

## **Harassment/Intimidation/Bullying Resources**

### **Lynden Schools Safe School Alert – To Report Bullying**

<https://lynden-wa.safeschoolsalert.com/>

### **Pacer's National Bullying Prevention Center**

<http://www.pacer.org/bullying/>

### **Parents' Guide to Cyberbullying**

<http://www.k12.wa.us/safetycenter/InternetSafety/pubdocs/AParentsGuidetoCybebullyingConnectSafely.pdf>

### **stopbullying.gov**

<https://www.stopbullying.gov/>

StopBullying.gov provides information from various government agencies on [what bullying is](#), [what cyberbullying is](#), [who is at risk](#), and how you can [prevent](#) and [respond to bullying](#).

## **Resource for Crisis Prevention and Support**

**CPIT:** Compass Health Crisis Prevention/Intervention Team 1-360-752-4545

<http://www.compasshealth.org/services/cpit-crisis-prevention-and-intervention-teams/>

The Compass Health Crisis Prevention and Intervention Team (CPIT) is a 24 hour, community based outreach team with the ability to respond to and provide services in the community (e.g., homes, schools, or hospitals). CPIT serves adults, adolescents, and children who are located in Whatcom and Snohomish Counties, and who are experiencing a behavioral health crisis.

**NAMI:** (National Alliance for Mental Health)

Crisis Text Line – Text NAMI to 741-741 Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

Nami Helpline - 1-800-950-NAMI (6264) The NAMI Helpline can be reached Monday through Friday, 10 am–6 pm, ET. Helpline staff and volunteers are prepared to answer your questions about mental health issues

**National Suicide Prevention Hotline** [1-800-273-8255](tel:1-800-273-8255)

- Español [1-888-628-9454](tel:1-888-628-9454)

- Hearing/Speech Impaired (TTY) [1-800-799-4889](tel:1-800-799-4889)

**Teen Link** [1-866-833-6546](tel:1-866-833-6546)

<https://866teenlink.org/>

Teen Link offers a confidential, anonymous, and non-judgmental help line for youth ages 13-20, every evening between 6-10 p.m. Teen volunteers are trained to listen to your concerns and talk with you about whatever's on your mind. No issue is too big or too small! Volunteer phone workers also have access to an extensive database and can give you information on agencies serving youth in King County, Washington.

**Your Life Your Voice Teen and Young Adult Hotline** [1-800-448-3000](tel:1-800-448-3000)

<http://www.yourlifeyourvoice.org/Pages/home.aspx>

The Boys Town National Hotline is a free hotline available to kids, teens and young adults at any time. We provide help when you need it most. Call, chat, text or email. We are here to talk if you're depressed, contemplating suicide, being physically or sexually abused, on the run, addicted, threatened by gang violence, fighting with a friend or parent, or if you are faced with an overwhelming challenge.

## **Internet Safety**

### **Family Online Safety Guide**

[http://now.symassets.com/now/en/pu/images/Promotions/onlineSafetyGuide/FamilyOnlineSafetyGuide\\_4thEd\\_Final.pdf](http://now.symassets.com/now/en/pu/images/Promotions/onlineSafetyGuide/FamilyOnlineSafetyGuide_4thEd_Final.pdf)

A Parents' Guide to Cybersecurity

<http://www.connectsafely.org/wp-content/uploads/securityguide.pdf>

### **A Parents' Guide to Facebook**

<http://www.k12.wa.us/safetycenter/InternetSafety/pubdocs/AParentsGuidetoFacebook.pdf>

### **A Parents' Guide to Instagram**

[http://www.connectsafely.org/wp-content/uploads/instagram\\_guide.pdf](http://www.connectsafely.org/wp-content/uploads/instagram_guide.pdf)

### **A Parents's Guide to Snapchat**

[http://www.connectsafely.org/wp-content/uploads/snapchat\\_guide.pdf](http://www.connectsafely.org/wp-content/uploads/snapchat_guide.pdf)

## **Mental Health Services in Whatcom County**

**WAHA:** Access line for behavioral health: 1-360-788-6594 (will refer out to counseling services)

### **Unity Care Northwest:**

\*1616 Cornwall Ave., Bellingham: 360-676-6177

7:45am-6:00pm Monday-Friday and 7:45am-5:00pm Saturday

\*5616 3<sup>rd</sup> Ave., Ferndale: 360-752-7410

7:45am-6:00pm Monday-Friday

Accepts state and private insurance

**Catholic Community Services:** 360-676-2187

1133 Railroad Ave., Suite 100, Bellingham, WA

## **Other Prevention and Intervention Services**

### **Whatcom Dispute and Resolution Center: 360-676-0122**

Services offered: Individual, small group, and large group programs. Boys-facing conflict without violence, Girls- Healthy choices, and co-ed group-dealing with conflict.

OSPI School Safety Center