



# Everyone can turn to Crisis Clinic for help

## The 24-Hour Crisis Line

# 866-4CRISIS

(866-427-4747)

or **206-461-3222**

[www.CrisisClinic.org](http://www.CrisisClinic.org)

TTY 206.461.3219

## Are you or someone you know experiencing:

- *Anxiety or loneliness?*
- *Grief or loss?*
- *Family or relationship difficulties?*
- *Symptoms of mental illness?*
- *Loss of a job?*
- *Health concerns?*
- *Abuse?*
- *Thoughts of suicide?*

The 24-Hour Crisis Line provides immediate help to individuals, families and friends of people in emotional crisis in King County. We can help you determine if you or your loved one needs professional consultation, and we can link you to the appropriate services.

## Telephone Services

Crisis Clinic staff and volunteers operate the Crisis Line with the goal of providing effective answered with care and sensitivity. Crisis happens to everyone. When a crisis or traumatic event occurs, it is important to care for your needs, emotional and physical. Part of our mission is to empower people to make positive life changes. Helping our community understand common responses to trauma and ways to support a loved one in need is one way we fulfill this mission.

We ensure accessibility by having the ability to communicate with callers in more than 200 languages through language interpreter services. Those with hearing impairments can reach us via our TTY or the use of 7-1-1 Relay Service.

## Who Can Call?

We are here for you. You may be struggling with feelings of loneliness or anxiety, grief or loss, isolation, depression, personal crisis, or any other emotion that leads you to a place of needing emotional support. You may be a mental health or chemical dependency professional, health care or social service professional who needs guidance in finding services for a client.

## What can I expect when I call?

We are here 24/7/365. You can expect an empathetic and caring response to your concerns. Our staff and volunteers receive more than 60 hours of crisis line training in order to meet the needs of callers. We take as much time as each call needs in order to allow each caller to be heard in a supportive manner and develop a coping plan as needed.

## Why we're here to help

Crisis Clinic, a safety net for anyone in a 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 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 includes training, outreach and a bridge to other community resources. Crisis Clinic maintains its original mission with the financial support of state and local government, United Way of King County, corporations, foundations and individuals. Your financial support is needed to continue this important work.

