help! We offer understanding to anyone concerned about mental illnesses and the treatment of mental illness. Mental illnesses are brain disorders that are biologically based medical problems. Untreated, they can cause severe disturbances in thinking, feeling and relating. This results in substantially diminished capacity for dealing with the ordinary demands of life. Mental illness can affect persons of any age and occur in any family. They are not caused by bad parenting and not evidence of weakness of character.

<https://namiskagit.org/resources/local-resources/>

988 Text / Call /Chat

If you or someone you care about feels overwhelmed with emotions like sadness, depression or anxiety, or like you want to harm yourself or others call 988 or one of the national crisis resources below.

Help is available. Speak with someone today

988 Suicide and Crisis Lifeline

Hours: Available 24 hours. Languages: English, Spanish. Learn more

988 Chat

https://988lifeline.org/chat/?utm_source=google&utm_medium=web&utm_campaign=onebox

Crisis Text Line

Text "MHFA" to 741741

Available 24/7, 365 days a year, this organization helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.

The Trevor Project

Call 866-488-7386 or Text "START" to 678678

<https://www.thetrevorproject.org> Trained counselors available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. Specializing in supporting the LGBTQI+ community.

Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline

1-800-662-4357

Find Treatment Near You <https://www.findtreatment.gov/>

National Domestic Violence Hotline

Call 800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

Eating Disorder Helpline ANAD

1-888-375-7767

National Association of Anorexia Nervosa and Associated Disorders

ANAD As the leading nonprofit in the U.S., ANAD is a free peer support community that is here to help anyone struggling with an eating disorder.

<https://anad.org/>

ANAD's free, eating disorders Helpline is available to provide emotional support and referrals.

National Eating Disorders.org

<https://www.nationaleatingdisorders.org/free-low-cost-support>

Skagit County Alcoholics Anonymous

<http://district4aa-wa.org/meetings>