



Help a Neighbor!



See someone who needs help? Reach out!

	Mobile Crisis Outreach Team (MCOT) Compass Health & VOA Crisis Response Services	Skagit Recovery Navigator Program Community Action of Skagit County
Contact: Anyone can make a referral!	1 (800) 584-3578 24/7 365 days a year	(360) 503-9417 M-F 9:00a.m.-4:00 p.m. Or make a referral online: www.CommunityActionSkagit.org/outreach
What kind of help?	Shorter-term crisis response	Longer-term team of support services & case management NOT CRISIS RESPONSE
Who is eligible?	Anyone, any age, any living situation in Skagit, Whatcom, Island and San Juan Counties	Anyone in Skagit County who is unhoused (living on the street, in a vehicle, motel, RV, space not meant for human habitation, in a squat, couch surfing, etc.) or living in a shelter environment or other housing program space.
When to contact?	<ul style="list-style-type: none"> When someone is experiencing a behavioral health crisis or is in a pre-crisis situation that seems to be deteriorating, and without intervention, could result in a behavioral health crisis Anywhere in the community: Homes, schools, businesses, etc. 	<ul style="list-style-type: none"> When someone is unhoused and you don't know how to help them When someone is experiencing homelessness and their behavioral health (mental health and/or substance use) challenges makes it difficult to ask for help on their own. When someone without a home wants to make a change and doesn't know where to start.
What services are provided?	<ul style="list-style-type: none"> Urgent community response, usually within 2 hours Care planning services for up to 2 weeks Community outreach Involuntary Treatment Act Services 	<ul style="list-style-type: none"> Immediate-needs supplies (may include food, water, a jacket, toiletries, hand warmers, sleeping bag, shoes, pet supplies, etc.) One-on-one, long-term relationship with a caring case manager Team of providers helping with goals for mental health, substance use disorder, detox, transportation. Assistance in applying for healthcare, housing, jobs, ID, etc. Help getting to appointments on time.

