

**IF YOU OR SOMEONE YOU KNOW IS IN CRISIS/ SI USTED O ALGUIEN QUE CONOCE ESTÀ EN CRISIS:**

**Suicide and Crisis Lifeline 24/7:** Call, text, or chat **988** to be connected to the National Suicide Prevention Lifeline (NSPL)

*Linea de Prevención del Suicidio y Crisis: 988 llama, envia un texto, o un chat*

**IF YOU NEED SUPPORT/ SI NECESITAS APOYO:**

**Counseling and Career Services at SVC, Whidbey Campus** 360.679-5319; on campus ext. 5319, Oak Hall 230 during business hours  
*Asesoramiento y servicios de Carrera en SVC, Whidbey Campus*

Apple Health coverage/ *cobertura de salud de Apple:*

**Compass Health** Children Services 360.682.4100 Intake by appointment only  
230 SE Cabot Drive #3, Oak Harbor, WA 98277

**Compass Health** Individual Adult Counseling 360.678.5555 Intake by appointment only  
20 NW 1<sup>st</sup> St. Coupeville, WA 98239

**Sea Mar Behavioral Health** 360.679.7676 Call for initial screening  
31640 SR 20 Suite 1, Oak Harbor, WA 98277

**Didgwalic Wellness Center**  
8212 S. March Point Road, Anacortes, WA 98221 360-588-2800 Call for initial screening

Other insurance coverage or private pay:

**PsychologyToday.com** – Enter your zip code at “Find a Therapist,” then your insurance carrier on the left along with other criteria

**IF YOU DO NOT FEEL SAFE AT HOME AND/OR HAVE EXPERIENCED SEXUAL ASSAULT/**

**SI NO SE SIENTE SEGURO EN SU HOGAR Y/O HA SUFRIDO UNA AGRESIÓN SEXUAL:**

**Citizens Against Domestic and Sexual Abuse** 800-215-5669 24/7 or [cada canhhelp.org](http://cada canhhelp.org)  
or text LOVEIS to 22522

**IF YOU ARE HUNGRY/ SI TIENES HAMBRE:**

**At SVC:**

SVC provided limited food distribution once a week on Mount Vernon and Oak Harbor campuses. Sign up via link in the Center for Student Leadership, Equity, and Community CANVAS site. Contact Leah Eberle for more information: [leah.eberle@skagit.edu](mailto:leah.eberle@skagit.edu)

**Off Campus:**

**Gifts from the Heart Food Bank (Central Whidbey)** 360.678.8312  
203 N. Main St, Coupeville  
[www.giftsfromtheheartfoodbank.com/](http://www.giftsfromtheheartfoodbank.com/)  
*2nd and 4th Wednesdays, 2:00pm-5:00pm*

**Good Cheer Food Bank (South Whidbey)** 360.221.6848  
2812 Grimm Rd, Langley  
[www.goodcheer.org](http://www.goodcheer.org)  
*Monday-Friday, 10:00am-4:00pm*

**Help House (North Whidbey)** 360.675.0681  
1091 S.E. Hathaway St, Oak Harbor  
*Monday-Friday, 9:00am-4:00pm*

**IF YOU NEED HOUSING/ SI NECESITAS VIVIENDA:**

**CADA – Citizens Against Domestic and Sexual Abuse**  
24-hour crisis line: 360.675.2232 or 1.800.584.3578 <https://www.cada canhhelp.org>

**Whidbey Homeless Coalition** 360.708.4533

**Island County Housing Support Center** 360.678.8284

Homeless and at-risk coordinated entry system. Staff will complete a phone assessment and provide appropriate referrals. Rental assistance referrals are also available.

<https://www.islandcountywa.gov/Humanservices/Pages/Housing-Support-Center.aspx>