



www.nami-greaterseattle.org
 supportlink@nami-greaterseattle.org
 206-783-9264: M-F, 9am-5pm

2014 CRISIS INFORMATION AND RESOURCE GUIDE

NAMI GS Support Link: 206-783-9264

Provides information, resources, and referrals to individuals and families affected by mental illness via phone, walk-in, or email Monday-Friday, 9am-5pm. For emergencies, please call 911.

24-HOUR CRISIS ASSISTANCE

- **HARBORVIEW PSYCHIATRIC WALK-IN EMERGENCY SERVICES:** 325 9th Ave. Seattle, WA 98014, 206-744-3000
- **24-HOUR CRISIS LINE:** 206-461-3222
- **24-HOUR TEEN LINK:** 1-866-TEEN-LINK
- **24-HOUR NATIONAL SUICIDE LIFELINE:** 1-800-273-TALK
- **WASHINGTON RECOVERY HELP LINE:** 24-hour help for mental health, substance abuse, and problem gambling: 1-866-789-1511
- **24 HOUR CHILDREN'S CRISIS OUTREACH RESPONSE SYSTEM:** 206-461-3222

ADDITIONAL CRISIS RESOURCES

- **KING COUNTY CRISIS COMMITMENT CENTER:** Initial crisis outreach and assessment for individuals in King County: 206-263-9200
- **SEATTLE POLICE CRISIS INTERVENTION TEAM:** Officers certified to assist individuals in a mental health crisis: 206-615-1219 or 911. Request CIT officer.

FREE CLINIC INFORMATION

WASHINGTON HEALTHCARE ACCESS ALLIANCE:
 1-267-713-9422, www.wahealthcareaccessalliance.org

HEALTH INSURANCE INFORMATION

WASHINGTON HEALTH EXCHANGE:
 1-855-923-4633 or www.wahbexchange

HOUSING INFORMATION

KING COUNTY HOUSING & RESIDENTIAL SERVICES:
 www.kingcounty.gov/healthservices/MentalHealth/Services/Housing.aspx or dial 211.

LEGAL INFORMATION

- **CLEAR:** Washington's centralized intake and referral service for individuals seeking free legal assistance in King County: 1-877-211-9274 (Outside King County: 1-888-201-1014)
- **DISABILITY RIGHTS WASHINGTON:** Provides disability rights information, general information about legal rights, and legal services for disability rights violations: 1-800-562-2702, www.disabilityrightswa.org

YOUTH AND FAMILY SERVICE INFORMATION

- **YWCA CHILDREN'S CRISIS RESPONSE:** 206-595-8986
- **YMCA FAMILY SERVICES AND MENTAL HEALTH:** 206-382-5340
- **SEATTLE CHILDREN'S HOSPITAL DEPARTMENT OF PSYCHIATRY:** 206-987-2164
- **UNIVERSITY DISTRICT YOUTH CENTER:** Mental health and substance abuse counseling for at-risk, runaway and homeless youth ages 13-22: 206-526-2992

MILITARY VETERANS INFORMATION

- **VET CENTER:** 206-553-2706
- **VA SEATTLE:** Homeless, mental health or substance abuse services: 206-764-2646 or 1-800-827-1000

FOOD BANK AND HOMELESS SHELTERS

- **CALL 211** to locate a shelter or food bank near you
- **FOOD BANK:** www.foodpantries.org/ci/wa-seattle
- **SHELTER:** www.homelessshelterdirectory.org

OTHER RESOURCES

- **DSHS:** Provides numerous services—including but not limited to—medical programs, mental health services, and cash assistance: 1-877-501-2233
- **DSHS DISABILITY DETERMINATION:** 1-800-772-1213
- **KING COUNTY MENTAL HEALTH OMBUDSMAN:** Assistance and resolution follow-through with complaint and grievance process for clients within the publicly funded King County mental health system: 1-800-790-8049 Option 3
- **KING COUNTY COMMUNITY RESOURCES HOTLINE:** 1-877-211-9274 or 211