

Bainbridge Island

Island Volunteer Caregivers (IVC)

Offers compassionate and non-judgmental support to older adults, people with disabilities, and caregivers. These free services include transportation, errands, shopping, light household help, and companionship. To access these services or for help navigating resources, contact IVC Community Outreach Navigator, Katie Auger Katie@ivcbainbridge.org or call **206-842-4441** www.ivcbainbridge.org

Bainbridge Youth Services (AskBYS)

Offers free mental-health counseling for youth ages 13–21, along with peer tutoring for students, a jobs board for youth employment, and family support services (like parent peer-support and resources). They also run programs that foster community connection and youth development through education, service clubs, a youth advisory board, and other outreach efforts. **206-842-9675** www.askbys.org

Bainbridge Island Psychotherapy Guild

Connects people in and around Bainbridge Island to licensed psychotherapists offering outpatient mental-health services. They maintain a comprehensive list of therapists across disciplines – psychology, social work, marriage & family therapy, psychiatry, and more. You can locate providers by specialty, population (children, adults, couples, families, etc.), and modes of treatment. bainbridgepsychotherapy.org or infoatbig@gmail.com.

Helpline House

Offers a range of free, confidential social services to residents of Bainbridge Island and nearby communities. Services include therapy for children ages five to twelve who have experienced emotional stress or trauma and case management services for adults, as well as broader support such as a food bank, housing and utility assistance, and case coordination services. **206-842-7621**

www.helplinehouse.org
helpline@helplinehouse.org

Responding to mental health challenges...

A mental health issue can appear at any time, and in many different ways. Because of this, it can be hard to know exactly what you're experiencing.

Common conditions people face:



Anxiety – excessive worrying, stress, or panic attacks.



Depression – overwhelming sadness, loneliness, or grief.



ADHD – attention and focus challenges.



Bipolar – mood swings between highs and lows.



Schizophrenia – hearing or seeing things that others don't.



OCD – repetitive thoughts or behaviors that seem hard to control.



PTSD – stress or flashbacks after a traumatic experience.

Remember!



You don't need an official diagnosis to reach out for support – after all, you're the one who knows best whether you need help. Don't hesitate. Call, text, or connect with someone, even if you're unsure, or worried about what others might think. Seeking help is a sign of strength.

And remember: If you need immediate, in-person support, visiting an ER or urgent care is always a safe and acceptable way to get help.

Kitsap County

NAMI Kitsap County

Offers free peer-led support groups, education, and advocacy throughout Kitsap County and nearby areas as well as free programs such as mental-health education, resource referrals, and public presentations to raise awareness and reduce stigma around mental health.

namikitsap.org | Email: info@namikitsap.org

Kitsap Mental Health Services

Provides behavioral-health and substance-use care: outpatient and intensive services; inpatient care; 24/7 crisis response; residential treatment; and supportive housing and recovery services.

360-373-5031 www.kitsapmentalhealth.org

Fishline

Offers free counseling services for individuals age 13 and older, with in-person and remote options provided by on-site counselors. To qualify, clients must live or work full-time in the North Kitsap School District, be on Bangor Base, or be experiencing homelessness. **360-779-5190** fishlinehelps.org/get-help/counseling

ImHurting.org

An online portal offering free, confidential, 24/7 emotional-support and crisis counseling via chat, text, or phone for people in distress - including those facing suicidal thoughts, self-harm, or overwhelming emotional pain. Connects callers with trained crisis counselors, providing support, coping strategies, and a safe, non-judgmental space to talk. (Kitsap, Jefferson & Clallam counties) **888-910-0416** imhurting.org

Peninsula Community Health Services (PCHS)

Provides affordable medical and behavioral-health care for people of all ages in Kitsap, Mason, and rural Pierce Counties. Services are provided regardless of insurance status, often via a sliding-fee scale. PCHS also offers behavioral-health and substance-use treatment, plus support services like insurance guidance, translation services, and transportation assistance.

360-377-3776 www.pchsweb.org

Salish Behavioral Health

Coordinates publicly funded mental-health and substance-use services for adults and children in Kitsap, Mason, and Jefferson Counties. They manage care for people eligible for Medicaid and other public programs, oversee provider networks, and monitor service quality and compliance. Also provides behavioral-health programs and support services information.

www.kitsap.gov/hs/Pages/SBH-ASO-LANDING-HOME.aspx

Statewide (WA)

Crisis Connections

Connects people in emotional, mental-health, and other crises to support services throughout Washington.

www.crisisconnections.org

WA Warm Line

A peer-support helpline for anyone dealing with mental health challenges. Trained volunteers are on hand to provide emotional support, comfort, and information. These volunteers have personal experience with mental health challenges, and deeply understand what you are going through.

877-500-9276 (daily, 2-9:30pm)

www.crisisconnections.org/wa-warm-line

WA Teen Link

A confidential and anonymous helpline for teens. Trained teen volunteers are available to talk with you about any issue of concern. No issue is too big or too small. **866-833-6546** (daily, 6-10:00pm)

www.crisisconnections.org/teen-link/

Chat: www.teenlink.org/chat/

WA Recovery Help Line

Provides crisis intervention and referral services for Washington residents. Trained volunteers and staff provide support 24 hours a day, and offer local treatment resources for substance abuse, problem gambling and mental health as well as referrals to other community services.

866-789-1511

www.crisisconnections.org/wa-recovery-help-line/

Washington 211 (WA 211)

A free, confidential referral helpline and resource directory. They maintain a statewide database of tens of thousands of resources - from mental health services to food and housing assistance, elder care, child care, utility help, and more. WA 211 can help reduce the seemingly endless web searches and phone calls, and connect you to the resources you need.

DIAL: 211 wa211.org

Nationwide

988 Lifeline

A national network of over 200 local crisis-centers staffed with trained counselors who listen, offer emotional support, and connect callers with local resources. 988 Lifeline can help, whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to.

Dial: 988

988lifeline.org

Chat: chat.988lifeline.org

The Trevor Project

The Trevor Project is the leading suicide-prevention and crisis-intervention organization for LGBTQ+ young people. They offer 24/7 confidential support via phone, text, and online chat. Other resources include peer-community connection, education, advocacy, and research aimed at reducing suicide risk among LGBTQ+ youth. **1-866-488-7386**

www.thetrevorproject.org/get-help/

Chat: chat.trvr.org

NAMI (National Alliance on Mental Illness)

NAMI (National Alliance on Mental Illness) is a nationwide organization that provides education, support, advocacy and awareness for people affected by mental illness and their families. They offer free support groups, a national Helpline for mental-health resources, outreach, and public-policy advocacy, and community-based education programs through a network of over 650 local affiliates. **1-800-950-6264**

(NAMI)

www.nami.org

Email: helpline@nami.org

If you or someone you know is experiencing a mental health crisis or having suicidal thoughts, call 988 immediately for help.