

# Pend Oreille County Crisis Services



## Crisis Services

**For immediate assistance with life threatening and/or medically dangerous situations, please call 911.**

**Pend Oreille County Counseling Services provides crisis intervention services to ensure personal and public safety. Services are available 24 hours a day, 7 days per week.**

**No appointment necessary for walk-in crisis services.**

\*\*\*A mental health crisis is a situation where an individual's emotions, thoughts and behaviors put them at risk of harming themselves or others.

A crisis can also be defined as a person who is unable to care for themselves; access shelter, food or even clothing.

These situations can surface anywhere to anyone; mental health conditions do not discriminate.\*\*\*

*Please note that the crisis line is not intended for use as a line to leave messages. You may leave a message by calling our office at 509-447-5651.*

OR

### **CALL 988**

The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States!

## **Suicide Prevention**

### **Potential Warning Signs:**

- Talking or joking about death, dying, or suicide
- Making a plan to die
- Not caring about things that used to matter
- Giving away important things or hinting at not being around anymore
- Signs of depression like sadness, moodiness, anger, and/or hopelessness
- Abusing alcohol or drugs
- Changes in behavior, mood, or just not seeming like themselves
- Changes in appearance or performance

### **What You Can Do:**

- Show them that you care
- Ask how they are feeling
- Listen carefully
- Get help right away
- Never promise to keep this a secret
- Keep talking until someone listens

### **Where to Get Help:**

- Pend Oreille County Counseling Services – 509-447-5651 or 800-833-6388
- After-Hours Crisis Line – 877-266-1818
- National Suicide Help Line – 800-273-TALK (8255)
- National Crisis Text Line – text HOME to 741741

- Trans Lifeline - 877-565-8860
- Teen Text Line - 844-814-8336