



LYNDEN
SCHOOL DISTRICT

Tradition + Pride + Excellence

Resources for Crisis Prevention and Support

Care Crisis Response Services (mental health) (Salud mental)	<u>800-584-3578</u>	Tele-interpreter available Interprete disponible por teléfono	Confidential Confidencial
Girls' and Boys' Town 24-hour hotline <i>For teens and young adults:</i> mental health, abuse, addiction, relationships, and depression <i>Para jóvenes:</i> salud mental, el abuso físico, adicción, relaciones, y depresión	<u>800-448-3000</u>	Spanish speakers Se hable español	Confidential Confidencial
Domestic Violence Hotline Número de emergencia de la violencia doméstica	<u>800-562-6025</u>	Tele-interpreter available Interprete disponible por teléfono	Confidential Confidencial
National Eating Disorders Association Asociación Nacional para Trastornos Alimenticios	<u>800-931-2237</u>	No Spanish speakers	Confidential
National Recovery Help line 24 hrs. Número de Asistencia para Recuperación de Washington, 24- horas (addiction, mental health, adicción y salud mental)	<u>866-789-1511</u>	Spanish speakers Se habla español	Confidential Confidencial
National Suicide Prevention Hotline - Hearing/Speech Impaired (TTY)	<u>800-273-TALK</u> <u>800-799-4889</u>	Spanish speakers	Confidential Confidencial
Número de emergencia nacional para prevención del suicidio	<u>888-628-9454</u>	Spanish speakers Se habla español	Confidential Confidencial
National Sexual Assault Hotline Línea nacional de emergencia para casos de agresión sexual	<u>800-656-HOPE</u>	Spanish speakers Se habla español	Confidential Confidencial



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Washington Information Network	<u>211</u>	Spanish speakers	Confidential
Cadena de información de Washington (Community resources statewide, recursos comunitarios del estado)		Se habla español	Confidencial
24-hour Crisis text line	Text “GO” to 741-741	No Spanish speakers	Confidential
Número de texto para Crisis de 24 horas			

CPIT: Compass Health Crisis Prevention/Intervention Team 1-360-752-4545

<http://www.compasshealth.org/services/cpit-crisis-prevention-and-intervention-teams/>

The Compass Health Crisis Prevention and Intervention Team (CPIT) is a 24-hour, community based outreach team with the ability to respond to and provide services in the community (e.g., homes, schools, or hospitals). CPIT serves adults, adolescents, and children who are located in Whatcom and Snohomish Counties, and who are experiencing a behavioral health crisis.

NAMI: (National Alliance for Mental Health) Crisis Text Line – Text NAMI to 741-741 Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message. Nami Helpline - 1-800-950-NAMI (6264) The NAMI Helpline can be reached Monday through Friday, 10 am–6 pm, ET. Helpline staff and volunteers are prepared to answer your questions about mental health issues



Counseling Services

Below are a few options for Mental Health Counseling in Whatcom County.

Catholic Community Services: 1133 Railroad Ave., Suite 100, Bellingham, WA

Open access hours: Tues, Wed, Thurs 9 AM to 3 PM and on Friday 9 to 2 PM generally but families can

call to confirm **360-676-2164**

(Accepts state insurance)

Sea Mar: 3350 Airport Drive, **360-734-5458**

Open access hours: Monday: 12:30-3:00, Tuesday and Thursdays 8:30-3:00

(Accepts most insurance, Accepts state insurance)

Lourdes, **Spanish speaker**/Receptionist

Spanish speaking Mental Health Therapist

Unity Care NW: Bellingham and Ferndale offices: **360-676-6177**

1616 Cornwall, Bellingham

5616 3rd Avenue, Ferndale

(Accepts state insurance and private insurance)

Compass Health: 3654 E. McLeod Rd., Bellingham, **360-676-2220**

At least age 6: Intake Tues/Friday, 8:30-11:00

(Accepts state insurance)

Touchstone: 360-788-4228

288 Martin St., Blaine

6046 Portal Way, Ferndale

(Accepts most insurance)

Escarleth de Leon: 1344 King St. Bellingham, **360-739-3548**



Accepts private insurance, Molina (not CHPW or Provider One)

Spanish speaking Mental Health Therapist

Hope and Thrive Counseling: 506 Grover St. Suite 112, Lynden, 360-383-8682
(Private insurance only)