

Mental Health and Substance Use Crisis Information

<http://tmbho.org/crisis-information/> (with additional info about 2019)

Mental Health Crisis:

- **Adult Crisis Services** – 360-754-1338 or 800-270-0041
- [Suicide Prevention Lifeline](#) – 800-273-8255
- Children's (mobile) Crisis Services for **Medicaid enrolled currently (and non-Medicaid as of 1/1/19)** children/youth through 20 years of age – 360-480-5721 Self-Referral Line

24-hour Crisis Support and Referrals for Substance Use and Mental Health Services:

- [Recovery Help Line](#) – 866-789-1511
- [Crisis Clinic of Thurston and Mason Counties](#) – 360-586-2800
Free and confidential

Thurston-Mason Behavioral Health Organization (TMBHO)

When the situation is NOT life threatening:

- **TMBHO Customer Service** – 360-763-5828 or 800-658-4105 or click [here](#) to email us
- TTY Users – 711

Thurston-Mason Behavioral Health Organization administers mental health and substance use disorder services for publicly funded citizens of Thurston and Mason Counties.

Call 911 or go to the nearest hospital emergency room if you have a life threatening emergency.