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.

24-HOUR CRISIS ASSISTANCE

NAMI Seattle Helpline Call or Text (425)298-5315; email: helplineenamiseattle.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

24-HOUR CRISIS ASSISTANCE

For more resources: www.namiseattle.org/resources
Helpline M-Th, 9am–5pm
Current response time 3-5 days

NAMI Seattle Helpline 206-461-3222
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: 206-935-7001; 1-877-500-WARM (5pm–9pm, Wednesday–Sunday)

ADDITIONAL RESOURCES FOR URGENT SUPPORT

Teens 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: 206-935-7001; 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