



Crisis Protocol

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In Emergency

If the situation is life threatening, or it looks like you or someone else may get hurt, please call **911**. If you cannot call 911, please go to your nearest hospital.

In Crisis – Local

If you are in crisis, but there is no immediate physical danger, please call *King County Crisis Connections* at **206-461-3222**.

If you do not have access to a phone, but have a computer, you can go to King County Crisis Connection at <https://www.crisisconnections.org/get-help/> and reach someone through the chat/messaging platform on this website.

Crisis Connections is free, confidential, open 24/7, and has trained professionals (beyond volunteer level) that can help you.

In Crisis – Outside of King County

If you are in crisis, but there is no immediate physical danger and you are outside of King County, please call **988**, the *Suicide & Crisis Lifeline*.

This is a nationwide phone number that will connect you with Mental Health professionals that can help you.

- **Veterans:** Press “1” after dialing 988 to connect directly to the Veterans Crisis Lifeline which serves our nation’s Veterans, service members, National Guard and Reserve members, and those who support them. For texts, Veterans should continue to text the Veterans Crisis Lifeline short code: 838255.
- **Spanish:** Press “2” after dialing 988. To text with a Spanish-speaking crisis counselor, text AYUDA to 988. To chat with a Spanish-speaking crisis counselor, visit <https://988lifeline.org/es/chat/>.
- **LGBTQI+:** Press “3” after dialing 988. You can reach a specialized LGBTQI+ affirming counselor by texting “PRIDE” to 988.
- **American Sign Language:** Call with direct video to 988 and use videophone to speak to someone fluent in American Sign Language.
- Also, people can chat at [988lifeline.org](https://www.fcc.gov/988-suicide-and-crisis-lifeline) for themselves or a loved one who may need crisis support.” (<https://www.fcc.gov/988-suicide-and-crisis-lifeline>)