

# King County Crisis Services

If you or someone you know is experiencing a mental health, drug or alcohol-use related crisis, help is available for everyone in King County. King County services and programs support all people, including immigrants and refugees, women, transgender people, LGBTQ+ people, people of all racial identities, people with disabilities, and people of every religion, or of no religion.

## 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. Calls are free and confidential.

**911** if the mental health crisis poses a threat to life or 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.

## 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.

**Now Open: Crisis Center in Kirkland:** Anyone 18 years and older can walk-in today and receive urgent care for mental health or substance use. Visit: **405 Kirkland Corporate Center I**

[connectionshs.com/nkc](https://connectionshs.com/nkc) (English only)

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. All five centers, including one for youth, will be open by 2030. For more information visit: [kingcounty.gov/crisis-care-centers](https://kingcounty.gov/crisis-care-centers)



## 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](http://phra.org/naloxone) ([in English](#) or [Spanish](#)).

## Frequently Asked Questions

### **How much do King County's crisis services cost?**

If you have Medicaid or private insurance, it will help cover the cost of crisis services. If you do not have insurance, King County covers the cost of your crisis services.

### **Can I feel safe calling 988 for help, engaging with mobile crisis teams or showing up for services at a crisis care center?**

We know that people in King County need a place to go that isn't the ER and doesn't require calling 911 or the police for help in a mental health or substance use related crisis. King County's mobile crisis teams respond to calls for help without police and do not ask immigration status or require documentation to provide care. At crisis care centers, everybody who enters will be welcomed, and clients' confidentiality and safety are a priority. Additionally, King County follows state law and local ordinances protecting the rights of immigrants.