

How to assist when someone needs help

If someone needs help during a mental health, drug, or alcohol-related crisis—reach out



Immediate Help

24/7

988
SUICIDE & CRISIS
LIFELINE | king county

Tips for Bystander Intervention

Text or call **988** to talk to local crisis counselors

NEW **Mobile Rapid Response Crisis Team:** in-person help for people in crisis wherever they are in King County

De-escalation and support: trained counselors will provide phone support and connect to other resources

Chat online 24/7: chat.988lifeline.org

Call 911: dial 911 when experiencing or witnessing physical harm, medical crisis, or a fire emergency

Distract

Help diffuse the situation by distracting the person in crisis. Try talking to them or drawing their attention away from people by creating a commotion or making a sound.

Delegate

Ask for assistance from those around you—security staff, coworkers, or bystanders.

Consider if calling the police will help.

People from historically marginalized communities may express concern or experience distress when law enforcement is involved due to past experiences or systemic inequities.

Document

If it is safe, write notes or take video and photos of the situation. This is most important if you are witnessing harassment as a bystander.

Delay

If someone is being discriminated against or harassed, check in with them. Ask if they are okay, if they need help, or if they would you to call 988 for support and resources.

Direct

If it is safe, speak up and directly to the person in crisis. If discrimination or harassment is taking place, speak clearly against the behavior. Prioritize safety and well-being over debate.

Substance Use

24/7

washington
recovery help line

Text or call **866-789-1511** for help with substance use

Substance Use Support: trained staff to find treatment resources, community services, and emotional support

Essential Resources

9am - 5pm
Monday - Friday

211 | king county

Call **211** for information and referrals

Connect with basic needs providers: trained staff will assess needs and will make vetted referrals, including food, housing, transportation, and healthcare

Chat online 9am - 5pm | M-F: 211kingcounty.org

Self-search database 24/7: 211kingcounty.org



Download
Emergency
Services Brochures
crisisconnections.org

 **crisis connections**
hope · help · healing