

When someone suffers from deep depression or experiences emotional crisis it can be frightening for everyone involved.

1 IN 5 FAMILIES
ARE AFFECTED BY A
MENTAL HEALTH ISSUE.

Often what a person in crisis needs is a number to call and someone to listen. Sometimes intensive care is needed. Families in crisis need help too, especially when a loved one is suffering.

Everyone needs a helping hand at some point in life. There are many people in Kitsap County who want to help.

LAW ENFORCEMENT CRISIS INTERVENTION OFFICER (CIO)

Kitsap County has several CIOs specially trained to assist with matters involving mental health. They can provide information that may help you prepare for, or prevent a crisis situation.

Get to know your local CIO and share knowledge that can assist you and law enforcement in successfully resolving an emergency, should one occur.

Bainbridge Island Police Department (206) 842-5211

Ask for _____

Bremerton Police Department (360) 473-5220

Ask for _____

Kitsap County Sheriff (360) 337-7101

Ask for _____

Port Orchard Police Department (360) 876-1700

Ask for _____

Poulsbo Police Department (360) 779-3113

Ask for _____

If there is an emergency, **DIAL 911** and tell the dispatcher there is a mental health issue involved. Provide as much information to help responders de-escalate the situation.

Remember...

Without intervention, a mental health crisis may become more intense and dangerous.

Take the time to care for yourself and your family. Use this information as a resource to find the support you need - online or over the phone.

FOR ADDITIONAL COPIES OR CORRECTIONS, CONTACT
THE BAINBRIDGE ISLAND POLICE DEPARTMENT

HOW TO GET HELP IN KITSAP COUNTY

LAW ENFORCEMENT REPORT #

OFFICER/DEPUTY

PHONE NUMBER