

King County Crisis Services

If you or someone you know is experiencing a mental health or drug- and/or alcohol-use related crisis, help is available for everyone in King County.

First: Call or Text for Help

988 or the Regional Crisis Line: 206-461-3222

Crisis counselors help people on the phone, connect people to services or can send mobile crisis teams to respond in-person. (Interpretation is available)

911 if the mental health crisis poses a threat to life or public safety. In South King County, crisis counselors in 911 call centers support people who call related to a mental health or drug or alcohol use crisis.

What's Next:

Get an appointment within 24 hours

You can get an appointment with a mental health or substance use counselor for yourself or someone you're helping. They can connect you to treatment and services you want.

For appointments related to substance use: Contact the Washington Recovery Line: [866-789-1511](tel:866-789-1511).

For appointments related to mental health: Contact 988 or the Regional Crisis Line: 206-461-3222.

Teams can come to help you where you are

- **Mobile Crisis Teams** are groups of trained crisis workers who go anywhere in King County to help adults, families and children in moments of crisis. Call 988 to get their help.
- **Outreach Teams** work around King County to help people who might be experiencing a crisis, including at City Hall Park in Seattle and at Metro and Sound transit stations.
- **Designated Crisis Responders (DCRs)** assess a person's mental health and risk of harm to themselves or others in times of crisis. DCRs are trained to treat people in crisis with respect.

Coming Soon: Go to a Crisis Care Center

A "crisis care center" is a place to go 24-hours a day/7-days a week to get help for a wide range of crises related to mental health or drug and alcohol use issues.

King County Crisis Care Centers *Opening in 2026*

King County will open five crisis care centers across the county for anyone to walk-in anytime for help related to mental health or drug or alcohol use. The first center should open in 2026 and all five centers, including one for youth, will open by 2030. For more information visit: kingcounty.gov/crisis-care-centers

Kirkland's Crisis Response Center *Opening Summer 2024*

King County invested in the crisis care center the North King County Coalition will open in July.

Visit: **405 Kirkland Corporate Center** | connections.shs.com/nkc

 King County

DCHS

Department of Community
and Human Services

Help After a Crisis

King County Client Services Line: 206-263-8997

People with Medicaid can call to receive care and support after a crisis, so they can heal and be healthy long term. The crisis care centers will provide follow-up services for clients after they visit the centers.

Medicine for Opioid Use

Free 24/7 Bup Prescription Line: 206-289-0287

Buprenorphine (Bup) is a medicine that helps with opioid cravings, withdrawal symptoms and protects from overdose. Anyone age 13 or older in King County can call anytime to get a free prescription.

Free Naloxone

Naloxone (also known as Narcan) is a medicine that can help stop an opioid overdose. It is available at pharmacies or order for free online: phra.org/naloxone ([in English](#) or [Spanish](#)).