

CHILDREN, TEENS, & YOUNG ADULTS

- **Texting (TEXT 741741)** Immediate, 24/7, real-time attention on any personal or crisis issue. (If you receive an error message, contact your mobile provider and ask that the block be removed)
- **Youth Suicide Prevention Crisis Line (800-273-8255), yspp.org.** Young people including LGBT youth.
- **Bainbridge Youth Services (206-842-9675), askbys.org** Free counseling for youth (ages 12-21) and their families.
 - ▲ **Main office:** Bainbridge High School
 - ▲ **Other offices:** Sakai Intermediate, Woodward Middle, or Eagle Harbor High School
 - ▲ **Coffee Oasis:** In Poulsbo
- **Dispute Resolution Center of Kitsap County (360-698-0968), kitsapdrc.org** Free youth-parent mediation that helps families sort through their problems and come up with a set of agreements that everyone can accept.
- **The Coffee Oasis** A drop-in youth center (ages 13-25) helping youth find hope and opportunity through relationships and programs. Basic needs resources; shower, laundry, and overnight shelter (ages 16-20), case management, and job training available.
 - ▲ **Poulsbo (360-598-2031)**
 - ▲ **Bremerton (360-377-5560)**
 - ▲ **Port Orchard (360-602-0407)**
- **Other Resources, crisistextline.org**

ADULTS

- **Bridges Mental Health Ombuds (360-692-1582) or (888-377-8174), kitsapdrc.org** Advocacy service helping families voice their concerns about mental health services and quality of care.
- **National Alliance on Mental Illness, namikitsap.org** Advocacy for people with mental illness.
 - ▲ **Poulsbo: 1st and 3rd Tuesday (360-697-2142)**
 - ▲ **Bainbridge Island: 2nd and 4th Tuesday (206-898-6092)**
- **Fishline (360-779-4191), nkfishline.org** Provides emergency services, food, referrals to housing, and more.

OLDER ADULTS

- **Kitsap County Division of Aging and Long Term Care (360-337-5700) or (800-562-6418), agingkitsap.com** Monday to Friday access to social and health services including a caregiver center for those serving older adults.
- **Alzheimer Association, alzwa.org** Information for individuals, families, caregivers, and professionals.
- **See additional sections for assistance with older adults and their families**

IMMEDIATE RESOURCES

- **Call 911** if there is a threat of suicide or harm to self or others
- **Call 211 (or 877-211-9274) 8:00am - 5:00pm**
- **Crisis Response Team (360-373-3425) 24/7** case consultation, evaluation for involuntary psychiatric in-patient treatment, or referral to least-restrictive alternative treatment services
- **Suicide Prevention Lifeline (800-273-8255) 24/7**
- **Kitsap Mental Health Services (360-405-4010) Monday to Friday 8:00am - 5:00pm**
- **Crisis Clinic of the Peninsulas (360-479-3033) or (800-843-4793)**

VETERANS

- **Veteran's Crisis Line (800-273-8255, press 1)** Veterans experiencing difficulties, emotional distress, or thoughts of suicide. Open to families and concerned friends.
- **Texting (TEXT 838255) 24/7**, immediate, confidential help on any issue. Dialogue erased at the conclusion of the call.
- **Live Chat, veteranscrisisline.net 24/7**, real-time, caring and confidential live chat.
- **Health Care Authority, hca.wa.gov.** Helping veterans find medical care, including therapists. (Click on Veterans Benefits)

SUBSTANCE ABUSE

- **Kitsap Recovery Center (360-337-4625)** Out-patient and in-patient clients with private insurance. Provides information, education and referrals to all county residents. Monday to Friday 8:00am to 4:30pm
- **12 Step Programs** Share experiences, strength, and hope with each other to solve the challenge of alcohol or drug addiction.
 - ▲ **Narcotics Anonymous Hotline (877-861-6156), wpsana.org 24/7** information
 - ▲ **Alcoholics Anonymous Hotline (360-830-6283), dist10.org 24/7** information and meeting times.

NATIONAL RESOURCES

- **Anxiety and Depression Association of America, adaa.org**
- **Borderline Personality Disorder, borderlinepersonalitydisorder.com**
- **Depression and Bipolar Support Alliance, dbsalliance.org** (Kitsap County chapter)
- **National Eating Disorders Association Helpline, disorders.org**
- **Schizophrenia, schizophrenia.com**

FAMILIES

- **Dispute Resolution Center of Kitsap County (360-698-0968), kitsapdrc.org** Free and sliding scale, youth-parent mediation that helps families come up with a set of agreements that everyone can accept.
- **Peninsula Community Health Services Affordable Care (360-377-3776) or (866-418-1002), pchsweb.org** Medical, dental, behavioral health, and pharmacy services available. Clinics open 7:30am to 6:00pm in Bremerton, Port Orchard and Poulsbo. (24/7 nurses available)
- **National Alliance on Mental Illness, namikitsap.org**
 - ▲ **NAMI Education Meeting (360-415-5800)** Silverdale, first Thursday of the month
- **Kitsap Mental Health Services, kitsapmentalhealth.org**
 - ▲ **Silverdale (206-753-7000)** Family support group, last Tuesday of the month
 - ▲ **Bainbridge Island (206-697-5531)** Family Support Group, second Monday of the month

- **AD/HD: Children and Adults with Attention Deficit Disorder (360-779-5362)** Support group meetings on the second Tuesday of every month (except July/August), 7:00pm to 8:30pm in Silverdale
- **Borderline Personality Disorder (206-753-7000), borderlinepersonalitydisorder.com** A free 12 week course in Silverdale or via telecommunication. Call for class information.

- **Parent Trust (800-932-4673), parenttrust.org** Monday to Friday 9:00am to 5:00pm phone support, advice and classes to reduce parenting stress, from pregnancy through the teen years.
- **Al-Anon and Nar-Anon** Support for families and friends coping with a loved one's drug or alcohol addiction. Attend meetings to share experiences, strength and hope with each other, while learning to address fears and concerns.
 - ▲ **Bremerton Nar-Anon (360-286-3926)** Meets Saturday mornings
 - ▲ **Kitsap County Al-Anon (866-452-6973), kitsap-al-anon.org** See below for meetings in your community
 1. **Bainbridge Island (360-620-7355) or (360-509-7313)**
 2. **Belfair (360-275-3833) or (360-275-2480)**
 3. **Bremerton (360-692-0782) or (360-373-1651)**
 4. **Kingston (360-265-6498)**
 5. **Manchester, (360-731-7755)**
 6. **Port Orchard (360-871-1444) or (360-876-9248)**
 7. **Poulsbo (360-265-4319)**
 8. **Silverdale (360-471-2941)**