Crisis Resources

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International Help Center
Currently not in the USA. Find Emergency Numbers and Suicide Hotline Numbers from around the world. [https://www.suicidestop.com/call_a_hotline.html](https://www.suicidestop.com/call_a_hotline.html)

Indigenous
- Call line 988 and select 4 to connect to a counselor who is familiar with historical, intergenerational trauma, self-care and more traditional elements.

Living with Emotional Challenges
  Peer support for people living with emotional challenges

BIPOC
- [BIPOC](https://www.bipecommunity.org): Blackline: 1-800-604-5841

LGBTQ
- [Trevor Lifeline](https://www.trevorlifeline.org): 1-866-488-7386
  Provides crisis intervention, suicide prevention, and life-affirming services to LGBTQ youth ages 13-24.
- [Trans Lifeline](https://translifeline.org): 1-877-565-8860

Muslim
- [Amala Muslim Youth Hopeline](https://www.amala.org): Call 855-95-AMALA (855-952-6252)
- [Muslim Crisis Text Line](https://www.muslimcrisistextline.com): Text "SALAM" to 741741

Spanish
- [Ayuda en la crisis Español](https://www.aucsa.org): Call 1-888-628-9454

Veterans Crisis Line
- [Veterans Crisis Line](https://www.crisisline.vet.gov): 988 (Press 1)

Crisis Text Line
- Phone: Text "HOME" to 741-741. Free 24/7. Confidential.
- Website: [Crisis Text Line](https://www.crisistextline.com)

Crisis Connection 24-hr Crisis Line
- Phone: 1-866-427-4747
- Website: [Crisis Connection 24-hr Crisis Line](https://www.crisisconnection24hr.org)

IMAlive
An online network that uses instant messaging to respond to people in crisis.
- Website: [IMAlive](https://www.imalive.org)

National Suicide Prevention Lifeline
- Phone: 1-800-273-TALK (8255) or 988
- Website: [National Suicide Prevention Lifeline](https://www.suicidepreventionlifeline.org)

Trans Lifeline
- Phone: 1-877-565-8860
- Website: [Trans Lifeline](https://translifeline.org)

Text Messaging
- [Crisis Text Line](https://www.crisistextline.com): Text "HOME" to 741741
- Muslim Crisis Text Line: Text "SALAM" to 741741
• **People of Color Text Line**: Text "STEVE" to 741741

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**Trevor Project**
Provides crisis intervention, suicide prevention, and life-affirming services to LGBTQ youth ages 13-24.

- **Phone**: 1-866-488-7386
- **Website**: [Trevor Project](https://www.trevorproject.org)

**Ayuda en la crisis Español**
- **Phone**: 1-888-628-9454

**Washington Warm Line**
Peer support for people living with mental illness

- **Phone**: 1-877-500-9276
- **Website**: [Washington Warm Line](https://www.warmline.org)

**Alcohol/Drug 24-hour Helpline**
- **Phone**: (206) 722-3700 or 1-800-562-1240

**UW Violence Prevention & Response (SAFECAMPUS)**
This is the hotline for students, faculty, and staff regarding violence prevention.

- **Phone**: 206-685-SAFE (7233)
- **Website**: [SAFECAMPUS](https://safecampus.washington.edu)
Hospitals

Evergreen Hospital
- Address: 12040 NE 128th Street, Kirkland, WA. 98034 (for Emergencies, use west entrance and parking)
- ER Phone: (425) 899-1700
  - Hospital Medical Center: (425) 899-2736
  - General Questions: (425) 899-1000
- Website: 24-Hour Emergency Care

Evergreen Health
- Address (Redmond ER): 8980 161st Ave. NE, Redmond, WA. 98052
- Phone: 425-883-3333
- Website: Evergreen Health

Fairfax Behavioral Health
Fairfax provides acute mental health inpatient, partial hospitalization and chemical dependency programs.
- Kirkland Address: 10200 NE 132nd St., Kirkland, WA. 98034
- Everett Address: 916 Pacific Ave, Everett, WA. 98201
- Monroe Address: 14701 179th Ave. SE., Monroe, WA. 98272
- Phone: (425) 821-2000
- Website: Fairfax Behavioral Health

Harborview Medical Center Emergency Medicine
This center provides mental health evaluation and in-patient services.
- Address: 325 9th Avenue, Seattle, WA. 98104
- Phone: (206) 744-3000
- Website: Harborview Medical Center

Overlake Emergency & Trauma Center
Overlake Hospital provides same day/next day urgent mental health evaluations, inpatient/day hospital treatment programs and chemical dependency evaluations.
- Address: 1035 116th Ave NE, Bellevue, WA. 98004
- Phone: (425) 688-5000
  - Trauma Center: (425) 688-5100
  - Physician referral line: (425) 688-5211
- Website: Overlake Emergency & Trauma Center

Swedish Medical Center
Swedish Medical Center provides acute mental health inpatient and partial hospitalization programs.
- Address: 21601 76th Ave W, Edmonds, WA. 98026
- Phone: (425) 640-4090 (Mental Health Intake)
- Website: Swedish Medical Center

Northwest Hospital & Medical Center
- Address: 1550 N. 115th Street, Seattle, WA. 98133
- Phone: (206) 364-0500
- Website: NW Hospital & Medical Center
Swedish/Edmonds Hospital
- Address: 21601 76th Ave W, Edmonds, WA 98026
- Phone: (425) 640-4000
- Website: Swedish/Edmonds Hospital

Swedish/Redmond Emergency Room
- Address: 18100 NE Union Hill Road, Redmond, WA 98052
- Phone: (425) 498-2020
- Website: Swedish/Redmond Emergency Room

Swedish/Mill Creek Hospital
- Address: 13020 Meridian Ave. S. Everett, WA 98208
- Phone: (206) 386-6000
- Website: Swedish/Mill Creek Hospital

Partial Hospitalization Program

Cascade Behavioral Health
Offers Partial Hospitalization Program (PHP), and on-site or virtual Intensive Outpatient Program (IOP).
Two Addresses:
- Address: 12844 Military Rd S, Tukwila, WA 98168
- Phone: (855) 978-1284
- Address: 1300 114th Avenue SE. Suite 100, Bellevue, WA 98004
- Phone: (206) 248-4787
- Website: Cascade Behavioral Health

Fairfax Behavioral Health
Offers Adult Day Program (PHP) and Adult Evening Program (IOP)
- Kirkland Address: 10200 NE 132nd St., Kirkland, WA. 98034
- Everett Address: 916 Pacific Ave, Everett, WA. 98201
- Monroe Address: 14701 179th Ave. SE., Monroe, WA. 98272
- Phone: (425) 821-2000
- Website: Fairfax Behavioral Health Adult Outpatient Programs

Overlake Adult Day Hospital Program (PHP)
Need referral from outpatient therapist. Download the referral form.
- Address: 1035 116th Ave NE, Bellevue, WA 98004
- Phone: (425) 688-5000
- Website: Overlake Adult Day Hospital Program

Swedish Edmonds Partial Hospitalization Program
- Address: 21601 76th Ave W, Edmonds, WA. 98026
- Phone: (425) 640-4098
- Website: Swedish Edmonds Partial Hospitalization Program

Thira Health
Offers Partial Hospitalization Program (PHP), and morning or evening Intensive Outpatient Program (IOP).
- Address: 11400 SE 6th St Ste 200, Bellevue, WA 98004
- Phone: (425) 620-4266
- Website: Thira Health