

Zero Suicide

Imagine a world where no one died by suicide...a world where there was hope and help for everyone experiencing the unbearable psychic pain that drives people to do anything to make it stop.

That's what the Zero Suicide concept is all about. It is a foundational belief that suicide deaths are preventable. It is a concept that federal, state, and county governments, as well as health and behavioral health providers, are aligning around. We applaud King County for the new strategies they will be implementing to address suicide in our community and look forward to partnering with them.

Suicide is a major public health problem. In Washington State, suicide is the 8th leading cause of death overall and the 2nd leading cause of death among young people ages 15-24. In King County, there are roughly 250 deaths by suicide every year. For every suicide, it is estimated that 25 attempts are made, some requiring expensive emergency room and hospital visits.

Crisis Clinic has provided hope and help for people considering suicide since 1964. Last year, we helped over 5,700 adults and teens who were considering suicide stay safe. We're here 24/7 to listen, provide confidential support, and connect people to lifesaving resources.

We are a leader in suicide prevention and offer training to adults and youth. Each year, we train between 8,000-9,000 teens to recognize the signs and symptoms of suicide and how to get help. But that is just 12% of all high school students. Wouldn't it be powerful if every student received this training? How many lives would be saved if this were a basic part of the health curriculum?

For every suicide death, it is estimated that six friends and family members of the deceased will struggle for the rest of their lives with this particularly devastating and complex form of grief. Since the 1980s, Crisis Clinic has offered Survivors of Suicide Support Groups to help ease the pain. It doesn't matter if the death was recent or decades ago—many find the professional guidance and support of others who've experienced a similar loss to be helpful in the healing process.

We look forward to the day when Zero Suicide is a reality and are working to do our part. We thank our many donors and supporters who invest in this important work. We couldn't do it without you!

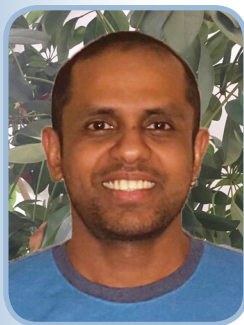
Kathleen Southwick

Kathleen Southwick, Executive Director



ZANDY HARLIN
Board of Trustees

"When I worked as a psychiatric nurse, we directed clients to the Crisis Line when they were feeling suicidal after hours. Crisis Clinic is an integral part of the social safety net in our community."



SUNIL MUTHUSWAMY
Crisis Line Volunteer

"It is incredibly rewarding to see how resilient people are and can be when provided with an opportunity to speak and be listened to with compassion."

24-HOUR CRISIS LINE

1.866.4CRISIS | 206.461.3219 TTY

KING COUNTY 2-1-1

Dial 2-1-1 | 1.800.621.4636 | 206.461.3610 TTY

WA RECOVERY HELP LINE

1.866.789.1511 | 206.461.3219 TTY

TEEN LINK

1.866.TEENLINK | 206.461.3219 TTY

WA WARM LINE

1.877.500WARM | 206.461.3219 TTY

CRISIS CLINIC BUSINESS OFFICE

206.461.3210 | Business Fax 206.461.8368
www.crisisclinic.org | info@crisisclinic.org

24-HOUR CRISIS LINE

The 24-Hour Crisis Line is a unique and vital resource for people in crisis, anyone needing access to mental health services, or for family and friends concerned about a loved one. In 2015, we responded to over 125,000 calls for help—a 7% increase over 2014.

Volunteers: Helping Lives on the Line

We're able to provide an immediate response thanks to the 240 volunteers who answer calls. They provided over 32,909 hours of service—an in-kind value of \$477,181!

Our Callers Face Serious Challenges

Sixty-six percent of our callers live with a serious or chronic mental illness, and 26% had no mental health provider. We received 5,089 calls from people seriously considering suicide and 82% agreed to keep themselves safe until we could arrange help.

Making a Difference

We helped 70% of our callers reduce their distress, 75% were able to engage in addressing their problems, and 91% expressed "thanks" for the help they received.



"People need connection, and the Crisis Line provides a place for people to tell their story, to be heard and believed. It helps callers feel less alone so they can begin to move forward."

MARY-LYNN BALLEW
Crisis Line Volunteer

WASHINGTON WARM LINE

The WA Warm Line is a statewide peer-answered support line for people living with mental illness. In 2015, volunteers answered almost 6,000 calls, providing comfort and connection to their peers! In total, 23 volunteers contributed more 3,367 hours of service.



"Volunteering on the Warm Line has opened my eyes to just how many people are in need of a person they can connect with, even for a short time."

DAN HARMON
Warm Line Volunteer

WASHINGTON RECOVERY HELP LINE

The WA Recovery Help Line responded to 27,605 calls from adults and teens across Washington State needing support and resources for mental health, substance abuse, and problem gambling. Last year, 11,649 callers needed help with emotional health issues, 16,619 needed drug treatment, and 7,207 needed help with alcohol dependency. Thank you to the 32 interns and volunteers who contributed nearly 3,498 hours of service!



"The rewards of volunteering go beyond providing resources; you also provide a glimmer of hope and give comfort."

CHUCK O'LEARY
Washington Recovery Help Line Volunteer

KING COUNTY 2-1-1

In 2015, 2-1-1 Specialists helped 99,111 people find health and human services resources. But 2-1-1 does more than give referrals to community agencies, we also coach callers on how to best present their situation and explain how the social service systems work, greatly improving a caller's chance of getting assistance.



"2-1-1 allows me to play a very special role in people's lives when they have decided they need help. It is an honor to give them the information that promotes their success."

KATHERINE EBERDT
Information & Referral Specialist

Helping the Most Vulnerable People

Of the help sought, 60% was for financial assistance or basic needs. Eighty-nine percent of callers had poverty level incomes, 70% identified as a person of color, 40% were living with a disability, and 22% were experiencing homelessness.

Callers Express Their Thanks

Ninety-six percent of callers learned about new resources, 99% planned to follow-up to get help and 99% also said 2-1-1 was helpful. One caller recently told us:

"I'm smiling already. It's cold, I'm in my car, I have no gas, but I have hope now. Thank you for being there."

TEEN LINK

Teen Link volunteers answered 2,730 calls and chats from teens seeking a safe and confidential way to discuss their fears and concerns, find support, or locate teen-friendly community resources. Each evening between 6-10 p.m., trained teen volunteers are available to talk and listen to their peers. Our 118 teen and adult volunteers contributed over 8,000 hours in 2015!



"Teens who contact Teen Link are going through personal troubles that are emotionally jarring. Providing a space to talk anonymously to someone who cares goes a long way in helping people in these situations."

VEENA CHITTAMURI
Teen Link Volunteer

Teens Struggle with Difficult Issues

The top reasons teens called were related to emotional health, including conflict/stress, depression, suicide, and self harm. We considered 293 teens to be an immediate suicide risk and asked each one to keep themselves safe; 220 teens were willing to do so.

Youth Suicide Prevention

In Washington state suicide is still the second leading cause of death for youth ages 10-24 with over 100 deaths a year. According to the 2014 Healthy Youth Survey, roughly 18% of 8th, 10th, and 12th graders have seriously considered suicide and 9% have attempted suicide.

Teen Link trained 8,355 students in youth suicide prevention in 2015. When surveyed, 100% of teens told us the training was helpful and 79% said it increased their awareness of suicide prevention.

"One of my friends confided in me that he was self-harming and had attempted suicide. We talked and he decided to call the help line. I think it saved his life, so thank you for helping him."

INGLEMOOR HIGH SCHOOL STUDENT

CONNECT WITH US!



Crisis Clinic



Crisis Clinic



WA Recovery Help Line



King County 2-1-1



Teen Link



@Crisis Clinic



Crisis Clinic



@WA Recovery Help



@King County 211



Teen Link

COMMUNITY SERVICES

Community Trainings for Professionals

Our trainers are experts in crisis intervention, mental health, and information and referral. Trainings include:

- Suicide and Crisis Intervention - 6 CEUs
- Applied Suicide Intervention Skills Training (ASIST) - 13 CEUs
- Dealing with Difficult Behaviors
- The Art of Referral and Accessing Community Resources

We offer these trainings on a regular basis, so check our website for the specific dates and times.

Volunteer: Lend an Ear to Someone in Crisis

Join our team of empathetic and dedicated community volunteers! We offer a variety of opportunities for youth and adults, as well as online and in-person training options. Learn more at: www.crisisclinic.org/volunteer.

"Volunteering at Crisis Clinic will truly change your life for the better: how you respond to situations, and how you communicate with others. It will change the perspective you have on the community around you."

CRISIS LINE VOLUNTEER

Lost a Loved One to Suicide?

Our Survivors of Suicide drop-in groups are the first and third Monday of each month at 6:30 PM at our business office. This professionally led support group helps the healing process begin. For more information, contact the 24-Hour Crisis Line at: 206-461-3222.

"You are truly saving lives. I don't see how I could have made it this far without you."

ATTENDEE WHO LOST HER SON TO SUICIDE

"Thanks for all you and your staff do. These past seven months would have been hell if it were not for you all."

ATTENDEE OF SURVIVORS OF SUICIDE SUPPORT GROUP

Save the Date: GiveBIG May 3rd

Mark your calendars! The Seattle Foundation's annual GiveBIG event will be held Tuesday, May 3, 2016. All donations made to Crisis Clinic through The Seattle Foundation's website on this day are stretched, increasing the size of your gift.



Thank you to our supporters!

Because of your support, Crisis Clinic serves as a lifeline for thousands of individuals and families in our community each year. Each contribution, no matter the size, positively impacts the lives of our callers. For this, we are extremely grateful. To explore your giving options or make a donation online, visit us at: www.crisisclinic.org/donate. Thank you so much for your generous support!

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2015 FINANCIAL REPORT

UNAUDITED

Support & Revenue	
Contributions	\$ 310,342
Government & United Way	4,175,146
Program Service Fees	649,106
Interest Income	-941
Total Revenue	\$5,133,653
Expenses	
Personnel	\$ 3,896,339
Operating Expenses	1,031,376
Depreciation	31,126
Total Expenses	\$4,958,841
Release of Temporarily Restricted Funds	-6,525
Operating Gain	\$168,288

*Our passion is caring and listening—
 empowering people to make positive life
 changes. We do this through connections
 between people and critical resources.*

Crisis Clinic, a safety net for anyone in crisis, began in 1964 as one family's answer to an act of violence that could have been avoided. As a result of that experience, community members founded one of America's oldest crisis telephone lines—a resource for people in crisis—a place they could call for counseling and intervention 24 hours a day. Today, Crisis Clinic is the focal point for crisis resources that include training, outreach and a bridge to other community resources. We're here to help.

Crisis Clinic maintains its original mission with the financial support of local government, United Way of King County, corporations, foundations, and individuals.

Crisis Clinic is a non-profit agency registered with the Secretary of State as a charitable organization. We are state-licensed as an emergency telephone service and chemical dependency provider. We are accredited by the Alliance of Information & Referral Systems and CONTACT USA. Crisis Clinic is an equal opportunity employer and service provider.

