



We help people live their lives to the **fullest potential.**



The Crisis Line can help when you or a loved one is:

- Threatening to harm or kill himself/herself or others
- Acting recklessly or violently
- Having hallucinations (seeing things that are not there), delusions (false beliefs), or are not able to care for himself or herself

wa.beaconhealthoptions.com



PRIVACY IS A PRIORITY

This Beacon Health Options Program upholds strict confidentiality standards. Your personal information is kept confidential in accordance with federal and state laws. No one will know you have accessed the program services unless you specifically grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or others).

For more program information, go to wa.beaconhealthoptions.com.

This brochure is for informational purposes only and does not guarantee eligibility for program services. Beacon Health Options services do not replace regular medical care. In an emergency, seek help immediately.



Southwest Washington Crisis Line

For Mental Health and Substance Use Disorders

For Residents of Clark and Skamania Counties



CRISES CAN HAPPEN AT ANY TIME.

If you or a loved one are having a mental health or substance use crisis, you can call and speak to a counselor.

The Southwest Washington Crisis Line is free. You can call 24 hours a day, 7 days a week.
(800) 626-8137 | TTY (866) 835-2755



The Crisis Line can help when you or a loved one is:

- Talking or thinking about harming or killing oneself or others
- Seeking access to firearms, pills, or other ways to kill oneself
- Talking or writing about death, dying, or killing oneself
- Feeling hopeless
- Very angry or looking for revenge
- Acting recklessly or doing risky activities
- Feeling trapped, like there's no way out
- Increasing alcohol or drug use
- Pulling away from friends and family
- Feeling worried or irritated
- Having trouble sleeping or sleeping all the time

Crisis Services Available to All Residents in Clark and Skamania County

- Professional counselors are available 24 hours a day, 7 days a week at **(800) 626-8137** to answer calls and

connect you with behavioral health services.

- Mobile crisis outreach teams staffed by mental health professionals and certified peer counselors are also available 24-7.
- Short-term substance use disorder crisis services for people intoxicated or incapacitated in public.

Beacon supports whole-person wellness. If you are an Apple Health (Medicaid) member, we will work with you and your provider to coordinate your behavioral health care with your physical health care. If you do not have health care insurance, Beacon will evaluate the services you are eligible to receive.



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