

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 connect to the National Suicide Prevention Lifeline (NSPL)

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

Compass Health Mobile Crisis Outreach Team (MCOT) formerly CPIT; 360.419.3640

9am-midnight every day in their office or at your location *D e 9 am-medianoche todos los días en su oficina o en su ubicación*

IF YOU NEED SUPPORT/ SI NECESITAS APOYO:

Counseling and Career Services at SVC

360.416.7654; on campus ext. 7645 Lewis Hall 113 during business hours

Asesoramiento y servicios de Carrera en SVC

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

Sunrise Services Counseling

360.336.3762 or walk in to schedule an appointment

2500 East College Way, Mount Vernon WA 98273

o ir para programar una cita

Compass Health Child and Family Counseling

360.419.3600

Intake by appointment only

1005 South 3rd Street, Mount Vernon, WA 98273

Compass Health Individual Adult Counseling

360.419.3500

Intake by appointment only

1100 South 2nd Street, Mount Vernon, WA 98273

Sea Mar Behavioral Health

360.542.8810

Call for initial screening

2203 Old Highway 99, Mount Vernon, WA 98273

Consejo Counseling and Referral Service

360-763-5595

Intake by appointment only

1601 E College Way, Mount Vernon, WA 98273

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

Skagit Behavioral Health

360.424.0400 or skagitbehavioralhealth.com

406 South First Street, Mount Vernon, WA 98273

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:

Skagit Domestic Violence and Sexual Assault Services

888.336.9591 24/7 or <https://www.skagitdvsas.org>

IF YOU ARE HUNGRY/ SI TIENES HAMBRE:

At SVC/En 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: brian.murphy@skagit.edu

Off Campus/ fuera del campus:

Helping Hands Food Bank 360.856.2211

24703 Wicker Rd, Sedro-Woolley

Mondays 11am-3pm; Wednesdays 10am-2:00pm, Thursdays 12-4:00pm, and Friday 2-6:00pm. No ID is required, and you can go once each week. Other locations on different days. Check <https://helpinghandsfoodbank.org/foodassistance/> for locations and times.

Tri-Parish Food Bank 360.757.2563

935 Peterson Road, Burlington

Saturday from 10:00am to 2:00pm

Neighbors In Need 360.982.2089

1615 South 2nd Street, Mount Vernon

Tuesdays 11am - 6pm

IF YOU NEED HOUSING/ SI NECESITAS VIVIENDA:

Community Action 360.416.7585

330 Pacific Place

Mount Vernon, WA 98273