

# ORCAS ISLAND MENTAL HEALTH SERVICES

## RESOURCE GUIDE

### CRISIS LIFELINE

**WHATEVER TIME:** Day. Night.

Weekends. Holidays.

**WHATEVER THE REASON:**

Mental health distress. Substance use crisis.

Thoughts of suicide.

 Text 988  Call 988  Chat 988lifeline.org

**The Suicide & Crisis Lifeline  
is here for you.**

### APPLE HEALTH / MEDICAID

#### Compass Health

Compass Health offers a wide range of services, focusing on mental health, substance use, crisis intervention, and supportive housing.

**800-457-9303 / 425-349-6200**

**[www.compasshealth.org](http://www.compasshealth.org)**

#### Twin Lakes Counseling

Twin Lakes Counseling offers a comprehensive range of mental health services for adults, couples, families, children, and teens.

**253-289-6099**

**[twinlakescounseling.com](http://twinlakescounseling.com)**

### UNDERINSURED

#### Orcas Community Resource Center Community Wellness Program (CWP)

This program provides low-cost access to mental healthcare for approved and uninsured Orcas Island Residents.

Program participants can receive up to 14 counseling sessions for a sliding scale copay of \$5–\$30 per session.

**[info@orcascrc.org](mailto:info@orcascrc.org)**

**360-376-3184**

### ORCAS ISLAND THERAPISTS

**Linda Bannerman** 360-261-4434

**Che Blaine** 360-842-0714

**Bonnie Burg** 360-376-6100

**Sandi Burt** 360-376-6726

**Stephanie Claus** 360-298-2311

**Michael Elder** 360-376-3255

**Kristin Fernald** 360-468-3785

**Hugh Grant** 360-301-8283

**Rachel Newcombe** 360-376-5883

**Maryann Syers** 360-376-6100

**James Michael Seehof** 360-317-6582

*\*contact providers directly to inquire  
about accepted insurance.*

### TELEHEALTH

#### Charlie Health

Mental health and substance use treatment programs, including virtual Intensive Outpatient Program (IOP).

**986-206-0414**

**[www.charliehealth.com](http://www.charliehealth.com)**

#### Consejo Counseling

Providing culturally and linguistically competent behavioral health services to the Latinx community.

**[consejocounseling.org](http://consejocounseling.org)**

Orcas Community Resource Center  
374 North Beach Road, Eastsound, WA 98245  
**[info@orcascrc.org](mailto:info@orcascrc.org) | 360.376.3184**

