

COUNSELING SERVICES ARE AVAILABLE VIA TELEHEALTH FOR ADULTS AND FAMILIES

Stilly Valley Health Connections is offering counseling services for adults and families living within the boundaries of the Darrington School District. You do not need to have students enrolled to receive counseling.

If you are interested in receiving this support, select and contact a provider directly by phone or email.

There is no cost or out of pocket expenses. Insurance may be accepted, but is not required.

Questions about the program? Please call Stilly Valley Health Connections at: (360) 386-9918



LEARN MORE ABOUT THE PROVIDERS



Curran Otis, LMHCA, CCTP
Tranquil Waters Counseling LLC
Phone: 360-674-0787 | Email:
Curran.Otis@tranquilwatersllc.com
Tuesday through Thursday 10am to 6pm
Curran offers individual, couples and family counseling for children, teens and adults. Areas of focus may include, but are not limited to: Anxiety, ADD/ADHD Treatment, Trauma, Grief Counseling and Loss, Stress Management, Abandonment and Neglect, and Anger Management.

Megan Pickard, MSW, LICSW, SUDP-T
Megan J. Pickard Counseling, PLLC
Phone: 425-215-0245 | Email:
meganpickardcounseling@gmail.com
Megan offers individual counseling via telehealth to adults ages 18+. Areas of specialization include, but are not limited to: major life transitions due to trauma, grief and loss, chronic pain/illness, living with terminal or progressive illness, caregivers, anxiety, depression, life adjustment concerns relating to divorce or other life transitions, and support for first responders.

Kaarin A. Hanzlian, MA, LMHCA
Licensed Mental Health Counselor Associate
Phone: 206-909-0709 | Email:
Kaarin@kaarinhanzlian.com
Kaarin offers individual and couples counseling. Areas of focus include, but are not limited to: Relationship concerns, Life Transitions, Self-Esteem, Anxiety, Grief and Loss, Aging and Aging Family Issues, and Caregiver Burnout.

5 WAYS TO IMPROVE AND PROTECT YOUR MENTAL HEALTH

1. **Put yourself first.** Treat yourself as kindly as you would treat others. Make time for the things you love to do.
2. **Take care of your body.** Good nutrition and physical activity can go a long way in protecting and improving mental health.
3. **Keep good company.** A strong familial or social network predicts good mental health. Make plans with others and make new friends through activities you enjoy
4. **Set some goals.** Make them modest and manageable and enjoy the mental boost as you accomplish them.
5. **Mix it up.** Routines are good for efficiency and feeling secure, but trying a new bike path, hobby, or project is good for our brains.

(Excerpt from: <https://www.unitedway.org/blog/5-ways-to-improve-your-mental-health#>)

SUGGESTED READING FOR MENTAL HEALTH

[Anxiety First Aid Kit: Quick Tools for Extreme, Uncertain Times](#), Various authors

[Are U OK? A Guide to Caring for your Mental Health](#), by Kati Mortin

[Understanding Mental Illness: A Comprehensive Guide to Mental Health Disorders for Family and Friends](#), by Carlin Barnes

[Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress](#), by Regine Galanti

[Worried Sick: Break Free from Chronic Worry to Achieve Mental & Physical Health](#), by Karol Ward

[Healthy Brain, Happy Life: A Personal Program to Activate your Brain and do Everything Better](#), by Wendy Suzuki

All of these titles can be found at Sno-Isle Libraries. A special thank you to Asheley Bryson and Monica Jackson of Sno-Isle Libraries for this list.

It is okay to ask for help.....

Snohomish County Crisis Services: **1-800-584-3578**

Talk to a crisis responder any time of day. Offers assessment and referrals, next-day appointments, follow-up services, etc.

National Suicide Prevention Lifeline: **Call 988**

Support line that has available counselors 24 hours a day, 7 days a week.

Crisis Text Line **Text HOME to 741741**

Texting service is available to anyone who has reached a point of crisis and wants to speak with a trained crisis counselor.

Need2Text **Text talk to 38255**

Teenagers experiencing mental health concerns, bullying, relationship trouble, and more can text anytime to talk to a counselor.

The Trevor Project **Call 1-866-488-7386**

Text TREVOR to 1-202-304-1200

Suicide prevention and crisis intervention line for LGBTQ+ youth.

National Domestic Violence Hotline **1-800-799-7233**

Phone or private chat services for people experiencing domestic violence.

Veterans Crisis Line **Call 988 then press 1** **Text 838255**

Support line accessible to veterans, service members, National Guard, and reserve members, and their friends and family.

Behavioral Health Urgent Care **425-261-4210**

Open M-F, 10 am-5 pm, located at Providence in Everett.

Receive a behavioral health evaluation and assessments of needs and safety concerns. Resources will be provided for further treatment in your area.



STILLY VALLEY HEALTH CONNECTIONS

PUBLIC HOSPITAL DISTRICT #3. SNOHOMISH COUNTY

Vision:

We envision a community where residents achieve optimal health and wellness.

Mission:

To provide and promote programs and resources that support a healthier community.

Strategic Direction:

- Continual Learning, Evaluation, and Improvement
- Leadership in Providing and Developing Programs
- Marketing, Communications, and Community Engagement
- Outreach and Education
- Partnerships and Collaborations
- Resource Development

Areas of Focus:

Drug Abuse Prevention
Health and Wellness
Mental Health

Strategies:

- Connect people to resources and offer support services
- Collaborate with partners and organizations
- Develop needed programs and services
- Promote internal and external programs and activities
- Fund programs, activities, and events for our community



For more information, visit
stillyvalleyhealth.org

or



Find us on
Facebook

Stilly Valley Health Connections

Mental Health Resources

**Learn about free mental health
counseling services for the
community of Darrington**



STILLY VALLEY
HEALTH CONNECTIONS

PUBLIC HOSPITAL DISTRICT #3, SNOHOMISH COUNTY

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360.386.9918 | stillyvalleyhealth.org