



Emergency Resources

For crisis support, call or text the Suicide and Crisis Lifeline at 988 any time of day.

If you or someone you know is experiencing a mental health emergency, the following resources are available:

WASHINGTON

- **Spokane Regional Crisis Line**
877.266.1818
- **Frontier Behavioral Health**
509.838.4651
Request “crisis” for assessment of involuntary treatment needs
- **Inland Northwest Behavioral Health**
509.992.1888 (Ages 13+)
Present at facility for screening
- **Sacred Heart Medical Center**
509.474.3131 (Ages 13+)
Present at ER

Non-Emergency Resources for Washington Residents

- The **WA Warm Line** is a peer support line when you need someone to talk to. Call 877.500.9276 daily, 12:30 – 9:00 pm.
- **CHAS Health 24/7 Nurse Advice Hotline**
866.418.1002

IDAHO

- **Idaho Suicide Prevention Hotline**
208.398.4357
- **Kootenai Health**
208.625.4000 (All ages)
- **North Idaho Crisis Center**
208.625.4884 (Ages 18+)
Walk-in or call
- **Idaho Magellan Crisis Line**
855.202.0973
- **Rural Crisis Center Network – Idaho**
877.897.9027
- **St. Joseph Regional Medical Center**
208.799.5700

NATIONWIDE

- **National Suicide Prevention Lifeline**
800.273.TALK (8255)
- **Crisis Text Line**
Text HOME to 741741
- **988 Suicide & Crisis Lifeline**
Call or text 988