

# Crisis Can Affect Anyone at Anytime



**Call Our Toll-Free Crisis Line**

**1-800-584-3578**

Crisis Services Professionals are available by phone 24 hours a day, 7 days a week to speak with anyone experiencing a crisis due to mental illness and/or substance use issues.

**Volunteers of America**

**[www.voaww.org/behavioralhealth](http://www.voaww.org/behavioralhealth)**

**National Suicide Prevention Lifeline**

**1-800-273-8255**

Crisis outreach services are available to everyone in Island, San Juan, Skagit, Snohomish, and Whatcom Counties.

The Crisis Line can help when you or someone you care about is:

- Thinking about or talking about harming yourself or others.
- Thinking, talking or writing about suicide.
- Looking for pills, guns or other ways to harm your-self.
- Feeling anxious, hopeless, or desperate.
- Being bullied.
- Being verbally, physically or sexually abused.
- Angry or seeking revenge.
- Acting recklessly or involved in unsafe behavior.
- Increasing their use of alcohol and other drugs.
- Avoiding friends and family.
- Not sleeping well or sleeping too much.

**Mobile Crisis Outreach Teams** are available to help those in the community experiencing a crisis due to mental illness and/or substance use issues. They provide assistance in community settings such as homes and schools. They are professionals trained to evaluate a person for safety, de-escalate a crisis, and provide information and education. They also refer people to community behavioral health services for additional support.

Persons who need help from an interpreter or need to have information translated into their own language can get help free of charge by calling **1-800-684-3555**.



301 Valley Mall Way, Ste 110,  
Mt. Vernon, WA 98273

Customer Service: **800.684.3555**  
Business Line: **360.416.7013**

[www.nsbhaso.org](http://www.nsbhaso.org)

Washington State  
Health Care Authority

*Empowering individuals and families  
to improve their health and well-being.*

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