

Family supports

Community Action Skagit

Our mission is to help people improve their lives through education, support, and direct assistance while advocating for just and equitable communities. Community Action provides a wide range of services from Basic Needs and Energy Assistance to Legal Advice, Basic Food and WIC. Call to be connected to local services.

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

360-416-7585

Skagit County Resources – Community Action

Use this directory to find community service organizations in Skagit County that can assist you or your family.

<https://skagitcrc.org/>

Washington state Department of Financial Institutions has a list of resources for Washington families impacted by Corona Virus. These include accessing your bank, unemployment help, credit card relief, mortgage and rent advice, student loan deferment, utility payments, and emergency loans. Find them here: <https://dfi.wa.gov/coronavirus-financial-resources>

Washington state Community Resources Online

<http://www.crisisconnections.org/get-help/community-resources-online/>

Helplines

TEEN LINK

1-866-TEEN LINK or 1-866-833-6546

“You’re not alone. There is someone that’s willing to listen to you without judgment. Teen Link is a program of Crisis Connections that serves youth in Washington State.

Our teen volunteers are trained to listen to your concerns and talk with you about whatever’s on your mind – bullying, drug and alcohol concerns, relationships, stress, depression or any other issues you’re facing. No issue is too big or too small! Calls and chats are confidential.”

<https://www.teenlink.org/about/>

Washington Recovery Helpline

1-866-789-1511

“The Washington Recovery Help Line is a program of Crisis Connections. We offer an anonymous, confidential 24-hour help line for Washington State residents. This help line is for those experiencing substance use disorder, problem gambling, and/or a mental health challenge. Our professionally-trained volunteers and staff provide emotional support. They can also connect callers with local treatment resources or more community services.”

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