

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

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 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 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**.



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.*

Scan this QR code
to visit our website ▶

