



BEHAVIORAL HEALTH RESOURCES FOR MASON COUNTY

<p>Struggling with thoughts of suicide or other mental health crisis challenges?</p>	<ul style="list-style-type: none"> • <u>For Local Suicide Prevention and Resources:</u> Contact Mason-Thurston Crisis Clinic- 24/7 at 360-586-2800 or visit crisis-clinic.org <ul style="list-style-type: none"> ○ 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 crisis-clinic.org/resources/ • <u>For Suicide Prevention:</u> Contact the National Suicide Prevention Lifeline at 1-800-273-8255 (TRS 1-800-799-4889) • <u>For Immediate Help:</u> Call 911 for a life-threatening emergency.
<p>Struggling with substance use disorder?</p>	<ul style="list-style-type: none"> • <u>For Local SUD Evaluation and Treatment:</u> Contact New Directions Counseling at 360-427-5232 <ul style="list-style-type: none"> ○ 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 Servicios en Espanol. • <u>For Additional Resources and Intervention with a Substance Use Disorder:</u> Contact the Washington Recovery Help Line at 1-866-789-1551 (24/7), which also provides resources for Gambling and Mental Health • <u>For Local Alcoholics Anonymous (AA) (Alanon & Alateen; 24 hours):</u> Call 360-352-7344 • <u>For Local Narcotics Anonymous (NA; 24 hours):</u> Call 360-754-4433
<p>Have a safety concern for you or someone you love?</p>	<ul style="list-style-type: none"> • <u>Turning Pointe (Domestic Violence Advocates, 24 hours):</u> Call 360-432-1212 • <u>Child Protective Services (24 hours):</u> Call 1-866-764-2233 or 1-866-363-4276 • <u>Adult Protective Services (report abuse of vulnerable & elderly adults):</u> Call 360-664-9061 or 1-877-734-6277 <p><i>** Please turn over for a comprehensive list of Mason County Community Services. List provided by the Mason-Thurston Crisis Clinic **</i></p>

Mission

United Community,
Empowered People,
Exceptional Health

Vision

Provide the best
patient-centered care in the
Pacific Northwest

Values

Service & Relationships



September 2022

Washington State 211 (Mon-Fri 9am – 3pm) call 211 or visit <https://search.wa211.org/>
Mason County Sheriff Non-Emergency Line 360-426-4441

CHILDREN / YOUTH / TEENS

Big Brothers / Big Sisters of SW WA (children matched w/ adult volunteers).....	360-943-0409
Boys and Girls Club of North Mason County	360-362-1855
Child Care Action Council (Resource & Referral Line)	360-754-0810 or 800-446-1114
Children's Crisis Stabilization 24 hours	360-480-5721
Child Protective Services	866-764-2233 or 866-363-4276
Children and Parents First (Parenting Skills/Child Care) BHR switchboard	360-704-7170
Children's Mental Health Program (BHR)	360-704-7170
Coffee Oasis, Youth Programs (Shelter, Counseling) 24 hours text "help"	360-377-5560
Division of Children and Family Services (DSHS)	360-432-2050
Community Youth Services (Shelter, Resource Info & Services for At Risk Youth)	360-943-0780
National Runaway Safe Line 24 hours	800-786-2929
Parent to Parent (Families Caring for Someone w/ Special Needs)	360-352-1126
Shelton Family Center/Youth Connection	360-462-0125
South Puget Intertribal Planning Agency (Children & Family Services)	360-426-3990
Teen Link (Peer Support, Texting Available: 6pm-9:30pm)	866-833-6546
Youth Help Line (Crisis Clinic) 24 hours	360-586-2777

ADDICTION RECOVERY SERVICES

Alcoholics Anonymous (Alanon & Alateen) Peer Support 24 hours	360-352-7344
Alternatives Professional Counseling (Olympia)	360-357-7986
Celebrate Recovery (Support Group, Gateway Christian Fellowship)	360-426-2758
Evergreen Treatment (Counseling, Methadone Program)	360-413-6910
Gambling Help Line (WA) 24 hours	800-547-6133
Narcotics Anonymous (NA) (spana.org)	360-754-4433
Northwest Resources in Shelton (Addiction Counseling, Outpatient Rehab)	360-868-2697
Recovery Services at BHR (Chemical Dependency Outpatient Program)	360-704-7170
Recovery Help Line (WA Substance Abuse, Gambling, Mental Health)	866-789-1511
Sea Mar Behavioral Health (incl. Spanish Speaking Services)	360-704-7590
Snohomish Tribe (Alcohol & Chemical Dependency)	360-877-2008; re: TANF 360-877-2200
Telecare (Crisis Relating to Drug Abuse & Mental Health)	360-754-2423
The Harvest Program (BHR, for Mothers & Expecting Women Seeking Recovery)	360-426-1696
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 Resources (BHR) Counseling Services	360-704-7170
Catholic Community Services (Family Behavioral Health Services)	360-878-8248
Community Youth Services (Counseling & Services for At Risk Youth)	360-943-0780
Consejo Counseling and Referral Service	360-763-5610
Designated Crisis Responders (Involuntary Detention) 24 hours	360-754-1338
Mason Clinic (Behavioral Health)	360-426-2653
Mental Health Professionals LLC, Shelton (Psychiatry)	360-462-3320
NAMI Thurston/Mason (Nat'l Alliance for Mental Illness: Info & Support)	360-493-6021
Peninsula Community Health Services	360-377-3776
Sea Mar Behavioral Health (incl. Spanish Speaking Services)	360-704-7590
Skokomish Tribal Mental Health Clinic	360-426-5755
South Sound Behavioral Hospital (Free Assessments) 24 hours	360-764-8400
Squaxin Island Tribe - Behavioral Health Program	360-426-1582
Telacore, Shelton (Evaluation & Treatment Center)	360-205-8001
WA Warm Line (Peer Support for Mental Health Challenges) 24 hours	866-427-4747 & 877-500-9276

DISABILITIES - PHYSICAL & MENTAL

Adult Protective Services (DSHS, Report Abuse to Vulnerable Adults)	877-734-6277
Arc of WA State (Advocates for Citizens with Intellectual/Developmental Disabilities)	360-357-5596
Blind Services of WA	360-725-3846
Braille & Talking Library	800-542-0866
Deaf & Hard of Hearing Services, WA (DSHS)	800-422-7930TTY 360-725-3450
Exceptional Foresters (Independent Living Service, Employment)	360-426-0077
Gift for Special Children (Financial/Referral Assistance, Emergency on Call)	360-427-7058
Long Term Care Program, Catholic Community Services (In-Home Assistance)	360-427-2020
Parent to Parent (Supporting Parents of Individuals with Special Needs)	360-352-1126
Shelton School District - Special Services (0-21 years)	360-426-2151
Social Security Information Line (SSI/ Medicare)	800-772-1213
Vocational Rehabilitation (Division of DSHS)	360-664-3060

EMPLOYMENT - EDUCATION - LITERACY

Career Quest (Employment Services for Adults w/ Disabilities)	360-427-7300
CHOICE High School (Alternative High School for 14-21 years)	360-426-7664
Family Education & Support Services (Parenting Support, Child Development)	360-754-7629
Gravity Learning Center (Help for Students: GED Prep, Transport, Supplies)	360-426-1200
Job Corps (Vocational Education & Life Skills Training, 16-24 years)	360-754-3668
North Mason School District	360-277-2300
Olympic College Shelton (Basic College, GED Prep, Adult Basic Education)	360-432-5400
Pacific Mountain Workforce Development	360-704-3568
Shelton School District	360-426-1687
Shelton Timberland Library	360-426-1362
Sound Learning (Tutoring for Reading, Writing, ESL, GED)	360-426-9733
Work First Program, SPSC (Pre-Employment, Training, Support for those on TANF)	360-596-5401
Work Source (WA State Employment Security: Job Search, Training, Unemployment Compensation)	360-427-2174

EMERGENCY NEEDS

Community Action Council (Limited Utility Assistance, Food)	360-426-9726
Community Lifeline (Food, Emergency Shelter, Showers) 24 hours	360-462-4439
Community Service Office (DSHS)	877-501-2233
Crazy Love Ministries (Hot Meals, Clothing, Support)	360-358-3355
Crossroads Housing (Emergency Shelter, Rent Assistance)	360-427-6919
Mason Transit Authority (Dial-A-Ride & Bus Routes)	360-427-5033
North Mason Resources (Rental & Utility Assistance & More)	360-552-2303
Turning Point (Domestic Violence Shelter) 24 hours	360-432-1212
Red Cross (Tacoma)	253-474-0400
South Puget Intertribal Planning Agency (Assistance for Tribal Members)	360-426-3990
United Way of Mason County	360-426-4999

FOOD & NUTRITION

Food Banks:	
Saints Pantry 427-8847; Hood Canal 877-6507, North Mason 275-4615; Matlock 426-1903; Shelton United Methodist Church 426-4174	
Food Stamps, DSHS	877-501-2233
Garden Raised Bounty (GRuB)	360-753-5522
Meals on Wheels by Senior Services (Lunches to Anyone 60+ & Home Bound)	360-426-3697
Women, Infants, Children (WIC) Nutrition Program	360-426-9726

HEALTH CARE - HOSPITALS - CLINICS

AIDS Foundation (Olympia Office: Case Management for People with AIDS)	360-352-2375
Assured Home Health	360-236-9204
CHOICE Regional Health Network (Low-Income Insurance)	360-539-7576
Dental Clinic (Sea Mar, Low-Income)	Olympia 570-8016; Lacey 359-4860; Yelm 400-4840
Family Health Hotline (Watch Me Grow Washington)	800-322-2588
Health Care Center (Urgent Care, Spanish Available)	360-426-9717
Health Department, Mason County	Shelton 427-9670; Belfair 275-4467; Elma 482-5269
HIV/AIDS Hotline, WA	800-272-2437
Homecare Referral Registry (In-Home Care for Medicaid Clients Only)	360-664-3162
Mason Clinic (Walk-In, Non-Emergency Illnesses/Minor Injuries)	360-426-2653
Mason General Hospital 24 hours	360-426-1611
Medical Assistance Coupons (CSO, DSHS)	877-501-2233
Olympia Free Clinic (M & W 5-7pm)	360-890-4074
Paratransit Services (Transportation to Medical Appointments)	800-756-5438 TDD
Peninsula Community Health Services 24 hours	360-377-3776
Planned Parenthood (Birth Control, Pregnancy Testing, Counseling)	360-754-5522
Poison Center, WA (Info for Poison & Overdose) 24 Hours	800-222-1222
Providence Sound Home Care & Hospice	360-459-8311
Sea Mar Medical (Low-Income/Hispanic)	Olympia 491-1399; Lacey 359-4840; Yelm 400-4800
Senior Case Management (Area Agency on Aging)	360-427-2225
SHIBA (State Health Insurance Benefit Advisers: Medicare & Supplemental Insurance Info)	800-562-6900
Skokomish Indian Tribe Health Clinic	360-426-5755
Union Gospel Mission (Dental & Vision for Uninsured)	360-943-6400
Public Health	360-867-2700

HOUSING ASSISTANCE - EMERGENCY SHELTERS

Community Action Council (Rental & Utilities Assistance, WIC)	360-426-9726
Community Lifeline (Single Adult Shelter, No Children) 24 hours	360-462-4439
Crossroads Housing (Emergency Shelter)	360-427-6919
Bremerton Housing Authority (Serves Mason County, Low-Income, Disabled, Elderly)	360-373-0420
Haven House (Shelter/Crisis Center for Teens 12-17 years) 24 hours	360-754-1151
Housing Options for Students in Transition (for Youth 16-21 years)	360-426-7664
Kitsap Community Resources (Shelter)	360-377-0053
North Mason Resources (Rental Assistance, Utility Assistance & more)	360-552-2303
South Puget Sound Intertribal Planning Agency (Tribal Housing)	360-426-3990
Turning Pointe (Domestic Violence Shelter) 24 hours	360-432-1212

SAFETY - LEGAL - CONSUMER ASSISTANCE & SUPPORT

Child Support Enforcement Office (DSHS)	800-442-5437
CLEAR Hotline (Coordinated Legal Education, Advice, Referral, Justice Office)	888-201-1014
Consumer Protection Division (Attorney General, Unfair Business)	800-551-4636
Violent Crime Victim Service of Lewis and Mason Counties	360-701-1043
Department of Health, Mason County Courthouse	360-427-9670
Disability Rights Washington (Development Disabled, Mentally Ill)	800-562-2702 or 206-324-1521
Dispute Resolution Center (Mediation Services in Olympia)	360-956-1155
Human Rights Commission, WA State	360-753-6770
Mason Transit Authority	360-427-5033
National Domestic Violence Hotline 24 hours	800-799-7233 or TTY 800-787-3224
P.O.W.E.R. (Parents Organizing for Welfare & Economic Rights)	360-352-9716
Safe Haven (Needing to Surrender Newborn Anonymously) 24 hours	866-992-2291
Tenant Rights Hotline (Seattle Number)	206-723-0500
Thurston County Family Justice Center	360-754-9297
Turning Pointe (Domestic Violence Advocates) 24 Hours	360-432-1212
Victim/Witness Assistance (Courthouse)	360-427-9670 ext. 417
Suicide Prevention	800-273-8255
Legal Shield	253-896-5252
Eviction Defense Screening Line	855-657-8387

SENIORS

Adult Protective Services (DSHS, Report Abuse of Vulnerable Adults)	877-734-6277
Area Agency on Aging (Info and Case Management)	360-427-2225
Care Connection	360-586-4491
Catholic Community Services (Home Care)	360-586-2960
Faith in Action (Supporting Independent Living)	360-275-0535
Older Adult Services (BHR, Counseling, Case Management)	360-704-7170
Paratransit Services	800-756-5438 TDD
Senior Activities Association (Meeting Places, Lunches)	360-426-7374
SHIBA (State Health Insurance Benefit Advisers, Medicare & Supplemental Insurance Info)	800-562-6900
South Sound Care Connection, Olympia (Care Coordination)	360-586-4491
Homecare and Hospice (by Providence Sound)	360-459-8311
Home & Community Services (DSHS, Long Term Care)	360-725-2300
In-Home Care Coordination (by South Sound Care)	360-586-4491
Medical Equipment Loan Bank (Message Line)	360-456-8810
RSVP (United Way Retired Senior Volunteer Program)	360-943-2773 ext.20
Senior Centers:	
Yelm 458-7733; Lacey 407-3967; Rainier 446-2258; Tumwater/Park & Rec 754-4160;	
Olympia 586-6181 (ext.128 for Transportation)	
Social Security Office (Olympia)	866-807-1160
Farmer's Market Vouchers	888-545-0910

SPECIFIC POPULATIONS: SERVICES & ASSISTANCE

Cielo Project (Latino Educational, Legal advocates, Mental Health Services)	360-709-0931
Immigrant Student's Rights (Superintendent's Office)	360-725-6147
Mason Veterans Family Assistance Program (Case Management)	360-426-4546
Skokomish Indian Tribe (Social & Health Services)	360-426-4232
Squaxin Island Tribal Center	360-426-9781
South Puget Intertribal Planning Agency (Social Services for Five Tribes)	360-426-3990
Veterans Benefits and Services (WA State)	800-562-2308

PEER SUPPORT CRISIS LINES

Alcoholics Anonymous Alcoholics Anonymous (24 hours 24 hours))	360-352-7344
Suicide Lifeline 24 hours (for Veterans Crisis Line: press 1)	800-273-8255
Trans Lifeline (24-hour Crisis Line)	877-565-8860
The Trevor Project Hotline (Suicidal 25 years or younger, Straight or LGBTQIA) 24 hours	866-488-7386
WA Warm Line (peer support for mental health challenges) 24 hours	866-427-4747 & 877-500-9276
Psychedelic Peer Support (Fireside Project, Call or Text)	623-473-7433

Volunteers: if you have any suggestions to add to this list, please contact the Volunteer Coordinator