

Getting Help in a Mental Health Crisis

If you need urgent medical help (such as for an overdose) or are in immediate danger, call 911.

Call your crisis line	<p>You can ask a crisis line for:</p> <ul style="list-style-type: none">• Help to plan and cope in the moment.• De-escalation support.• Guidance on when to go to the emergency room.
Island, San Juan, Skagit, Snohomish, and Whatcom Counties	<p>Regional Crisis Line: (800) 584-3578</p> <p>National Suicide and Crisis Lifeline: Call or text 988</p> <p>National Crisis Text Line: Text HOME to 741741</p>
Going to the emergency room	<p>If the person is in danger, or hurting themselves or others, take them to the emergency room if you can do so safely.</p>
What if I cannot get the person to go to the emergency room?	<ol style="list-style-type: none">1. Call 911 and say that the person needs urgent mental health support.2. Name the specific symptoms the person is having, for example, confused or panicking, and explain their behavior.3. If you are aware if the person has an intellectual or processing disorder that would make it difficult for them to understand or any other accommodations, let 911 know.4. Tell 911 you are requesting transport to the emergency room for a mental health evaluation and/or request a Crisis Intervention Team Officer.

For more information contact:
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