

## **Crisis Support**

When you are safe, please call NW Peds for new or worsening symptoms.

**National Suicide Prevention Lifeline:** 800-273-8255 (English) or  
888-628-9454 (Español)  
800-799-4889 (TTY)

**Crisis Text Line:** Text HOME to 741-741

**Suicide Prevention Resource Center** [www.sprc.org](http://www.sprc.org)

**Lewis County 24 hour crisis line** 800-803-8833 or 360-807-2440  
You can call the Mobile Crises Team 24/7 if you or your loved one is experiencing a mental health crises. If you feel there is immediate danger you should call 911 first explaining there is a mental health crises and the dispatcher will dispatch a first responder and the crises team.

**911 or Emergency Room**

### **Additional Resources for Patients and Families**

**Washington Mental Health Crisis Services** <https://www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/mental-healthcrisis-lines>

**National Suicide Prevention Lifeline:** Call 800-273-8255 (English) or 1-888-628-9454 (Español).

**Crisis Text Line:** Text HEAL to 741741.

**Crisis Connections:** Call 866-427-4747.

**TeenLink:** Call or text 866-833-6546.

#### **Crisis Lines for Specific Groups**

<https://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention/HotlinesTextandChatResources>

**Washington Warm Line:** Call 877-500-9276.

**WA Listens** (support line for stress related to COVID-19): Call 1-833-681-0211.

**Washington Recovery Help Line** (help line for substance use): Call 1-866-789-1511 (24/7).

#### **Washington State COVID-19 Response – Mental and emotional well-being webpage:**

<https://coronavirus.wa.gov/information-for/you-and-your-family/mental-and-emotional-well-being>

**Teens, Depression and Firearms Tips for Parents:** <https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/prevention/teens-depressionand-firearms/>

**Safety Checklist for Homes:** <https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/prevention/home-checklist/>

More crisis support is out there!  
Try <https://afsp.org/suicide-prevention-resources>.