

Crisis Help

If you are in crisis and/or are having [suicidal thoughts](#) please know that verbalizing those thoughts is a good thing. Sometimes the weight of keeping those feelings secret is unbearable and makes things worse. Here are tips related to [starting a conversation specific to suicidal thoughts](#). It may be uncomfortable but it also is necessary.

If someone shares that they are suicidal please take it seriously and [reach out to an adult for help](#). If your child is struggling, make an appointment with their primary care doctor. If safety is in question, call the crisis line and/or go to the local emergency room.

Care Crisis Line (Call)	425-258-4357 or 1-800-584-3578 May also be able to consult, dispatch mobile outreach unit , follow-up, find out if inpatient beds are available.
The Care Crisis CHAT online	Website: imhurting.org
Care Crisis Text Line	TEXT "LISTEN" TO 741741
Other Supports	
Cocoon House	Call or text 425-877-5171 email: safeplace@cocoonhouse.org
Child Protective Services (CPS)	866-829-2153
Crisis Connections WA Warm Line	Calls are answered by specially-trained peer volunteers who have lived experience with mental health challenges. 12:30pm - 9:00pm
National Suicide Prevention Lifeline en Español	888-628-9454
Providence Sexual Assault Crisis Line:	425-252-4800 (24-Hour Hotline)
Suicide Hotline for Deaf or Hard of Hearing	For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255
Teen Link	866-833-6546 6-10 pm (phone) and chat or text from 6-9:30 pm every night. Substance use specialist from 2-10 pm Mon-Fri. (Call the same number and press 2).
Trevor Project Lifeline	24-hour hotline focusing on supports for LGBTQ young people in crisis. Contact by phone at 888-488-7386, chat and text services also available
Trans Lifeline	877-565-8860 Trans Lifeline's Hotline is a peer support phone service.
Washington Indian Behavioral Health HUB	866-491-1683

For emergency mental health evaluations to determine need for inpatient care:

- Go to your Local Emergency Room
- Seattle Children's Hospital Emergency Department: 206-987-2055 Psychiatric & Behavioral Medicine Unit (PBMU)
- Smokey Point Behavioral Hospital intake line: 844-202-5555 (Smokey Point) FREE 24/7

[Warning Signs for Suicide](#) | [Coping Apps](#)

Immediate danger?

Please do not send an email to a school person when in crisis. We try not to check emails, texts, or calls after our work hours so that we can take care of our mental wellness too. We care about your safety. Please talk to an adult you trust, call the crisis line, or call 911.

Articles

- [You Don't Have To Be In Crisis To Text Crisis Text Line](#): article about calling/texting a crisis line
- [Taking a Child to the Emergency Room](#): article about what it might be like to go to the ER
- [Tools to \(help\) Manage Your Child's Mental Health](#): article about ways to be supportive/help with coping
- [How to help someone you love with suicidal thoughts](#): SAMHSA article with suggestions
- [ParentGuidance.org](#): free parent coaching (check out the "[How Parents Can Prevent Suicide](#)" course).
- [A Journey Toward Hope](#): A handbook for recovery after a suicide attempt