

# The North Central Washington Crisis Line is here to help.

Reach out and talk to  
a counselor today.





# A crisis can happen at any time.

The North Central Washington Crisis Line can help when you, your child, or someone else is:

- Talking or thinking about harming oneself or others
- Acting recklessly or violently
- Having hallucinations, delusions, or is not able to care for oneself
- Having a substance use crisis

It's free and confidential. Available 24/7.

(800) 852-2923

TTY (855) 644-7361

[wa.beaconhealthoptions.com](http://wa.beaconhealthoptions.com)

Text HOME to 741741 to access the National Crisis Text Line.

