

**RESOURCE LIST FOR HELPING A STUDENT WHO
MAY BE SUICIDAL/EXPERIENCING CRISIS**

Resources on _____ campus

Campus Counseling Center

Address: _____

Phone: _____

Website: _____

Hours: _____

Campus Health Center (if mental health services are offered)

Address: _____

Phone: _____

Website: _____

Hours: _____

Campus Police/Security Services

Emergency Phone: _____

Non-emergency Phone: _____

Other on-campus emergency contacts (e.g., Resident Directors)

Name: _____

Phone: _____

Community Resources in the city of _____

Local Hospital

Address: _____

Phone: _____

Website: _____

Hours: _____

Community Mental Health Clinics

Address: _____

Phone: _____

Website: _____

Hours: _____

Hotlines

King County Crisis Line: (206) 461-3222 or (866) 427-4747

Pierce County Crisis Line: (253) 798-4333 or 1-800-576-7764

Whatcom County Crisis Line: 1-800-584-3578

Crisis Lines for other counties in Washington state can be found at:

<http://www1.dshs.wa.gov/mentalhealth/crisis.shtml>

National Hopeline: 1-800-SUICIDE (1-800-784-2433)

Online Resources (not to be used as a primary/sole resource during a crisis)

<http://www.jedfoundation.org/>

<http://www.afsp.org/>