




Help a Neighbor!



See someone who needs help? Reach out!

	<p>Mobile Crisis Outreach Team (MCOT) Compass Health & VOA Crisis Response Services</p>	<p>Skagit Recovery Navigator Program Community Action of Skagit County</p>
<p>Contact: Anyone can make a referral!</p>	<p>1 (800) 584-3578 24/7 365 days a year</p>	<p>(360) 399-8283 M-F 9:00a.m.-4:00 p.m. Or make a referral online: www.CommunityActionSkagit.org/outreach</p> 
<p>What kind of help?</p>	<p>Shorter-term crisis response</p>	<p>Longer-term team of support services & case management NOT CRISIS RESPONSE</p>
<p>Who is eligible?</p>	<p>Anyone, any age, any living situation in Skagit, Whatcom, Island and San Juan Counties</p>	<p>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.</p>
<p>When to contact?</p>	<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.
<p>What services are provided?</p>	<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.