

## Island County Mental Health Resources

**Island County Human Services Behavioral Health**: Offers many services for all ages including for teens. | **Call: 800-584-3578 or 988**

**For more local resources:**

**Chat:** [www.voaww.org](http://www.voaww.org)

**Call: 988**

**TTY Users: Dial 711 then 988** (or use your preferred relay service)

**The HUB**: After-school drop-in program featuring fun activities and a meal for middle and high school youth in a safe, supportive setting in Langley. | **Call: 360- 221-0969**

**Ryan's House for Youth**: Supporting teens experiencing homelessness with transitional housing, emergency shelter, and other services in the Oak Harbor and Coupeville area. The Youth Drop-In Center in Oak Harbor serves ages 12-21. The Young Adult Center in Coupeville serves ages 18-24. | **Call: Oak Harbor 360-682-5098; Coupeville 360-331-4575**

**Readiness to Learn**: Offers services to families and educators, including a [Family Resource Center](#) and [Youth Programs](#). | **Call: 360-221-6808 ext. 4321**

**School Based Behavioral Health Services**: Offers counseling services in most Island County public schools. Parental permission is needed for this service. | **Call: 360-678-8294**

**CADA (Citizens Against Domestic and Sexual Abuse)**: Offers survivors of domestic or sexual violence free confidential services and support, including youth resources and a crisis line in English, Spanish, Tagalog, Russian, Japanese, and Chinese. | **Crisis Line: 360-675-2232 or 800-215-5669**

**Fleet & Family Support Center**: Counseling and other services for families and naval personnel stationed at Naval Air Station Whidbey. | **Call: 866-854-0638**