

Crisis Clinic of the Peninsulas



Available 24 hours a day
1-800-843-4793

Other Places to call:

**1-800-273-TALK (8255) is
available for everyone**

**1-800-273-TALK (8255) Option 1
for Veterans and Active Duty
Military**

Teenlink

**Chat at <http://866teenlink.org/> or
Call 1-866-833-6546
For Teens Answered by Teens
6pm to 10 pm Everyday**

**1-866-4-U-TREVOR
(1-866-488-7386)
for LGBTQ Youth**

Sponsored by:

Kitsap Mental Health Services
Bainbridge Foundation, Inc
United Way of Kitsap County
Peninsula Behavioral Health
Discovery Behavioral Healthcare



Sponsored by United Way of Kitsap County, United Way of
Clallam County and United Good Neighbors of Jefferson County

**2-1-1 is a easy to remember
phone number**

It's free to call

Free to use

**You call 2-1-1 when you need to find
resources in your community such as:**

Rental Assistance

Shelter

Food Banks or Meals

Help With Utility Bills

Medical or Mental Health Services

Domestic Violence Services

Also available at 1-866-736-9634

or <http://www.win211.org>

Burning House, dial 9-1-1

Burning Question, dial 2-1-1

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It Helps to Talk

If you or someone you know is look-
ing for someone to talk to
or needs some information
Call the Crisis Clinic

**The caller defines the crisis
It doesn't have to be about suicide**

When you call you can expect:
Confidentiality
Accurate Appropriate Resources
And Respect



Kitsap County: (360) 479-3033

Clallam County: (360) 452-4500

Jefferson County: (360) 385-0321 or (800) 659-0321

Member of the National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

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The staff of volunteers at Crisis Clinic believe that the need to talk to an understanding human being, particularly in times of trouble or loneliness, is as basic as the need for food and shelter.

We try to meet that need.

Our goal is to provide crisis intervention, information and referrals, and “a supportive listening ear” to people in the community who are experiencing situational distress.

*“A caller asked me the other day: ‘Why do you do this? Why do you try to help people?’ I thought for a moment then replied, ‘I am here because I know what it’s like to be out there. To feel different from everyone. Lost in the mass of people. To be afraid to talk to anyone about your feelings. To have no one...**NO ONE** to talk to!’ That’s why I am here and that’s what I told the caller.”*

A volunteer

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When someone is in pain you may not think you know what to say. Be honest about your concerns and open to letting them talk. Show them you care

Be Prepared; Know the Warning Signs for Suicide

- A previous suicide attempt
- Current talk of suicide or making a plan
- Strong wish to die or preoccupation with death
- Loss of motivation
- Signs of depression, such as moodiness, hopelessness, withdrawal
- Increased alcohol and/or other drug use

Know what You Can Do to Help

- Be willing to listen
- Be non-judgmental
- Ask general and specific questions about their plans to end their life
- Don't act shocked
- Don't be sworn to secrecy
- Remove means, such as guns or pills
- Get help from persons or agencies specializing in crisis intervention and suicide prevention

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Our phones are answered by Trained Volunteer Crisis Workers. The training includes 33 hours of intense classroom training along with time spent on the line with an experienced crisis worker. Training includes:

- Communication Skills
- Managing Anxiety and Stress
- Suicide Assessment and Prevention.
- Mental Health
- Handling Grief
- Domestic Violence
- Community Resources

When you volunteer you

- Gain new skills
- Grow your Resume
- Improve interview skills

Everyday volunteers know they have helped to change a life for the better.

Interested in becoming a volunteer

Call (360) 415-5876

Email: Crisisclinic@gmail.com

Go to our website:

<http://crisisclinicofthepeninsulas.org>