

Mental Health Resources

211-North Sound,

Phone: 211 or 1-800-223-8145, Web: <http://www.voaww.org/211>

Hrs. M-F: 8am-5pm. Information and referral line for social services.

Animals as Natural Therapy-Windy Acres Farm, 721 Van Wyck Rd., Bellingham, WA 98226 Phone: (360) 671-3509, Web: <http://www.animalsasnaturaltherapy.org/>

Hrs. M-F: 10a-4p. Uses horses and other animals to teach important life skills, respect for self and others, trust and clear communication.

Behavioral Health Access Program, Whatcom Alliance for Health Advancement, 800 E. Chestnut, Lower Level Suite 2, Bellingham, WA 98225

Phone: (360) 788-6594, Web: <http://www.whatcomalliance.org/getting-healthcare/mental-health>

WAHA can refer Whatcom County residents to the Behavioral Health Access Program (BHAP), a community program that provides mental health counseling to residents who do not have health insurance and are low income.

Behavioral Health Inpatient Center- St. Joseph Hospital, 2901 Squalicum Parkway , Bellingham, WA 98225

Phone: (360) 734-5400, Web: <https://www.peacehealth.org/st-joseph/services/behavioral-health/Pages/inpatient-center>

Accessible through referral at the emergency department. Acute/short stay for people in crisis.

Bellingham Vet Center, 3800 Byron Ave., Suite 124, Bellingham, WA 98229

Phone: (360) 733-9226, after hours (877) 927-8387, Web: <http://www.va.gov/directory/guide/facility.asp?ID=5104>

Hrs. M: 8am-4:30pm, T-F: 8am-6pm, Sat.:10am to 6pm, Sun: closed. Provides veteran information, claims assistance, mental health counseling for combat Vets. Veterans Service Officer (VSO) available to help with disability claims.

Care Crisis Response Services,

Phone: 1-800-584-3578, Web: <https://www.voaww.org/behavioralhealth>

Provides assistance in mental health emergencies. Crisis online chat also available at <https://www.voaww.org/behavioralhealth>

Catholic Community Services, 1133 Railroad Ave., Suite 100, Bellingham, WA 98225 Phone: (360) 676-2164,

Web: <http://www.ccsww.org/>

Hrs. M-Th: 8am-6pm, F: 8am-5pm Provides behavioral health assessments and services for children up to age 21 with state health insurance.

Catholic Community Services Recovery Center, 515 Lakeway Drive, Bellingham, WA 98225 Phone: (360)

676-2187, Web: <http://www.ccsww.org/>

Hrs. M-Th: 8:30am-5pm, F: 8:30am-4pm. Addiction recovery services to youth, families and adults; education and support.

Compass Health , 3645 E. McLeod Rd., Bellingham, WA 98226 Phone: (360) 676-2220, Web:

<http://www.compasshealth.org>

Hrs. M-F: 8:30am-5:30pm. Offers comprehensive and personalized mental health and psychiatric outpatient services.

Counseling Training Clinic, Western Washington University Psychology Department , Academic Instructional Center

Phone: (360) 650-3184, Web: <https://chss.wvu.edu/psychology/counseling-training-clinic>

Free counseling is offered to members of the community for individuals and children. Appointments available Mon- Fri 8am to 5pm from January to June. While we do not have a wait list for clients, it is recommended to call the clinic in early December for priority scheduling.

CPIT: Crisis Prevention and Intervention Teams, 1216 Bay St., Bellingham, WA 98225

Phone: 360-752-4545, New clients call 1-800-584-3578, Web: <http://www.compasshealth.org/services/cpit-crisis-prevention-and-intervention-teams/>

A program of Compass Health, CPIT is a 24 hour, community based outreach team with the ability to respond to and provide short term crisis intervention and prevention services in the community (e.g., homes, schools, or hospitals). CPIT serves adults, adolescents, and children who are located in Whatcom County and are experiencing a behavioral health crisis. Skagit County: (360) 419-3640 Snohomish County: (425) 349-7447

IMAlive,

Web: <https://www.imalive.org/>

An online crisis network with 100% of the volunteers trained and certified in crisis intervention. Visit their website to chat with a volunteer.

King Health Associates, 21 Bellwether Way Suite 107, Bellingham, WA 98225

Phone: (360) 329-2055, Web: <https://kinghealthassoc.com/>

King Health Associates are comprehensive behavioral health clinics based in Bellingham, Washington. Our team of licensed mental health professionals provide a wide range of licensed psychiatric and psychological services, regular clinician-taught therapeutic workshops, and multiple clinician-led support groups. Our services also include complimentary holistic treatments, such as Acupuncture, Hypnotherapy, and Massage Therapy, with a mental health focus. Our main offices are located in Bellingham, in the Bellwether Gate building, overlooking the beautiful Bellingham bay and in the popular rustic Barkley Village area.

Lake Whatcom Residential and Treatment Center , 609 Northshore Dr., Bellingham, WA 98226 Phone: (360) 676-6000 , Web: <http://www.lwrtc.org>

Hrs. M-F: 8:30am-5pm. 67 bed, supervised living program for persons 18 and over with mental illness and on medicaid. Call 1-888-693-7200 for mental health services and to determine eligibility. If you are in crisis and need someone to talk to, call 1-800-584-3578.

NAMI of Whatcom County (National Alliance on Mental Illness), 800 E. Chestnut St. Suite 1C, Bellingham, WA 98225

Phone: (360) 671-4950, Web: <http://www.namiwhatcom.org>

NAMI Whatcom offers free support groups and education classes to all those affected by mental illness including family members and friends. Connections weekly support group for people living with mental illness, every 1st and 3rd Tuesday of the month from 6:30-8pm. Family Support Group for family members, caregivers and friends of adults and children with mental health disorders, 2nd and 4th Wednesday of each month from 6:30-8pm. Suicide Survivors Support Group meets 2nd and 4th Monday of month from 6:30-8pm, Contact Roger Butler at (480)829-4325. Depression & Bipolar support alliance, every 2nd Tuesday from 7pm-9pm. All groups meet at 800 E. Chestnut St. Suite 1C, Bellingham, WA 98225.

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National Suicide Prevention Lifeline,

Phone: 1-800-273-8255 Web: <https://suicidepreventionlifeline.org/>

National hotline for anyone thinking about suicide and/or their family and friends.

Nooksack Health Center , 2510 Sulwhanon Dr., Everson, WA

98247 Phone: (360) 966-2106

Hrs. M-F: 8:30am-5pm. Walk-in times from 9am-9:45am and 1pm-1:45pm. The Medical Clinic is an ambulatory clinic that provides on site, acute and preventive health care to the Nooksack Indian Tribe and eligible members of federally recognized Tribes. The Nooksack Tribal Clinic services includes; Family Medicine, Pediatric, Obstetrics and Gynecology, Family Planning, Women's Health, Diabetes Screening and Testing, Nutrition Education, and Community Health and Nurse health care practices.

PATH (Project for Assistance in the Transition from Homelessness),

Phone: (425) 349-6800, Web: <https://www.compasshealth.org/services/path/>

Hrs: M-F: 8:30am-5pm. Services for people who are homeless and have mental health needs to increase access and utilization of services.

Sea Mar Community Health Center- Everson, 6884 Hannegan Rd., Everson, WA 98247

Phone: (360) 354-0766, Web: <http://www.seamar.org/whatcom-medical-everson.html>

Hrs. M-W & F: 8am-5pm, Th: 8am-9pm. Provides medical care, homeless medical support services, mental health and dental.

Sea Mar Community Health Center-Bellingham, 4455 Cordata Pkwy., Bellingham, WA

98226 Phone: (360) 671-3225, Web: <http://www.seamar.org/>

Hrs. M: 8am-9pm, T-Sat: 8am-5pm. Medical care, dental services, mental health care and prescription assistance.

Sea Mar Healthcare for Homeless, 4455 Cordata Parkway, Bellingham, WA 98226

Phone: (360) 788-7155, Web: <http://www.seamar.org/healthcare-homeless.html>

Hrs. M-F: 8am-5pm. W 1pm-5pm at Lighthouse Mission Drop In Center. Access to primary health and dental care, substance abuse treatment and counseling, and mental health services. Bilingual staff assist with referral to community resources.

Sea Mar Visions Youth Treatment Center, 1603 E. Illinois, Bellingham, WA

98226 Phone: (360) 647-4266, Web: <http://www.seamar.org/whatcom-bh-vytcc.html>

Hrs.: M-Sun. 8am-5pm. Provides intensive inpatient mental health & chemical dependency services for adolescent females, ages 14-17. Mental health and chemical dependency professionals work in collaboration with medical and dental staff, nutritionists, and educators to ensure that clients receive a whole person intervention.

Sun Community Services, 515 E. Chestnut, Bellingham, WA 98225

Phone: (360) 392-1324, Web:

Post-crisis emergency housing and permanent supported housing for people with serious, chronic behavioral health issues.

United Way of Island County, 350 SE Pioneer Way Suite 101, Oak Harbor, WA 98277 Phone: 360-675-1778, Web: <http://www.unitedwayic.org/>

Provides support and assistance to locally recognized charitable health, welfare and recreational agencies through an annual federated fund drive. Currently provides funding to nine non-profits, encompassing 11 separate programs in Island County.

Unity Care Northwest, 220 Unity St., Bellingham , WA 98225 Phone: (360) 676-6177, Web: <http://unitycarenw.org/>

Hrs. M-F:7:45am-6pm, Sat: 7:45am-5pm Medical care, mental health specialists, dental care for children, limited adult dental care, prescription assistance, sliding scale fee for those without insurance.

Unity Care Northwest, 1616 Cornwall Avenue Ste. 205, Bellingham, WA 98225

Phone: (360) 676-6177, Web: <http://unitycarenw.org/>

Hrs. M-F 7:45am-6pm Adult Dental and Behavioral Health Services

Unity Care Northwest - Pt. Roberts, 2030 Benson Rd., Point Roberts, WA 98281 Phone: (360) 945-2580, Web: <http://unitycarenw.org/>

Hrs. M: 11am-6pm, T, Th: 9am - 5pm. Medical care, limited behavioral health specialists, prescription assistance for Unity Care patients, in house lab, and sliding scale fee for those without insurance.

Unity Care Northwest - Ferndale, 5616 3rd Ave, Ferndale, Wa 98248 Phone: (360) 676-6177, Web: <http://unitycarenw.org/>

Hrs. M-F 7:45am-6pm Medical care, mental health specialists, dental care for children, limited adult dental care, prescription assistance, sliding scale fee for those without insurance.

Veterans Crisis Line,

Phone: 1-800-273-8255, press 1 or text to 838255, Web: <http://veteranscrisisline.net/>

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

Veterans of America Crisis Response Services,

Phone: 1-800-584-3578, Web: <https://www.compasshealth.org/services/cpit/>

To access this service, call the VOA Crisis Response Services (the Care Crisis Line) at 1-800-584-3578 24/7 – 365 days-a-year to speak with a mental health professional who will assess the situation, make appropriate referrals, and/or dispatch the CPIT community based outreach team.

Whatcom County Behavioral Health Triage Center, 2030 Division St., Bellingham, WA 98226 Phone: (360) 676-2020, Web: <http://www.compasshealth.org>

24 hrs. a day, seven days a week. Whatcom Community Detox, Crisis Intervention and Respite, mental health assessment & referral.