

Crisis Resources

Crisis Connections

Website: <https://www.crisisconnections.org/>

Phone: (206) 461-3222

“Crisis Connections, formerly known as Crisis Clinic, was founded in 1964. We are one of the oldest Crisis Lines in the nation, and home to five programs focused on serving the emotional and physical needs of individuals across Washington State. These programs include the 24-Hour Crisis Line, King County 2-1-1, Teen Link, WA Recovery Help Line and WA Warm Line. With over 400 trained volunteers and experienced staff, we provide support, resources and certified training for King County and other communities statewide”

24-Hour Crisis Line

1-866-4CRISIS (1-866-427-4747)

“The 24-Hour Crisis Line provides immediate help to individuals, families, and friends of people in emotional crisis. We can help you determine if you or your loved one needs professional consultation and we can link you to the appropriate services. We are a primary source for linking Seattle-King County residents to emergency mental health services.”

King County 2-1-1

Get Connected. Get Answers.

Call 2-1-1 (Monday- Friday, 8am- 6pm)

“King County 2-1-1 connects people to the help they need. We provide the most comprehensive information on health and human services in King County. Whether it’s for housing assistance, help with financial needs, or to find the location of the nearest food bank.”

9-1-1

Please remember to always call 911 if a crime is in progress and/or you believe the individual is a risk to themselves or others.