

Resources and Supports for Families - Student Crisis Help & Care

For students:

If you have an urgent mental health need, please contact the Skagit County Crisis Line for immediate support at **1-800-584-3578** or visit the **Skagit County Behavioral Health website**. Other options for 24/7 support include the **24-hour Crisis Line 1-866-427-4747** or the **Crisis Text Line - Text START to 741741 (Free, 24-7, confidential)**.

If you are already connected with an outside counselor/therapist – please connect with them.

****Please directly click (*Link is External*) to be taken to the outside resource page for each of the listed providers below.**

Washington Listens

Anyone feeling stressed, anxious, or lonely due to COVID-19 can call **WA Listens - (link is external)** at **1-833-681-0211** to speak with a support specialist. The program is in partnership with Crisis Connections, tribes, and behavioral health providers around the state who are staffing the support line, as well as providing outreach throughout their communities to better support individuals and families as we experience challenges and angst that have come from the pandemic.

Compass Health

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. Offers short term crisis intervention and prevention services, urgent walk-in appointments during business hours, community outreach, urgent follow up appointments, and care planning services for up to 2 weeks.

360-752-4545 press 2 (Monday – Friday) 8:30 am – 5:00 pm

Volunteers of America Western WA 24 hour Crisis Line

Volunteers of America 24 Hour Crisis Line offers emotional support and crisis intervention to individuals in crisis or considering suicide. They also offer crisis services through their Care Crisis Chat if people prefer communication online rather than by telephone.

Crisis Line: **1-800-584-3578**

Care Crisis Chat: <http://www.imhurting.org/>

NAMI, Ending The Silence

[NAMI Ending the Silence -- \(link is external\)](#)

is an engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition.

Forefront Suicide Prevention

[The Well-Being Series -- \(link is external\)](#)

is a series of webinars for families and educators including; LEARN Saves Lives Suicide Prevention Training, Educator Wellness 4-Part Webinar Series, and Student Life Skills to Survive & Thrive During COVID-19 & Beyond.

As a part of The Well-Being series, The Northwest Mental Health Technology Transfer Center (MHTTC) is partnering with Forefront Suicide Prevention Center & DBT in Schools to bring you a 16-lesson online curriculum for DBT STEPS-A and 2 Q&A sessions with the trainers. The MHTTC Network is launching a webinar series on [clinical innovations in telehealth learning -- \(link is external\)](#)

Seattle Children's Mental Health Referral Service for Children and Teens

Families can call 1-833-303-5437, Monday through Friday from 8–5 pm, to connect with a referral specialist. The [Mental Health Referral Service -- \(link is external\)](#) will provide thorough mental health referrals for children and teens 17 and younger from across Washington.

Suicide Prevention Resource Center

[The Suicide Prevention Resource Center \(SPRC\) -- \(link is external\)](#)

has compiled a selection of web pages and information sheets on mental health and coping with the effects of COVID-19. These resources are a selection from key organizations in the field.

Child Trends

Specific recommendations, guidance, and resources provided by Child Trends and the Child Trauma Training Center at the University of Massachusetts Resources. [Child Trends: Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic -- \(link is external\)](#)

Trevor Project Lifeline

The Trevor Project Lifeline provides crisis intervention and suicide prevention services for LGBTQ+ youth and young adults under 25. This Lifeline is available *24 hours a day, 7 days a week*. Call at **1-888-488-7386, Text START to 678678**, or chat with the [Trevor Project lifeline -- \(link is external\)](#)

Mental Health First-Aid

Tools and guidance from the Mental Health First-Aid curriculum to provide support to those around you during the COVID-19 pandemic. [How to Help Someone with Anxiety or Depression During COVID-19 -- \(link is external\)](#)

National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline -- [\(link is external\)](#)

is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. This lifeline offers prevention and crisis resources for those in crisis and their loved ones as well as provides best practice resources for professionals. Call at 1-800-273-8255 or [chat with the Lifeline -- \(link is external\)](#)