

**Here are a few resources with contact information:**

**24 hour Crisis Line:**

**1-800-584-3578**

**1-425-258-4357**

**1-800-215-5669**

**Island County Sheriff: 360-321-4400**

**Freeland Office: 360-679-9567**

**Island County Counseling Connections:**

**Beth Plush: [360-678-7882](tel:3606787882)**

**Counseling referrals, contact Charlene Ray, Island County School Based Mental Health Coordinator:**

**[360-969-5867](tel:3609695867) or [cray@sw.wednet.edu](mailto:cray@sw.wednet.edu)**

**Or the School Counselor at your child's school:**

**Elementary School: 360-221-4600 - Dayle Gray or Rachelle Bennett**

**Langley Middle School: 360-221-5100 – Janet Hunter**

**South Whidbey High School: 360-221-4300 – Leigha Patton or Susan Koffkin**

**Bayview School: 360-321-2343 - Charlene Ray**