

Crisis Services

If you think you have an emergency, no matter where you are, call 911 or go to the nearest hospital location where emergency providers can help you. As soon as possible, call your doctor or behavioral health provider to arrange for follow-up care after the emergency is over.

Mental Health Crisis: If you or someone you know is experiencing a mental health crisis, call the number listed below for the applicable county.

A mental health crisis is a moment when someone's behavior can put themselves or others in danger, especially if they do not get help.

Some examples of a mental health crisis are:

- *Threatens to or talks about hurting or killing themselves*
- *Feels like there is no way out, trapped*
- *Threatens to harm others*
- *Increases alcohol or drug use*
- *Feels rage or uncontrolled anger*
- *Feels anxious, agitated or unable to sleep*
- *Encounters dramatic mood changes*
- *Sees no reason for living*

For the Suicide Prevention Life Line: 1-800-273-8255, TTY Users 1-800-799-4TTY (4889)

Adams County - Regional Behavioral Health: 1-877-266-1818

Asotin County - Greater Columbia BHASO: 1-888-544-9986

Benton County - Greater Columbia BHASO: 1-888-544-9986

Chelan County - Beacon Health Options - 1-800-852-2923, TTY- 855-644-7361

Clallam County - Salish BHO: 1-888-910-0416

Clark County - Beacon Health Options - 1-800-626-8137, TTY 866-835-2755

Columbia County - Greater Columbia BHASO: 1-888-544-9986

Cowlitz County - Great Rivers BHO: 1-800-803-8833

Douglas County - Beacon Health Options - 1-800-852-2923, TTY- 855-644-7361

Ferry County - Regional Behavioral Health: 1-877-266-1818

Franklin County - Greater Columbia BHASO: 1-888-544-9986

Garfield County - Greater Columbia BHASO: 1-888-544-9986

Grant County - Beacon Health Options - 1-800-852-2923, TTY- 855-644-7361

Grays Harbor County - Great Rivers BHO: 1-800-803-8833

Island County - North Sound BHASO: 1-800-584-3578

Jefferson County - Salish BHO: 1-888-910-0416

King County – Crisis Connections: 1-866-427-4747 or 206-461-3222

Kitsap County - Salish BHO: 1-888-910-0416

Kittitas County - Greater Columbia BHASO: 1-888-544-9986

Klickitat County - Beacon Health Options - 1-800-626-8137, TTY 866-835-2755

Lewis County - Great Rivers BHO: 1-800-803-8833

Lincoln County - Regional Behavioral Health: 1-877-266-1818

Mason County - Thurston-Mason BHO: 1-800-270-0041 or 1-360-754-1338

Okanogan County - Beacon Health Options - 1-800-852-2923, TTY- 855-644-7361

Pacific County - Great Rivers BHO: 1-800-803-8833

Pend Oreille County - Regional Behavioral Health: 1-877-266-1818

Pierce County - Beacon Health Options: 1-800-576-7764, TTY 711

San Juan County - North Sound BHASO: 1-800-584-3578

Skagit County - North Sound Community Crisis Line: 1-800-584-3578 and 1-800-747-8654

Skamania County - Beacon Health Options - 1-800-626-8137, TTY 866-835-2755

Snohomish County - North Sound Community Crisis Line: 1-800-584-3578 and 1-800-747-8654

Spokane County - Regional Behavioral Health: 1-877-266-1818

Stevens County - Regional Behavioral Health: 1-877-266-1818

Thurston County - Thurston-Mason BHO: 1-800-270-0041 or 1-360-754-1338

Wahkiakum County - Great Rivers BHO: 1-800-803-8833

Walla Walla County - Greater Columbia BHASO: 1-888-544-9986

Whatcom County - North Sound Community Crisis Line: 1-800-584-3578 and 1-800-747-8654

Whitman County - Greater Columbia BHASO: 1-888-544-9986

Yakima County - Greater Columbia BHASO: 1-888-544-9986