



# BEHAVIORAL HEALTH RESOURCES FOR MASON COUNTY

<p><b>Struggling with thoughts of suicide or other mental health crisis challenges?</b></p>	<ul style="list-style-type: none"> <li>• <b><u>For Local Suicide Prevention and Resources:</u></b> Contact Mason-Thurston Crisis Clinic- 24/7 at <b>360-586-2800</b> or visit <a href="http://crisis-clinic.org">crisis-clinic.org</a> <ul style="list-style-type: none"> <li>o Mason Thurston Crisis Clinic also offers a comprehensive list of local behavioral health and substance use disorder resources including those for Spanish speaking patients and patients with low or no income. For quick reference, a list of these resources is available online at <a href="http://crisis-clinic.org/resources/">crisis-clinic.org/resources/</a></li> </ul> </li> <li>• <b><u>For Suicide Prevention:</u></b> Contact the National Suicide Prevention Lifeline at <b>1-800-273-8255</b> (TRS 1-800-799-4889)</li> <li>• <b><u>For Immediate Help:</u></b> Call <b>911</b> for a life-threatening emergency.</li> </ul>
<p><b>Struggling with substance use disorder?</b></p>	<ul style="list-style-type: none"> <li>• <b><u>For Local SUD Evaluation and Treatment:</u></b> Contact New Directions Counseling at <b>360-427-5232</b> <ul style="list-style-type: none"> <li>o New Directions is based out of Shelton, WA and offers Alcohol and Drug Treatment. You do not need a referral from your doctor and can contact them directly. They also offer <b>Servicios en Espanol</b>.</li> </ul> </li> <li>• <b><u>For Additional Resources and Intervention with a Substance Use Disorder:</u></b> Contact the Washington Recovery Help Line at <b>1-866-789-1551</b> (24/7), which also provides resources for Gambling and Mental Health</li> <li>• <b><u>For Local Alcoholics Anonymous (AA) (Alanon &amp; Alateen; 24 hours):</u></b> Call <b>360-352-7344</b></li> <li>• <b><u>For Local Narcotics Anonymous (NA; 24 hours):</u></b> Call <b>360-754-4433</b></li> </ul>
<p><b>Waiting to get into an appointment but feel you need a listening ear before then?</b></p>	<p style="text-align: center;"><b>WA Listens is still available by calling 1-833-681-0211</b></p> <p>WA Listens is a supportive listening line that is anonymous and FREE for all residents of Washington State regardless of your income or health insurance status. WA Listens provides immediate non-clinical mental health-based support for its callers at the time of the call, but also has resources available if the caller is in crisis. This supportive listening line is also ideal for frontline healthcare workers and those directly impacted by the COVID-19 pandemic. No appointment needed.</p>
<p><b>Have a safety concern for you or someone you love?</b></p>	<ul style="list-style-type: none"> <li>• <b><u>Turning Pointe (Domestic Violence Advocates, 24 hours):</u></b> Call <b>360-432-1212</b></li> <li>• <b><u>Child Protective Services (24 hours):</u></b> Call <b>1-866-764-2233</b> or <b>1-866-363-4276</b></li> <li>• <b><u>Adult Protective Services (report abuse of vulnerable &amp; elderly adults):</u></b> Call <b>360-664-9061</b> or <b>1-877-734-6277</b></li> </ul>

*\*\* Please turn over for a comprehensive list of Mason County Community Services. List provided by the Mason-Thurston Crisis Clinic \*\**

## Mission

United Community,  
Empowered People,  
Exceptional Health

## Vision

Provide the best  
patient-centered care in the  
Pacific Northwest

## Values

Service & Relationships



# MASON COUNTY Community Services List

For Crisis Intervention, Resources and Referrals

## The Crisis Clinic of Thurston and Mason Counties

360-586-2800 - 24 Hours Every Day

Visit our website at: [www.crisis-clinic.org](http://www.crisis-clinic.org) - Like us on Facebook and Instagram

JANUARY 2021

360 AREA CODE unless otherwise noted

Washington State 211 (Mon-Fri 9am - 3pm) [www.resourcehouse.com/win211](http://www.resourcehouse.com/win211) 211  
Mason County Sheriff Non-Emergency Line 426-4441

### CHILDREN / YOUTH / TEENS

Big Brothers / Big Sisters of SW, WA (Children Matched w/ Adult Volunteers) 943-0409  
Boys and Girls Club of North Mason County 362-1855  
Child Care Action Council-Resource & Referral Line 360-754-0810 or 800-446-1114  
Child Protective Services (24 hours) 866-764-2233 or 866-363-4276  
Children and Parents First (parenting skills/child care) BHR switchboard 704-7170  
Children's Mental Health Program, BHR 704-7170 or 800-825-4820  
Division of Children and Family Services, DSHS 432-2050 or 888-283-2634  
Community Youth Services (Shelter, Resource Info, & Services for At Risk Youth) 943-0780  
National Runaway Safeline (24 hours) 800-786-2929  
Parent to Parent (families caring for someone w/special needs) 352-1126  
Shelton Family Center/ Youth Connection 462-0125  
South Puget Intertribal Planning Agency - Children & Family Services 426-3990  
Teen Link (Crisis Connections - Texting Available) 866-833-6546  
Ture North ESD 113 (Youth Outpatient Services) 427-2050  
Youth Help Line (Crisis Clinic; 24 hours) 586-2777

### SUBSTANCE USE DISORDER SERVICES

Alcoholics Anonymous (AA) (Alanon & Lateen; 24 hours) 352-7344 or Belfair 275-9868  
Alternatives Professional Counseling (Olympia) 357-7986  
Celebrate Recovery (Support Group) 426-2758  
Narcotics Anonymous (NA; 24 hours) 754-4433  
North Mason (24 hour hotline for meeting times) 509-8009  
Northwest Resources (Shelton) 868-2697 or 426-0890  
Recovery Services (Chemical Dependency Outpatient Program), BHR 704-7170  
Sea Mar Behavioral Health (incl. Spanish speaking services) 704-7590  
Snohomish Tribe Alcohol and Chemical Dependency 877-2008 TANF Program 877-2200  
South Sound Clinic (Evergreen Treatment Services) (Lacey) 413-6910 or 888-764-7243  
The Harvest Program (Mothers and Expecting Women Seeking Addiction Recovery) 426-1696  
Washington Recovery Help Line (Substance Abuse, Gambling, Mental Health) 866-789-1511  
Washington State Problem Gambling Help Line (24 hours) 800-547-6133

### COUNSELING / MENTAL HEALTH

Behavioral Health Services (BHR) 426-1696 or 800-825-4820  
Community Youth Services (Counseling & Services for At Risk Youth) 943-0780  
Consejo Counseling and Referral Service 763-5610  
Designated Crisis Responders (Involuntary Detention 24 hours) 754-1338 or 800-270-0041  
Mason Clinic - Behavioral Health 426-2653  
Mental Health Professionals LLC 462-3320  
NAMI Thurston/Mason (an affiliate of the National Alliance on Mental Illness) 493-6021  
Peninsula Community Health Services 377-3776  
Sea Mar Behavioral Health (incl. Spanish speaking services) 704-7590  
Skokomish Tribal Mental Health Clinic 426-7788  
South Sound Behavioral Hospital (24/7 Free Assessment) 844-949-8888  
Squaxin Island Tribe - Behavioral Health Program 426-1582  
Telecare Shelton Evaluation and Treatment Center 205-8000  
Washington Warm Line (Support line for anyone with mental health challenges) 877-500-9276

### DISABILITIES - PHYSICAL / MENTAL

Adult Protective Services, DSHS (report abuse to vulnerable adults) 664-9061 or 877-734-6277  
Arc of WA State (Advocates for Rights of Citizens w/ DD) Olympia 357-5596  
Blind, WA State Dept of Services for the 800-552-7103  
Deaf & Hard of Hearing Services, WA State Office of 800-422-7930  
Exceptional Foresters (residential support for dev disabled adults) 426-0077  
Gift for Special Children (financial/referral assistance) (24 hours) 427-0558  
Long Term Care Program, CCS (in-home assistance) 427-2230 or 800-642-8026  
Shelton School District - Special Services (birth-21 years) 426-2151  
Social Security Information Line (SSI/ Medicare) 800-772-1213  
South Sound Parent to Parent (Supporting Parents of Individuals with special needs) 352-1126  
Vocational Rehabilitation, Division of (DVR) 800-830-3243  
WA Talking Book & Braille Library 800-542-0866

### EMPLOYMENT / EDUCATION / LITERACY

Career Quest (Employment Services for Adults w/ Disabilities) 427-7300  
CHOICE High School (alternative high school for ages 14-21) 426-7664  
Family Education & Support Services (Parenting Support/Child Dev) 877-813-2828 or 754-7629  
Job Corps (Vocational Ed & life skills training, ages 16-24) 754-3668  
Mason Co Youth Programs (employment for special needs youth, 16 - 22) 426-1200  
North Mason School District 277-2300  
Olympic College Shelton (basic college/GED prep/Adult Basic Education) 432-5400  
Shelton School District 426-1687  
Shelton Timberland Library 426-1362  
Sound Learning (tutoring for reading, writing, ESL, GED) 426-9733  
South Puget Intertribal Planning Agency (five tribes) 426-3990  
Work First Program, SPSCC (Pre-Employment Training/Support for those on TANF) 596-5401  
Work Source-(Job Search/Training, Unemployment Comp) 427-2174

### EMERGENCY NEEDS

Community Action Council (Limited Utility Assistance, Food) 426-9726  
Community Lifeline (Food, Emergency Shelter, Showers) 462-4439  
Community Service Office (CSO), DSHS 877-501-2233  
Crazy Love Ministries (Hot meals, Clothing, Support) 358-3355  
Mason Transit Authority (Dial-A-Ride and Bus Routes) 427-5033 or 800-374-3747  
Crossroads Housing (Emergency Shelter, Rent Assis.) 427-6919  
North Mason Resources (Rental Assistance, Utility Assistance and more) 452-2303  
Turning Point (24 hour Domestic Violence Shelter) 432-1212 or 877-923-1212  
Red Cross (Tacoma) 253-474-0400  
South Puget Intertribal Planning Agency (Assistance for Tribal Members) 426-3990  
United Way of Mason County 426-4999

### FOOD & NUTRITION

Food Banks Saints Pantry 427-8847; Hood Canal 877-6507, North Mason 275-4615  
Food Stamps, DSHS - CSO 877-501-2233  
Garden Raised Bounty (GRuB) 753-5522  
Senior Nutrition Program (Meals on Wheels) Shelton 426-3697  
Women, Infants, Children (WIC) Nutrition Program (CAC) 426-9726

### HEALTH / HOSPITALS / CLINICS

Assured Home Health 236-920 or 800-556-1611 Hospice 352-0711  
CHOICE Regional Health Network (low income access to health services) 539-7576  
Dental Clinic, Sea Mar Community Health (low income) 570-8016  
Family Health Hotline (Watch Me Grow Washington) 800-322-2588  
Franciscan Medical Center, Bremerton 377-3911 Emergency Room: 792-6710  
Health Care Center (Walk-ins Accepted, No Medicare/Medicaid; Spanish Avail.) 426-9717  
Health Department, Mason County (AIDS Testing, HIV/AIDS, Case Mgmt, Children's Services, Immunization, Maternity Support, Pregnancy Testing, STD Clinic, Vital Records) 427-9670 Ext. 400 Belfair 275-4467 Ext. 400 Elma 482-5269  
HIV/AIDS Hotline, National 800-272-2437 or 800-448-0440  
Homecare Referral (Agency on Aging) 360-664-3162 Ext. 143 or 800-970-5456  
Mason Clinic (Walk-in, Non-emergent Illnesses/Minor Injuries) 426-2653; 800-824-8885  
Mason General Hospital Main 426-1611 or N Mason 275-8614 TDD 4279593  
Medical Assistance (coupons), CSO (DSHS) 877-501-2233  
Olympia Free Clinic (call for hours) 890-4074  
Olympia Union Gospel Mission Dental Clinic (Dental/Vision for Uninsured) 943-6400  
Paratransit Services (transportation to medical appointments) 800-756-5438 TDD 800-934-5438  
Planned Parenthood (birth control, pregnancy testing, counseling) 800-769-0045 or 426-2933  
Poison Center, WA (info for poison/overdose; 24 hours) V/TDD 800-222-1222  
Providence Sound Home Care & Hospice 459-8311 or 800-869-7062  
Sea Mar Community Health Center, Medical (low income/Hispanic) 491-1399  
Senior Case Management (Area Agency on Aging) 427-2225  
SHIBA (State Health Ins. Benefit Advisers) Medicare, Sup. Ins. Info 800-562-6900  
Skokomish Indian Tribe Health Clinic 426-5755

### HOUSING ASSISTANCE / EMERGENCY SHELTERS

Community Action Council (Rental, Utilities Assis, WIC) 426-9726  
Community Lifeline (Single Adult Shelter, no children) 462-4439  
Crossroads Housing (Emergency Shelter) 427-6919  
Bremerton Housing Authority, serves Mason (housing for low-income, disabled, elderly) 373-0420  
Haven House (shelter/crisis center for teens 12-17) 754-1151  
Housing Crisis Support Center S. Mason 427-6919 ext. 206; N. Mason 552-2303  
Housing Options for Students in Transition (for youth ages 16-21) 426-7664  
Kitsap Community Resources (shelter) N Mason 377-0053  
South Puget Sound Intertribal Planning Agency (tribal housing) 426-3990  
Turning Pointe (domestic violence shelter) 432-1212 or 877-923-1212

### SAFETY / LEGAL / CONSUMER ASSISTANCE & SUPPORT

Child Support Enforcement Office, DSHS 800-345-9964 or 800-442-5437  
CLEAR Hotline (Coordinated, Legal Ed Advice/Referral) 888-201-1014  
Consumer Protection Division, (Attorney General, unfair business) 800-551-4636  
Crime Victim Service Center of Lewis and Mason Counties 426-9726 ext. 3105  
Department of Health, Mason County 427-9670  
Disability Rights Washington (dev disabled, mentally ill) 800-562-2702 or 206-324-1521  
Dispute Resolution Center (mediation services) Olympia 956-1155  
Human Rights Commission, WA State 753-6770 or 800-233-3247  
Long-Term Care Ombudsman (mediation/advocacy in nursing homes) 800-562-6028 or 943-6018  
Mason Transit Authority 800-374-3747 or 427-5033  
National Domestic Violence Hotline (24 hours) 800-787-7233 or TTY 800-787-3224  
P.O.W.E.R. (Parents Organizing for Welfare & Economic Rights) 352-9716 or 866-343-9716  
Tenant Rights Hotline (Seattle Number) 206-723-0500  
Thurston County Family Justice Center (Family Support Center) 754-9297  
Turning Pointe (Domestic Violence Advocates, 24 Hours) 432-1212 or 877-923-1212  
Victim/Witness Assistance 427-9670 Ext. 417 or N. Mason 275-4467 Ext. 417

### SENIORS

Adult Protective Services, DSHS (investigates reports of abuse) 877-734-6277  
Area Agency on Aging (info and case management) 427-2225 or 664-2168  
Care Connection 586-4491  
Catholic Community Services (Home Care) 586-2960  
Faith in Action (supporting independent living) 275-0535  
Older Adult Services, BHR (counseling/case management) 704-7170 or 800-825-4820  
Paratransit Services 800-756-5438 TDD 800-934-5438  
Senior Activities Association (meeting place/lunches) Shelton 426-7374  
Senior Information & Assistance (AAA) 427-2225 Ext. 101 or 888-545-0910  
SHIBA (State Health Ins. Benefit Advisers) Medicare, Sup. Ins. Info 800-562-6900  
South Sound Care Connection (care coordination) Olympia 586-4491

### SPECIFIC POPULATIONS: SERVICES & ASSISTANCE

Cielo Project (Hispanic/Latino services) 709-0931  
Immigrant Student's Rights (Superintendent's Office) 725-6147  
Mason Veterans Family Assistance Program (Case Management) 426-4546  
National Single Lifeline (24 hours; for Veterans Crisis Line Press 1) 800-273-8255  
Skokomish Indian Tribe - Social & Health Services 426-4232  
Squaxin Island Tribal Center 426-9781  
South Puget Intertribal Planning Agency (social services for five tribes) 426-3990  
Veterans Benefits and Services (WA State) 800