

SUPPORT RESOURCES

Counseling & Mental Health Services

- **Island Hospital Psychiatry & Behavioral Health:** A clinic apart of Island Hospital medical services. Clinical team is trained to see patients who need psychiatric and/or behavioral health support. Please ask Merle Cancer Care Center staff for an application or call **360.299.4297** to schedule an appointment.
- **Mental Health Access Line:** The Outpatient Access Center is open Monday-Friday, 8:30AM-5:00PM. Outpatient services are provided by licensed community mental health centers across the North Sound Region to people with a Medicaid mental health benefit and to low-income people as resources are available. All people with Medicaid are entitled to an assessment. Ongoing mental health services are provided to people who meet the State-wide Access to Care Standards. Outpatient services include assessment, individual, family and group treatment services plus high intensity treatment, residential treatment, Assertive Community Treatment and all medically necessary mental health services. **Call 888.693.7200.**
- **Compass Mental Health:** Offers mental health and chemical dependency services. Sliding fee scale is available for people with limited resources. Hours are Monday-Friday, 8AM-5PM. **Call 888-693-7200** for initial intake. Medicaid patients only.
 - ◇ **Mount Vernon Offices: 360.419.3500 or 360.419.3600**
 - ◇ **Coupeville Office: 360.678.5555**
 - ◇ **Eastsound Office: 360.378.2669**
 - ◇ **Friday Harbor Office: 360.378.2669**
 - ◇ **Lopez Island Office: 360.378.2669**
- **SeaMar Mental Health Services:** Offers mental health services for adults, children and families. For patients in need, services can be offered on a sliding fee scale. Ask the SeaMar representative when you call to make an appointment. Hours are Monday-Friday, 8AM-5PM.
 - ◇ **Anacortes & Mount Vernon Offices: 360.542.8920**
 - ◇ **Oak Harbor Office: 360.679.7676**
- **Crisis Prevention and Intervention Team (CPIT):** Through Compass Health, CPIT is available to anyone physically in Skagit County. Services are for individuals experiencing a behavioral health crisis or pre-crisis. A CPIT member will come to you. They can meet in your home, at a hospital or in any community space. Same day meetings are possible. **Call 360.419.3640, 9AM-Midnight, daily or 800.584.3578, 24/7.**

Support Groups

- **Art and Healing Support Group:** Island Hospital offers a free support group that uses art and healing to relieve stress, heal emotions and gain a sense of accomplishment. Group is facilitated by a certified art therapist. Group meets the 1st and 3rd Wednesday of each month from 2-4PM in the Island Hospital Merle Cancer Care Center Conference Room. Call **360.588.2082** for more information. Drop-ins are welcome.
- **Grief Support Group (Island Hospital):** A free, weekly support group to learn healthy ways to cope and heal from pain. Group meets every Wednesday from 3:30-5PM at Island Hospital in the Guemes Conference Room. Call **360.202.1699** for more information. Drop-ins are welcome.
- **Grief Support Group (Hospice of the Northwest):** A free weekly support group to talk about the grief process. Open to adults who have experienced a death within the past two years. Must call prior to attending. 10 week group. Call **360.814.5550**.
- **Us TOO Prostate Cancer Support Group:** Group meets on the 3rd Wednesday of each month at 11AM in the Fidalgo Conference Room at Island Hospital in Anacortes. Call **360.299.3892** for more information.
- **Women's Cancer Support Group (breast or gynecological cancer):** A support group meets the 2nd Wednesday of each month at 5PM in the Safeway Conference Room at Skagit Regional Cancer Care Center. Call **360.814.8255** for more information.

Crisis Phone Lines

- **National Suicide Hotline: 800.SUICIDE, (800.784.2433)**
- **Volunteers of America Crisis Line: 800.584.3578**
- **Skagit County Crisis Center: 360.757.7738**

24 Hour Cancer Support Phone Lines

- **Cancer Lifeline:** Trained volunteers are available **24 hours a day** to provide emotional support and resources to cancer patients, caregivers and friends before, during and after cancer treatment. Support is free of charge and can be offered over the phone on an ongoing basis. Call **800.255.5505**.
- **American Cancer Society:** Trained volunteers are available **24 hours a day** to provide support and resources to anyone touched by cancer. Call **800.227.2345**.

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Peer-to-Peer Support

- **Reach to Recovery (American Cancer Society):** Newly diagnosed breast cancer patients are matched with a trained volunteer breast cancer survivor to provide mentorship and support throughout treatment. **Call 800.227.2345.**
- **Patti Robinson Kaufmann First Connection Program (Leukemia and Lymphoma Society):** Free service that connects patients and their loved ones to a trained peer volunteer who has gone through a similar experience. **Call 206.628.0777.**
- **Buddy Program (Colon Cancer Alliance):** This program offers peer-to-peer support through listening and providing insight from those who have been there to newly diagnosed colorectal cancer patients and caregivers. Buddies are matched based on stage of diagnosis, age, gender and primary concerns. **Call 877.422.2030.**
- **Phone Buddy Program (Lung Cancer Alliance):** Trained volunteers offer a peer-to-peer phone support program for people with lung cancer. The volunteers are either going through treatment or have completed treatment. **Call 800.298.2436.**
- **Guides Program (Lung Cancer Alliance):** The Grief and Understanding in Death and End of Life Support, "GUIDES", is a peer-to-peer program for caregivers whose loved one is at the end of life or has died. **Call 800.298.2436.**
- **Cancer Hope Network:** Program provides free one-on-one emotional support to cancer patients, their family members and their caregivers. Individuals are matched to trained volunteers who have been through a similar situation. **Call 800.552.4366.**

NOTE: Information is subject to change. Please call to verify.