



# My family is in crisis. What can I do?

***If someone is in immediate danger, call 911.***

You or a family member might need help quickly. Someone may not be able to calm down and/or may be in danger of hurting themselves or others. This crisis needs immediate action. Resources are available for individuals and families in crisis.

### The Center of Parent Excellence

COPE provides supports to parents and caregivers accessing and navigating behavioral health services on behalf of a child. Support can be accessed by phone, email, or a lead parent support specialist in your area.

- ➔ <https://www.hca.wa.gov/about-hca/programs-and-initiatives/behavioral-health-and-recovery/center-parent-excellence-cope-project>

### Washington's Mental Health Referral Service for Children and Teens

The Mental Health Referral Service provides thorough mental health referrals for children and teens 17 and younger in Washington State. Families can call 833-303-5437 or submit an online request form.

- ➔ <https://www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/wa-pal/>

### Insurance

Parents and caregivers: You can call the number on the back of your insurance card and ask for assistance finding supports for your family member's or child's needs.



### Behavioral Health Toolbox for Families

The Washington State Department of Health Family Toolbox has tips to navigate emotions many families experience during the COVID-19 pandemic.

- ➔ <https://doh.wa.gov/sites/default/files/legacy/Documents/1600/coronavirus//BHG-COVID19-FamilyToolbox.pdf>

### Family Youth System Partner Round Table

FYSVRT is a forum for families and individuals. Members strengthen sustainable resources by providing community-based approaches to address individual behavioral health needs of children, youth, and their families.

- ➔ <https://www.hca.wa.gov/about-hca/programs-and-initiatives/behavioral-health-and-recovery/family-youth-system-partner-round-table-fysprt>

### 988 Suicide and Crisis Lifeline

988 is a free and confidential phone lifeline for people in distress. They offer prevention and crisis resources for you or your family member. This service is available 24 hours a day 7 days a week in the United States.

- ➔ <https://988lifeline.org/>