

Emergency Resource Card

For more resources:

www.namiseattle.org/resources

Helpline M–Th, 9am–5pm

Current response time 3–5 days

Get
Support



 **NAMI** Seattle
National Alliance on Mental Illness

NAMI Seattle Helpline Call or Text (425)298-5315; email: helpline@namiseattle.org. Providing information, resources, and referrals to individuals and families affected by mental health conditions. M–Th. For emergencies, please call 911.

24-HOUR CRISIS ASSISTANCE

- **NATIONAL SUICIDE & CRISIS LIFELINE** Call or Text 988
- **CRISIS LINE** 206-461-3222 or 1-866-427-4747; TTY 206-461-3219
- **CRISIS TEXT LINE** Text HOME to 741741
- **HARBORVIEW PSYCHIATRIC WALK-IN EMERGENCY SERVICES** 325 9th Ave. Seattle, WA 98014, 206-744-3000
- **WASHINGTON RECOVERY HELP LINE** Help for mental health, substance abuse, and gambling: 1-866-789-1511
- **CHILDREN'S CRISIS OUTREACH RESPONSE SYSTEM** 206-461-3222
- **THE TREVOR LIFELINE** Crisis intervention and suicide prevention for LGBTQ youth: 1-866-488-7386
- **KING COUNTY CRISIS AND COMMITMENT SERVICES** Initial crisis outreach and assessment: 206-263-9200
- **SEATTLE POLICE CRISIS INTERVENTION TEAM**
Officers certified to assist individuals in a mental health crisis: Call 911 and specifically request a CIT officer.

ADDITIONAL RESOURCES FOR URGENT SUPPORT

- **TEEN LINK** 1-866-TEEN-LINK (6PM – 10PM); TTY 206-461-3219
- **MENTAL HEALTH INTAKE AND BRIEF INTERVENTION SERVICES CLINIC AT HARBORVIEW** 7:30am–5pm, Monday–Friday; 206-744-9600
- **CONSEJO COUNSELING & REFERRAL SERVICE** 206-461-4880 (8AM – 5PM); consejocounseling.org
- **JEWISH FAMILY SERVICE** 206-461-3240, ask for an Emergency Services Case Manager; emergency@jfsseattle.org
- **WASHINGTON WARM LINE** Peer support for people living with mental illness: 206-933-7001; 1-877-500-WARM (5pm–9pm, Wednesday–Sunday)

FREE CLINIC INFORMATION

- **WASHINGTON HEALTHCARE ACCESS ALLIANCE**
1-267-713-9422,
www.wahealthcareaccessalliance.org

LEGAL INFORMATION

- **CLEAR** Washington's centralized intake and referral service for individuals seeking free legal assistance in King County: 1-877-211-927 (Outside King County: 1-888-201-1014)
- **DISABILITY RIGHTS WASHINGTON** Provides disability rights information, general information about legal rights, and legal services for disability rights violations: 1-800-562-2702 or 206-324-1521;
www.disabilityrightswa.org

YOUTH AND FAMILY SERVICE INFORMATION

- **SEATTLE CHILDREN'S PSYCHIATRY AND BEHAVIORAL MEDICINE UNIT** 206-987-2055
- **UNIVERSITY DISTRICT YOUTH CENTER** Mental health and substance abuse counseling for at-risk, runaway and homeless youth ages 13-22; 206-526-2992, ext. 3
- **YMCA FAMILY SERVICES AND MENTAL HEALTH**
206-382-5340

GERIATRIC SUPPORT

- **NORTHWEST HOSPITAL GEROPSYCHIATRIC CENTER**
206.668.1747
- **CASCADE BEHAVIORAL HEALTH** 866-425-4874;
206-745-4473

MILITARY VETERANS SUPPORT

- **SEATTLE VET CENTER** 206-658-4225 or 877-927-8387
- **VA SEATTLE** Mental Health Department: 206-764-2007 or 253-583-1626
- **VETERAN CRISIS LINE** 1-800-273-8255, press 1;
veteranscrisisline.net

OTHER RESOURCES

- **KING COUNTY COMMUNITY RESOURCES HOTLINE**
1-877-211-9274 or 211 to locate a shelter, food bank, or other community resources near you.
- **SAMHSA NATIONAL HELPLINE (TREATMENT REFERRAL ROUTING SERVICE)** 1-800-662-4357 (English & Spanish); TTY 1-800-487-4889;
<https://findtreatment.samhsa.gov>.

*Esta guía también está disponible en español en nuestro sitio web: namiseattle.org/resources; o envía un correo electrónico a helpline@namiseattle.org
www.namiseattle.org