Crisis Services

If you think you have an emergency, no matter where you are, call 911 or go to the nearest hospital location where emergency providers can help you. As soon as possible, call your doctor or behavioral health provider to arrange for follow-up care after the emergency is over.

Mental Health Crisis:
If you or someone you know is experiencing a mental health crisis, call the number listed below for the applicable county.

A mental health crisis is a moment when someone’s behavior can put themselves or others in danger, especially if they do not get help.

Some examples of a mental health crisis are:
- Threatens to or talks about hurting or killing themselves.
- Feels like there is no way out, trapped.
- Threatens to harm others.
- Increases alcohol or drug use.
- Feels rage or uncontrolled anger.
- Feels anxious, agitated or unable to sleep.
- Encounters dramatic mood changes.
- Sees no reason for living.

Adams County – Regional Behavioral Health ............................. 1-877-266-1818
Asotin County – Greater Columbia BHASO ............................. 1-888-544-9986
Benton County – Greater Columbia BHASO ............................. 1-888-544-9986
Chelan County – Beacon Health Options ............................. 1-800-852-2923, TTY 855-644-7361
Clallam County – Salish BHO ............................. 1-360-452-4500 or 1-800-843-4793
Clark County – Beacon Health Options ............................. 1-800-626-8137, TTY 866-835-2755
Columbia County – Greater Columbia BHASO ............................. 1-888-544-9986
Cowlitz County – Great Rivers BHO ............................. 360-425-6064
Douglas County – Beacon Health Options ............................. 1-800-852-2923, TTY 855-644-7361
Ferry County – Regional Behavioral Health ............................. 1-877-266-1818
Franklin County – Greater Columbia BHASO ............................. 1-888-544-9986
Garfield County – Greater Columbia BHASO

Grant County – Beacon Health Options 1-800-852-2923, TTY 855-644-7361
Grays Harbor County – Great Rivers BHO 1-800-685-6556
Island County – North Sound BHASO 1-800-584-3578
Jefferson County – Salish BHO 360-385-0321 or 1-877-410-4803
King County – Crisis Connections 1-866-427-4747 or 206-461-3222
Kitsap County – Salish BHO 360-479-3033 or 1-800-843-4793
Kittitas County – Greater Columbia BHASO 1-888-544-9986
Klickitat County – Beacon Health Options 1-800-626-8137, TTY 866-835-2755
Lewis County – Great Rivers BHO 1-800-559-6696
Lincoln County – Regional Behavioral Health 1-877-266-1818
Mason County – Thurston-Mason BHO 1-800-270-0041 or 1-360-754-1338
Okanogan County – Beacon Health Options 1-800-852-2923, TTY 855-644-7361
Pacific County – Great Rivers BHO 1-800-884-2298
Pend Oreille County – Regional Behavioral Health 1-877-266-1818
Pierce County – Beacon Health Options 1-800-576-7764, TTY 711
San Juan County – North Sound BHASO 1-800-584-3578
Skagit County – North Sound Community Crisis Line 1-800-584-3578 and 1-800-747-8654
Skamania County – Beacon Health Options 1-800-626-8137, TTY 866-835-2755
Snohomish County – North Sound Community Crisis Line 1-800-584-3578 and 1-800-747-8654
Spokane County – Regional Behavioral Health 1-877-266-1818
Stevens County – Regional Behavioral Health 1-877-266-1818
Thurston County – Thurston-Mason BHO 1-800-270-0041 or 1-360-754-1338
Wahkiakum County – Great Rivers BHO 1-800-635-5989
Walla Walla County – Greater Columbia BHASO 1-888-544-9986
Whatcom County – North Sound Community Crisis Line 1-800-584-3578 and 1-800-747-8654
Whitman County – Greater Columbia BHASO 1-888-544-9986
Yakima County – Greater Columbia BHASO 1-888-544-9986