

MENTAL/BEHAVIORAL HEALTH SERVICES IN WHATCOM COUNTY



How we can help:

If you have concerns about your child's mental health, a great resource is your building's school counselor. In addition, the district has a Mental Health Coordinator to help connect you with resources, along with acting as a liaison between families and the school. Please reach out at any time.

Laura Lupo, 360-318-2470
Mental Health Coordinator



Irene Reither Elementary

Olivia Klein
360-318-2489

Meridian Middle School

Kathy Greshock
360-318-2376
Brett Muskavage
360-318-2373

Meridian High School

Cheryl McBride
360-318-2276
Don McMains
360-318-2261

OPPORTUNITY COUNCIL

Opportunity Council offers practical assistance when people need it and identify and meet the community needs. View their community resource directory at:

<https://whatcomresources.org/organizations>

The Opportunity Council website can be translated into Spanish, Russian, Arabic, Korean, Punjabi, Ukrainian, English, and ASL.

<https://www.oppco.org/>

NAMI of Whatcom County

NAMI is the National Alliance on Mental Illness, the nation's largest community-based organization dedicated to improving the quality of life for people with mental illness and their families through support, education and advocacy. NAMI Whatcom services are free.

<https://www.namiwhatcom.org/>

**IN CRISIS? CALL OR TEXT 988
AND VISIT THE NATIONAL SUICIDE AND
CRISIS PREVENTION NETWORK**

MENTAL/BEHAVIORAL HEALTH SERVICES IN WHATCOM COUNTY



CATHOLIC COMMUNITY SERVICES

Mental Health Services for Youth
360-676-2164

COMPASS HEALTH

Mental Health Services
360-676-2200
Whatcom County Crisis Triage Center
360-676-2020 ext. 2

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) WHATCOM

Support, Education, and
Informational Services
360-671-4950

SEAMAR

Bellingham Behavioral Health
Child and Family Services
360-398-5444

SUNRISE SERVICES

Mental Health Services
360-746-7200

UNITY CARE NORTHWEST

Mental Health Services
360-676-6177

VOLUNTEERS OF AMERICA

Behavioral Health Services
Access Line
1-888-693-7200

BRIGID COLLINS

Child and Family Services
(360) 734-4616

MERIDIAN FAMILY SUPPORT CENTER

Food, Resources and Referrals
to Services
360-318-2486
360-306-2886 (Spanish)

How to make an appointment:

Making the call or sending an email can feel overwhelming. It can help to write yourself a script so you can remember what to say, or write an email that you can use over and over again.

When you make an appointment, you will need:

- Your name
- Phone number
- Age
- Type of insurance or if you're looking for a sliding-fee or hourly rate.
- What you're having trouble with (for example, depression, anxiety, drug use, grief)
- What you want to get out of treatment.

- If you think you need medication, ask if they can prescribe medication
- If you want telehealth or in-person visits.
- The days and times you can meet.
- If you need help with transportation.
- If you have a disability and need accommodations.
- You can also include any questions you want to ask about the health care professional or program.
- These calls are confidential, so be open about any mental health, drug, or alcohol challenges you want help with.