



Crisis Services

911 :

If there is an urgent concern about someone in a physical or mental health crisis that needs immediate medical attention

24-Hour Crisis Line: 866-4CRISIS (1-866-427-4747) or 206-461-3222

24-Hour Crisis Line provides immediate help to individuals, families and friends of people in emotional crisis. They can help you determine if you or your loved one needs professional consultation and they can link you to the appropriate services. They also provide immediate language interpretation in more than 155 languages.

Crisis Text Line: <https://www.crisistextline.org/texting-in> or text HOME to 741741

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust. A live, trained Crisis Counselor receives the text and responds, all from a secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

National Suicide Prevention Hotline: 1-800-273-8255 or <https://suicidepreventionlifeline.org/>

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Teen Link Help Line: 1-866-TEENLINK (833-6546)

Teen Link is a confidential, anonymous and non-judgmental telephone help line answered by teens each evening from 6pm to 10pm. No issue is too big or too small. Phone workers also have access to an extensive database and can give you information on agencies serving youth in the King County area. Teen Link Where to Turn Booklet: <https://www.crisisconnections.org/wp-content/uploads/2019/08/WTTFT-2019-2020.pdf>

Teen Link Chat: www.866teenlink.org

Much like the line, teens can use Teen Link Chat to seek support for our teen volunteers on a variety of issues, including bullying, drug and alcohol concerns, relationships, stress, and other teen issues. Teen Link accepts chats from 6-9:30PM every day of the week. Teen Link Chat does not work well on cell phones, so they ask that you log on with a computer to chat with them.

Substance Abuse and Mental Health Services Administration Disaster Distress Helpline: 1-800-985-5990

This 24/7/365 service from the Substance Abuse and Mental Health Services Administration provides crisis counseling for people going through both natural and human-caused disasters. It's free, multi-lingual and confidential. You can text TalkWithUs to 66746.

Transgender Suicide Hotline: 877-565-8860 <https://www.translifeline.org/about>

Trans Lifeline is a grassroots hotline offering direct emotional and financial support to trans people in crisis - for the trans community, by the trans community. The Hotline was, and still is, the only service in the country in which all operators are transgender. Because of the particularly vulnerable relationship transgender people have with police, it is also the only service in the country with a policy against non-consensual active rescue.



Current Openings with Community Agencies for Mental Health Services

Eastside Psychological Associates: 425-458-5048

Several providers have openings and are accepting new referrals

Emmaus Counseling Center: 425-869-2644

Currently accepting new clients and have availability this week

EvergreenHealth Social Worker:

School Based Social Work, please contact your school counselor directly to discuss referral. Services available through telehealth only at this time

The Evergreen Clinic: 425-825-9644

Currently accepting new patients, call directly for availability

Lighthouse Psychological Associates: 425-996-8592

Current accepting new patients and are encouraged to fill out an appointment request on their webpage: <https://lighthouseassociates.com/>

Sound: 206-302-2300

Accepting new patients by appointment (not accepting walk ins at this time). They are triaging for essential services such as medication management, crisis services and hospital discharge intakes.

Wellspring: 206-524-9055

One clinician in Seattle, Jim Porter, is accepting new adult patients, only contracted with Premera, Regence and BCBS.

Youth Eastside Services (YES):

School Based Mental Health/SUD services, please contact your school counselor directly for a referral. Services available through telehealth only at this time



Grief and Loss Support

Tips for supporting a teen after the loss of a close friend:

https://www.dougy.org/docs/TDC_2_Tips_for_Supporting_the_Grieving_Teen_After_Loss_of_Close_Friend_2018.pdf

If you are looking for grief therapy, please contact your school counselor or social worker for additional resources

Activities

It is important to find time to work on goals and/or building skills you may not normally have time to do. For example: hobbies, crafts, professional development, academics and personal growth (such as guitar skills), job applications, catching on homework, painting, etc.

It is also helpful to remember to process what you are experiencing. Whether that is finding a trusted person to talk to regularly, writing down your thoughts and feelings at the end of the day, or using art to express your emotions. Acknowledging how you are feeling can help ensure emotions are not bottled up and expressed in harmful or hurtful ways.

Parents, you can use this time to teach your teen needed life skills that will help them down the road such as: laundry, changing the oil or other car repairs, cooking/meal prep, making and sticking to a budget/money management, deep cleaning the home, mowing the lawn, and gardening. It is also important to try and keep a routine for your teen or child to follow so they can attend to all their needs each day (i.e. showering, eating, taking medication, studying, taking breaks, etc.)

If you are feeling overwhelmed, use the TIPP Skills: <https://manhattanpsychologygroup.com/dialectical-behavior-therapy-dbt-distress-tolerance-skills-tipp-skills/> These are evidenced-based ways to calm down quickly.

Cell Phone Apps

We recommend the following cell phone apps to help with meditation and mindfulness:

- Calm
- Stop Breathe & Think
- Headspace

General resources

WA Recovery Help Line: Available 24/7 at 1-886-789-1511

King County 2-1-1: Dial 211 or 1-800-621-4636 (M-F 8am - 6 pm)