

Where Do I Go For Help
A Community Resource Listing Compiled by Friends of Friends Medical Support Fund
360-221-4535

Medical Care

South Whidbey Community Clinic 341-5252
11245 SR 525 Ken's Korner M-F 8:30–5:00
Primary care, low to moderate income, sliding
scale fees. Takes Medicare and most major
insurances.
Social worker available.

Planned Parenthood 321-4455, Oak Harbor
Gynecological care on a sliding scale.

Island County Public Health Dept. 321-5111
Coupeville–Immunizations

Dental Care

Sea-Mar Clinic 360-679-9216 Oak Harbor
Must provide verification of address and income
to qualify for sliding scale.

Access to Baby and Child Dentistry Program
(ABCD) 221-8487
For children ages 6 and older on Medicaid

Community Health Center of Snohomish County
Dental Clinic
Everett 425-348-2240-Lynnwood 425-835-5204
Extractions and temporary fillings on a sliding
scale. For emergent care (infection/pain)
Call for details -possible long phone wait

Sno-Isle Skills Center Dental Assisting Clinic
Everett 425-348-2240

UW Dental School Clinic 206-543-5850
Emergent care only. Call for appointment. Low
cost clinic staffed by supervised students.
Accepts medical coupons.
Comprehensive care call 206-616-6996 takes
medical coupons, GAU, GUA

Mental Health

Regional Support Network -888-693-7200
intake and then referral to a provider

Compass Health 360-321-4868
Counseling for those on Medicaid: some
programs, including chemical-dependency,
available on insurance or sliding scale.

Crisis Line 800-584-3578

Cascade Psychiatric Everett 425-259-6665

Health Insurance

DSHS Home & Community Service
800-735-7037 Medicaid also
CHIP Children's Health Ins. Program for kids
not covered by Medicaid or other insurance.
Financial/medical 360-240-4701

Washington State Basic Health Plan
800-826-2444

For qualifying financial tables go to
www.basichealth.hca.wa.gov.

Statewide Health Insurance Benefits Advisors
(SHIBA), 321-1600 for appointment
Help with insurance questions

Prescription Assistance

Drug company low income patient assistance
programs (PAPs) for free or reduced cost
prescription medications. Ask your provider for
information or go to www.helpingpatients.org.

Rx Help for Washington 877-923- 6779 or
www.rxhelpforwa.org

Medicare Rx program 800-633-4227 or
www.medicare.gov

Heating and Rent Help

Opportunity Council 800-317-5427

Helping Hand 221-7777
M–F 9:00–12:00

Food

Good Cheer 221-6454

2812 Grimm Rd., Langley

Food Bank Mon–Sat 09:30–5:00

Tues 12:00–7:00

Monthly home delivery for those who cannot make it to the facility, please call

Gifts from the Heart 360-678-8312

For Greenbank and Coupeville,

2nd and 4th Wednesday of the month 2-5

Women/Infants & Children (WIC) 221-8490

Tues-Thurs 8:00–12:00 and 1:00–4:00. For children under 5 & pregnant, breastfeeding or postpartum women.

DSHS Food Stamps 800-735-7037

Home Repairs

Hearts & Hammers 221-6063

Must own home to qualify for annual workday in May.

Emergency repairs throughout the year.

Opportunity Council 800-317-5427

Home weatherization and repair.

End of Life Care

Enso House 331-4699 nonprofit residential hospice, call re financial arrangements

Home Health Care

DSHS Home & Community Services

800-326-1247

COPEs program provides household and personal care services that allow people to remain in own home. Other programs help with fees for adult family homes and other out of home options.

Home Health Care and Hospice of Whidbey

General Hospital 321-6659

Helps ill and injured people remain in their homes. Services: nursing, physical therapy, occupational therapy, and social worker. Takes Medicaid and most insurances.

Island Home Nursing 331-7441

In home care, free assessment and consultation
Bathing, personal care, meal prep, housekeeping, errands, and shopping.

Lifeline 331-2344

Personal-response service

Maternity & Parenting Support Services

Island County Health Department 221-8482

-First Steps/Maternity Support

-WIC

-ABCD Access to baby and child dentistry program

-Healthy baby visits by a Registered Nurse

FamilyResource Center 221-6806 ext 4602

-Back to School Project

-Holiday House at Christmas,

-Readiness to Learn

-Mothers Circle

-Parenting classes

-Support for families who have lost their homes

-Free voice mail message service

Pregnancy Aid 221-4767

Emotional and practical support for pregnant women

Legal Assistance

Northwest Justice Project

Under 60 888-201-1014

Seniors 888-387-7111

Mon-Fri 9:30-12:30

Volunteer Lawyer Program of Island County-

360-675-4750

Must have a referral from Northwest Justice Project.

Dispute Resolution Center 800-280-4770

Courthouse Facilitator & Self Help Center

321-5111 ext 5515

Child Support Enforcement 800-729-7580

NW Women's Law Center

206-621-7691 or 682-9552

Low Income Housing

Housing Authority of Island County
800-321-0686

Whidbey Island Share a Home (WISH) 331-5910
Matches home owners with those seeking affordable housing.

Habitat for Humanity of South Whidbey
331- 6272 Apply for help with a new home.

Getting a Job

Job Bank 321-1600 Senior Center

Island Employment Services 360-678-7026

Help with Debt

Consumer Credit Counseling 800-634-2227
Consultation is free: fees may be charged for further services

Debt Management 800-570-3462
\$50 at first visit if possible, no one turned down for inability to pay. Client may be asked for minimal monthly payment. All negotiable

Transportation

Island Transit 321-6688 fare-free bus service

Island Paratransit 321-6688
Curb to curb, home to home service for qualifying seniors or disabled. Must live within ¾ mile from a fixed route. Call 24 hours before needing transportation.

DSHS Medicaid Transportation 800-860-6812
Medical coupons only

Senior Services of Island County, Volunteer Chore Program 321-6661
Volunteers drive seniors and qualifying disabled non-seniors to medical appointments.

WGH Cabulance 360-678-3505
Requires 24 hour notification

American Cancer Society 800-ACS-2345
Transportation for cancer patients to and from treatments, according to the needs and available resources in the community

Support Groups

Alcoholics Anonymous 888-360-1546
Al-Anon/Alateen 800-344-2666
Alzheimer's Support 360-321-1600 (Senior Ctr.)
CADA (Citizens Against Domestic & Sexual Abuse) Crisis Line 800-215-5669
Caregiver's Support 321-1600 (Senior Ctr.)
Hepatitis C Support 360-678-6095
Compass Health 321-4868
National Association of the Mentally Ill 360-675-7358
Multiple Sclerosis Support 360-679-3976 or 360-679-3620
South Whidbey Stroke Support Group 321-1600
Whidbey AIDS Support Fund 321-8272

Whidbey General Hospital Support Groups and Classes

321-5151 ask for Community Relation to find out about:
Post Traumatic Stress Recovery
Living with Cancer for Patients and Caregivers
MAC department ext 2650
Oh My Aching Back Physical Therapy
Pain Management MAC ext 2650
Bringing Baby Home

Veteran's Affairs 360-675- 7392
Gerald Pfannestiel, VA connection
360-929-8028

VA Clinic Mt. Vernon 360-848-8500

Women's Resources

Washington Women in Need 425-451-8838

www.wawomeninneed.org.

Offers non-emergency assistance to low income Washington State women age 18 and older through grants.

All programs operate from waiting lists and women must complete an application to get on the waiting list.

Program Areas:

Education at accredited institutions in WA.

Mental Health Counseling with licensed Mental Health Professionals

Health Care Insurance Premiums for current health coverage

Physical/Dental/Vision/ Hearing exams and treatment

Maternity Support

Greenbank Women's Clinic and Birth Center

Cynthia Jaffe 360-678-3594