

WHATCOM COUNTY COMMUNITY PARTNERS

- **Animals as Natural Therapy (ANT):**

Animals as Natural Therapy offers healing programs for at-risk youth & veterans based on research that animals can teach humans important life skills: respect for one's self and others, trust-building, and clear communication. ANT's equine-based experiential methods are highly effective in helping overcome many personal challenges in areas such as impulse control, anger management, attachment, PTSD, grief, and anxiety. ANT's projects successfully aid in preventing school dropouts; avoiding repeated incarcerations; circumventing gang, prostitution or drug involvement; and preventing suicide attempts.

Call: (360) 671-3509

Visit: www.animalsasnaturaltherapy.org

- **National Alliance on Mental Illness (NAMI) Whatcom County:**

NAMI Whatcom is an affiliate of NAMI, the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. They provide free support groups, educational classes and forums to the community. NAMI Whatcom is fully inclusive of individuals with mental illness and their families of all backgrounds and cultures. Their affiliate collaborates with others to advocate for system change and public policies that best serve to support recovery and resiliency for those whose lives are affected by mental illness.

Contact: Kim Sauter (Director): KSauter@NAMIWhatcom.org

Visit: www.nami.org

- **Northwest Youth Services (NWYS):**

A non-profit organization serving young people ages 13-24 experiencing homelessness in Whatcom and Skagit Counties. NWYS supports youth in identifying goals and building the skills necessary to reach their own sense of stability. Northwest Youth Services offers housing, street outreach, help finding a job or enrolling in school, connection to mental health services, support for LGBTQ youth, restorative justice for juvenile offenders, and referrals to other services in the community. The Queer Youth Project is a NWYS program dedicated to supporting and advocating for at-risk and homeless LGBTQ youth.

Contact: Page (Queer Youth Project Coordinator): Page@nwys.org

Kelsey Peronto (PAD Program Manager): KelseyP@nwys.org

Visit: www.nwys.org

- **Western Washington University Suicide Prevention Program:**

WU's Suicide Prevention Program provides a systematic approach to preventing suicide and promoting emotional well-being on campus. They work to promote

“upstream” approaches to emotional well-being and suicide prevention. Among the approaches they utilize are programs that assist students in developing life skills, strengthening relationships, improving wellness and academic performance. They also collaborate with campus partners to end the stigma associated with mental illness.

Contact: KaSandra Church (Coordinator): suicideprevention@wwu.edu

Visit: www.suicideprevention.wwu.edu

Suicide Prevention Programs for Schools

- **Adolescents Coping with Depression:**

A cognitive behavioral treatment intervention that targets issues typically experienced by adolescents with depression. These issues include discomfort, anxiety, irrational/negative thoughts, poor social skills, and limited experiences of pleasant activities. The program consists of 16 two-hour sessions conducted over an eight-week period. Organized by Kaiser Permanente Center for Health Research.

To purchase the program: <http://www.saavsus.com/store/adolescent-coping-with-depression-course>

- **Signs of Suicide (SOS)**

A suicide prevention program designed for middle school or high school students. The goals are to decrease suicide and suicide attempts by increasing student knowledge and adaptive attitudes about depression, encourage personal help-seeking and/or help-seeking on behalf of a friend, reduce the stigma of mental illness, engage parents and school staff, and encourage community-based partnerships to support student mental health. Implemented using educational DVDs and group discussions. Organized by Screening for Mental Health non-profit organization that provides educational programs for mental health conditions.

To purchase the program:

<https://shop.mentalhealthscreening.org/collections/youth-programs>

- **Good Behavior Game (GBG)**

The Good Behavior Game is a universal classroom-based behavior management strategy for elementary school that teachers use along with a school's standard instructional curricula. GBG uses a classroom-wide game format with teams and rewards to socialize children to the role of student. It aims to reduce aggressive, disruptive classroom behavior, which is a shared risk factor for later problem behaviors, including adolescent and adult illicit drug abuse, alcohol abuse, cigarette smoking, antisocial personality disorder (ASPD), violent and criminal behavior, and suicidal thoughts and behaviors. Organized by American Institutes for Research.

To purchase the program:

<http://www.blueprintsprograms.com/program-costs/good-behavior-game>

National Organizations

- **American Foundation for Suicide Prevention (AFSP):**

A voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education, and advocacy to take action against suicide. AFSP is dedicated to saving lives and bringing hope to those affected by this leading cause of death. AFSP creates a culture that's smart about mental health by engaging in the following core strategies: funding scientific research, educating the public about mental health and suicide prevention, advocating for public policies in mental health and suicide prevention, and supporting survivors of suicide loss and those affected by suicide.

Visit: <https://afsp.org/>

- **JED Foundation:**

JED is a nonprofit that exists to protect emotional health and prevent suicide for our nation's teens and young adults. They are partnering with high schools and colleges to strengthen their mental health, substance abuse, and suicide prevention programs and systems. They're equipping teens and young adults with the skills and knowledge to help themselves and each other. They're encouraging community awareness, understanding, and action for young adult mental health.

Visit: <https://www.jedfoundation.org/>

- **Samaritans USA (SAMS USA):**

Samaritans USA is a coalition of the eight community-based Samaritan suicide prevention centers in the United States. Their mission aims to accomplish three objectives: 1) to provide immediate and ongoing emotional support to those who are in crisis or have lost a loved one to suicide; 2) to teach lay and professional caregivers and service providers the most effective methods to prevent suicide; 3) to educate caregivers, service providers, academics, those in government, industry and the general public about the public health problem posed by suicide and the best means to prevent it.

Visit: <http://www.samaritansusa.org/>

- **Suicide Awareness Voices of Education (SAVE):**

SAVE was one of the nation's first organizations dedicated to the prevention of suicide. Their work is based on the foundation and belief that suicide is preventable and everyone has a role to play in preventing suicide. Through raising public awareness, educating communities, and equipping every person with the right tools, we know we can SAVE lives.

Visit: <https://save.org/>

- **Society for the Prevention of Teen Suicide:**

The mission of the Society for the Prevention of Teen Suicide is to reduce the number of youth suicides and attempted suicides by encouraging public awareness through the development and promotion of educational training programs. Learn about warning signs, and the resources available.

Visit: <http://www.sptsusa.org/>

Hotlines

- **National Suicide Prevention Hotline:**

The National Suicide Prevention Lifeline 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. "We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness."

Call: **1-800-273-8255**

- **Trans Lifeline:**

Trans Lifeline is a 501(c)3 non-profit dedicated to the well being of transgender people. They run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of the community might have.

Call: USA: **(877) 565-8860**

Canada: **(877) 330-6366**

- **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**

- **Your Life Your Voice:**

The Boys Town National Hotline has been taking calls from youth and families since 1989. They encourage people to contact by phone if they are in any danger, or if it's a really serious issue. Talking on the phone can provide more immediate help, but they know that sometimes you might be more comfortable contacting them via chat, text, or email. Their counselors are available 24/7 and have a wide range of experiences working with kids and families who are frustrated, depressed, or just need someone to talk to.

Call: **1-800-448-3000**

- **Youth America Hotline:**

The national Youthline links youth and teen callers going through crisis with trained, similar-aged teens, who can provide free, confidential help and counseling over the phone.

Call: **1-877-968-8454**

Text/Online Chat

- **Crisis Text Line:**

The Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis. With over 54 million messages processed to date, they're growing quickly, but so is the need.

Text: **HOME to 741741**

- **IMAlive:**

IMAlive is the world's first virtual crisis center. It is the world's first crisis center where 100% of the volunteers are trained in crisis intervention. They provide crisis intervention to people in crisis online and empower them to take the necessary next steps to address their situation. Volunteers who respond to IMAlive chats have received a minimum of 40 hours of training in crisis intervention and are supervised by a professional staff of supervisors who have demonstrated advanced intervention skills.

Visit: <https://www.imalive.org/>

- **Lifeline Crisis Chat:**

The Lifeline Crisis Chat is a service of the National Suicide Prevention Lifeline in partnership with CONTACT USA. It is the first service of its kind where crisis centers across the United States have joined together to form one national chat network that can provide online emotional support, crisis intervention, and suicide prevention services. The chat specialists are there to listen and support you through whatever difficult times you may be facing.

Visit: <http://www.crisischat.org/>

- **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.

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

- **Your Life Your Voice:**

The Boys Town National Hotline has been taking calls from kids and families since 1989. They encourage people to contact by phone if they are in any danger, or if it's a really serious issue. Talking on the phone can provide more immediate help, but they know that sometimes you might be more comfortable contacting us via chat, text, or email. Our counselors are available 24/7 and have a wide range of experiences working with kids and families who are frustrated, depressed, or just need someone to talk to.

Text: **VOICE to 20121 to start**

Visit: <http://www.yourlifeyourvoice.org/>

Veteran Support

- **Cover Me Veterans:**

A nonprofit organization partnering in the fight to address the disproportionately high rate of suicide in the veteran population. They offer veterans and current service members the opportunity to have a personally relevant and meaningful image placed directly on their firearm(s) with the hope that seeing this image will prompt them to "think twice," should they have thoughts of suicide and the firearm within reach. Seeing this image is likely an effective way to intervene at this incredibly dangerous time.

Contact: Heidi Sigmund (Executive Director): admin@CoverMeVeterans.org

- **Make the Connection:**

An online resource designed to connect veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives. Learn about the experiences of veterans who have faced mental health challenges and gain hope from their stories of recovery. Also, get connected to local resources to find help.

Visit: <https://maketheconnection.net/>

- **Veterans Crisis Line:**

The Veterans Crisis Line connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Support for deaf and hard of hearing individuals is available.

Call: **1-800-273-8255 and Press 1**

Text: **838255**

LGBTQ+ Support

- **The Trevor Project:**

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. They offer accredited life-saving, life-affirming programs and services to LGBTQ youth that create safe, accepting and inclusive environments over the phone, online and through text.

Visit: <https://www.thetrevorproject.org/>

Trevor Lifeline: **1-866-488-7386**

- **Trans Lifeline:**

Trans Lifeline is a 501(c) 3 non-profit dedicated to the well being of transgender people. They run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of the community might have.

Call: USA: **(877) 565-8860**

Canada: **(877) 330-6366**

Support Groups

- **NAMI Suicide Survivors Support Group:**

This group is for those who have lost a loved one to suicide. Meetings are the 2nd and 4th Mondays of each month at 6:30 PM - 8:00 PM. Kim Sauter from NAMI Whatcom recommended this resource.

Contact: Rodger Butler (Facilitator) **(408) 829-4325**

Treatment/Services

- **Catholic Community Services (CCS):**

CCS provides community mental health services to Medicaid eligible children and families in Whatcom, Skagit and Snohomish Counties. After an initial assessment and determination of need for ongoing help, core mental health services available at CCS include individual and/or family counseling/therapy, medication

evaluation/management and coordination with primary care physicians, and case management. CCS also provides groups for children and adolescents that focus on managing behaviors and emotions, and developing self-care and interpersonal relationship skills.

Visit: **1133 Railroad Ave., Suite 100, Bellingham, WA 98225**

Call: **(360) 676-2164**

Hours: M-Th: 8am-6pm, F: 8am-5pm

- **Compass Health Counseling**

Compass Health is a private, non-profit, state licensed organization providing mental health and chemical dependency services. They provide services in Snohomish, Skagit, Island, San Juan, and Whatcom counties.

Call: **360-676-2220**

- **Compass Health Crisis Prevention and Intervention Team**

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.

Call: **360-752-4545** (Whatcom County)

1-800-584-3578 (VOA Care Crisis Response Services)

- **Unity Care Northwest**

Mental and emotional health is an important part of overall health and wellness. Unity Care Northwest's behavioral health providers work closely with you and your Primary Care Provider (PCP) to help you meet your healthcare goals. They provide short-term counseling or help in a crisis. They can help you address such concerns as depression, anxiety, post-traumatic stress disorder, smoking cessation, substance use, and chronic conditions. Unity Care NW offers other wellness programs to help you improve your health. Their behavioral health groups provide a safe environment to work through symptoms, decrease isolation, and provide support.

Visit: **1616 Cornwall Ave. Ste. 205 Bellingham, WA 98225** or

5616 3rd Avenue Ferndale, WA 98248

Call: **(360) 676-6177**

Hours: 7:45 AM – 6:00 PM Mon – Fri

- **WWU Counseling Center:**

The Mission of the Counseling Center is to facilitate student success and psychological well-being through culturally sensitive clinical services, outreach, and consultation. They offer free individual and couples counseling to Western students and faculty as well as workshops and support groups.

For appointments: **360-650-3164**, for help after-hours select "option 1"

Regional Resources

- **Forefront**

A social impact center at the University of Washington School of Social Work, Forefront is focused on ending suicide by championing suicide prevention, leading systemic change, and advocating for the many family and community members affected.

Visit: <http://www.intheforefront.org/>

- **Pacific Northwest Suicide Prevention Resource Center**

The Pacific Northwest Suicide Resource Center provides youth, educators, parents, and researchers with the vital information they need to end suicide in the State of Washington. This website is a living document – as new research, knowledge, and best practices become available, you will find them here.

Visit: <http://depts.washington.edu/hiprc/suicide/>

- **Washington 2-1-1**

When you dial 2-1-1, trained Information and Referral Specialists answer your questions and get you connected with the resources you need. Whether you're in need of help with rent assistance, job training, food, shelter, or support groups, these are just some of the hundreds of social services and health and wellness programs that 2-1-1 can help you access. Their Information and Referral Specialists are there when you need them, available 24/7 for your convenience.