

Crisis Can Affect Anyone at Anytime



Native
& Strong
Lifeline



988
PRESS 4

Call or text 988 or chat online to reach the Suicide & Crisis Lifeline for support with a mental health crisis, substance use concerns, thoughts of suicide, or any other type of emotional distress.

If you identify as American Indian or Alaska Native and would like to speak with a Tribal Crisis Counselor **press 4** when calling 988.

North Sound Regional Crisis Line

1-800-584-3578

We have options to assist veterans, Spanish speakers, American Indians & Alaska Natives, and the LGBTQ+ community.

Volunteers of America

www.voaww.org/behavioralhealth

- Thinking or talking about harming yourself or others.
- Thinking, talking or writing about suicide.
- Looking for pills, guns or other ways to harm yourself.
- 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 use of alcohol and other drugs.
- Avoiding friends and family.
- Not sleeping well or sleeping too much.

Crisis Services are available to help those in the community experiencing a crisis and are staffed with Mental Health and Substance Use Disorder Professionals to include Certified Peer Counselors.

Specialized Crisis teams serving Children, Youth and Families are available.

Mobile Crisis Outreach services can help individuals in crisis to stabilize and help support personal recovery. Please call **988** or the Regional Crisis Line at **1-800-584-3578**.

Language Assistance

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**.



2021 E. College Way, Ste. 101
Mt. Vernon, WA 98273
Customer Service: **800.684.3555**
Business Line: **360.416.7013**

www.nsbhaso.org

Washington State
Health Care Authority

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

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