

Crisis Resources Wallet Card

Cut out on the dashed lines (print on cardstock for best results), fold in half or keep flat. Save the numbers in your phone too.

EMERGENCY: CALL 911

Suicide / emotional crisis, 24/7: call or text **988**

Veterans: dial 988, press 1 · or text 838255

Crisis Text Line, 24/7: text **HOME to 741741** (law enforcement may text BLUE)

Safe Call Now (first responders & families, 24/7): **(206) 459-3020**

COPLINE (law enforcement & families, 24/7): **1-800-267-5463**

SAMHSA Helpline (treatment referral, 24/7): **1-800-662-4357**

Dispatch peer app: **Gold Line Support** “The Line”

My person to call: _____

Not medical advice. Verified Oct 3, 2026 · critical-run.com

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