

Snohomish County Crisis Resources

- **24 Hour Crisis Nursery 425-259-9158**
- **24 Hour Care Crisis Line (VOA) 800-584-3578**
- **Care Crisis Chat 24/7 www.imhurting.org**
- **Catholic Community Services (mental health) 425-257-2111**
- **Domestic Violence Services of Snohomish County 425-252-2873**
- **Parent Trust Family Help Line 800-932-HOPE (4673)**
- **Providence Sexual Assault Crisis Center 425-252-4800**
- **National Suicide Prevention Lifeline 800-273-8255 or text at 741741**
- **Cocoon House Project SAFE** - Cocoon Project SAFE's phone line helps parents through a 90-minute phone consultation. Parents can access this in-depth phone service anonymously from their home. Project SAFE will help you develop an action plan that confronts issues that may be underlying your teen's symptomatic behavior and identifies other community resources that may be beneficial. Cocoon Project SAFE is designed to help parents and guardians to delve beyond their child's destructive behavior patterns to expose the nature of what may be causing the behavior. The therapist will even follow up with you to review the action plan created in the initial phone consultation and discuss ways to confront barriers that may come up.

Services in English

(425) 317-9898

(425) 317-9632

- **TXT 4 HELP** if you're in trouble or need help, text "safe" and your current location (address/city/state) to 69866 - See more at: <http://nationalsafeplace.org/text-4-help/#sthash.tnonQmqi.dpuf>
- **King County with service to Snohomish County: Children's Hospital Psychiatry and Behavioral Medicine Unit.** Children with complex mental health issues may need to stay in the hospital at times. When this happens, we have a Psychiatry and Behavioral Medicine Unit (PBMU) with 41 beds where we treat children from ages 3 to 18. We also see people age 19 to 21 who are developmentally delayed and in crisis.

Intake Coordinator

(For healthcare providers seeking inpatient care for their patients) 206-987-2195

Psychiatry and Behavioral Medicine Unit

206-987-2055

Survivors of Suicide Resources

Survivors of Suicide Support Group

Barbara Cornell [425-640-4404](tel:425-640-4404) bereavement@swedish.org **Meeting Frequency:** Two times per year

Meeting Time: call for details **Notes:**

No fee. 8 week closed group (twice per year). Please note that registration and an intake interview is required. Each participant must be 6 months from loss.

Website: www.swedish.org/classes-and-resources/bereavement-support.

American Foundation of Suicide Prevention

Many different resources for survivors of suicide loss

<https://afsp.org/find-support/ive-lost-someone/>

Crisis Connections

<https://www.crisisconnections.org/support-after-suicide/>

Bereaved Parents of the USA (For all child loss, not just suicide)

<https://www.bereavedparentsusa.org/>

Friends for Survival

<https://friendsforsurvival.org/>