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

For the **Suicide Prevention Life Line**: 1-800-273-8255, TTY Users 1-800-799-4TTY (4889)

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: 1-888-910-0416

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: 1-800-803-8833

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: 1-888-544-9986
Grant County - Beacon Health Options - 1-800-852-2923, TTY- 855-644-7361
Grays Harbor County - Great Rivers BHO: 1-800-803-8833
Island County - North Sound BHASO: 1-800-584-3578
Jefferson County - Salish BHO: 1-888-910-0416
King County – Crisis Connections: 1-866-427-4747 or 206-461-3222
Kitsap County - Salish BHO: 1-888-910-0416
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: 1-800-803-8833
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: 1-800-803-8833
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: 1-800-803-8833

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