**Mental Health Resources**

**Call 9-1-1 in** **the case of an immediate health-related emergency.**

**Crisis and Suicide Prevention**

[King County Crisis Connections](https://www.crisisconnections.org/king-county-2-1-1/)(24-Hour Crisis Line)

* Call: 866-427-4747
* Text: text “WAOD” to 898211

[Snohomish County Crisis Line](https://snohomishcountywa.gov/604/Snohomish-County-Crisis-Services#:~:text=Crisis%20Responders%20can%20be%20reached,(800)%20584%2D3578.) (24-Hour Crisis Line)

* Call: 800-584-3578

[National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/chat/)

* Call: 800-273-8255

[National Association of Mental Illness (NAMI)](https://www.nami.org/Contact-Us) (Helpline)

* Call: 800-950-6266
* Text: text “NAMI” to 741741

[American Foundation for Suicide Prevention](https://afsp.org/)

* Call: 800-273-8255
* Text:text “TALK” to 741741

**Shoreline Community College Resources**

[Shoreline Community College CounselingCenter](http://www.shoreline.edu/counseling-center)

* Call: 206-546-4594
* Visit: FOSS 5251

[Shoreline Community College Student Accessibility Services (SAS)](http://shoreline.edu/student-accessibility-services)

* Email: [sas@shoreline.edu](mailto:sas@shoreline.edu)
* Call: 206-546-4545
* Visit: FOSS 5226, Monday-Wednesday on-campus

**Medical Care**  
[Behavioral Health Urgent Care](https://www.providence.org/locations/wa/providence-regional-medical-center-everett/behavioral-health-urgent-care-everett) - Providence Regional Medical Center (in-person, telehealth, same-day counseling)

* Call: 425-261-4210

**Mental Health Resources**

[JED Foundation](https://jedfoundation.org/) (College Mental Health information)

[SAMHSA](https://www.samhsa.gov/suicide-prevention) (Substance Abuse and Mental Health Services Administration)

[The Trevor Project](https://www.thetrevorproject.org/#sm.0000sm82t7v9ofbrpen10clz3mvvz) *–* (LGBTQ Youth Mental Health services)

[Veterans Crisis Line](https://www.veteranscrisisline.net/)

* Call: 800-273-8255 and press “1”
* Text:838255
* Chat online

[Washington Recovery Help Line](https://www.warecoveryhelpline.org/)(24-Hour Help for Substance Abuse, Problem Gambling & Mental Health)

* Call: 866-789-1511

[Mental Health First Aid](https://www.mentalhealthfirstaid.org/) (eight*-*hour certification training)