


# CRISIS CLINIC

Helping lives on the line



Yvonne Simpson  
Disability Program Specialist  
Crisis Clinic  
Seattle, WA

# Crisis Clinic Services

- 2-1-1: Community Information Line
- 24 hour Crisis Line
- Washington Recovery Helpline
- Teen Link
- Other community services

# 24 hour Crisis Line

- Offers emotional support over the phone for people in personal crises
- Provides information about counseling and other mental health resources
- 206-461-3222
- Crisis Chat through

# Washington Recovery Helpline

- Statewide 24-hour help line for those dealing with substance abuse or other addictions (also mental health)
- Connects callers with treatment providers
- 866-789-1511

# Teen Link

- Emotional support line operated by youth for youth (up to age 20)
- 6 – 10pm every evening
- 206-461-4922
- Teen chat: [www.866teenlink.org](http://www.866teenlink.org)

# 211 King County

- Community information line for tangible needs (e.g. food, financial assistance, healthcare information, legal programs, government services, etc.)
- 8 am – 6pm, Monday – Friday
- 211, 800-621-4636
- TTY, Interpreter Services

# 211 King County

- Disability Information and Assistance Program
- Caregiver Information and Assistance Program



# Disability Specialist

- Individuals 18 years and above
- Currently residing in King County
- Lives independently of a full-time caregiver
- Has a need directly related to a physical or mental disability

# Disability Specialist

- Information and referrals over the phone
- Short-term follow-up
- Organizing, brainstorming
- Advocacy
- Information in alternate formats
- NOT a case manager/social worker

# Disability Specialist

- Works with individuals; consults with disability advocates

Yvonne Simpson

- 1 – 4pm, Monday – Friday
- 206-461-3210 ext. 663

# Caregiver Specialist

- Support for the caregiver
- Care recipient over age 18
- Caregiver lives in King County
- Caregiver is unpaid
- No long-term care services received

# Caregiver Specialist

- Resources for caregivers
- Support/informational services
- Access to services through the Area Agency on Aging
- Help to care for self while caring for another

# Caregiver Specialist

- Disability and Caregiver Specialists collaborate

Megan Mattas

- 1 – 4:30pm, Monday – Friday
- 206-436-2975

# Crisis Clinic additional resources

- DOH Diabetes prevention and care
- Community Resources On-line  
[www.211kingcounty.org](http://www.211kingcounty.org)
- Survivors of Suicide support group
- Community Trainings
- Business office: 206-461-3210

# Other region resources

- South Sound 211: 800-572-4357
- North Sound 211: 800-223-8145
- Peninsulas' 211: 866-736-9634



# Questions?

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