

# Area Shelters with Mental Health Support

## Mental Help Guide

*A simple guide to finding help locally – from shelter options to mental health support and intake pathways.*



### Immediate Action

Whatcom County: 360-788-7983 (night-by-night hotline) for fastest placement

Skagit County: 360-336-6138 (Friendship House/First Step Center)

Island County: 360-678-8284 (Human Services Coordinated Entry)

**Dial 988 (Suicide & Crisis Lifeline) for immediate mental health support.**



### Orcas Community Resource Center

 PO Box 931  
374 North Beach Road  
Eastsound, WA 98245

 Phone: 360-376-3184  
Text: 360-230-8429

 [orcascrc.org](http://orcascrc.org)

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

## Whatcom County

### **Lighthouse Mission Ministries – Base Camp (Bellingham)**

Walk up anytime or call 360-733-5120 ext. 215.

Checkin: Begins nightly at 7:00 PM. Guests are screened (temperature, symptom check, rapid COVID test). If cleared, they are admitted immediately.

Services: 24/7 shelter, meals, showers, laundry, medical respite, pets welcome.

Tip: If your client has restrictions, staff will collaborate with them on a reentry plan.

### **Sun Community Service – Sun House (Bellingham)**

90 day interim shelter specifically for people with mental health diagnoses and homelessness.

Contact: 360-392-1324 (office)

Process: Call to check availability; staff provide intake and case management on site.

Services: Medication support, case management, 24/7 staff, homecooked meals.

### **Whatcom Homeless Service Center (Opportunity Council)**

Central access point for coordinated entry.

360-734-5121 or Night-by-Night Shelter Hotline: 360-788-7983

Process: Call for screening; they connect clients to available shelters, transitional housing, or supportive housing.

## Skagit County

### **Skagit First Step Center (Burlington)**

Call Friendship House at 360-336-6138 for intake

Services: 24/7 lowbarrier cabins, mental health and substance use support, medical visits, meals, laundry.

Best fit: Clients with behavioral health needs who require a safe, lowbarrier environment.

### **Friendship House (Mount Vernon)**

Apply through their shelter application form or call 360-336-6138.

Services: Separate shelters for men, women, and children; structured, sober program with case management.

## Island County

### **Island County Human Services – Coordinated Entry (Coupeville)**

Call 360-678-8284 or walk in at 105 NW 1st St, Coupeville

Process: Housing Navigators assess needs and refer to the most appropriate program (temporary shelter, rent assistance, diversion).

Hours: Mon-Fri, 8AM-4PM

Best fit: First stop for anyone unhoused or at risk in Island County.