

SANKOFA FAMILY MEDICINE*Medicine That Remembers***Emergency Contact and Crisis Resources***When You Need Help Right Away***Effective Date:** December 20, 2025

**IF THIS IS A LIFE-THREATENING EMERGENCY, CALL 911
IMMEDIATELY**

Sankofa Family Medicine Contact Information

Main Phone	(425) 285-7390
After Hours	Call main number - follow prompts for after-hours care
Patient Portal	portal.sankofafamilymedicine.com (non-urgent messages only)

Emergency Services

Service	Phone Number
Emergency Services (Police, Fire, Ambulance)	911
Poison Control Center	1-800-222-1222

Mental Health Crisis Resources

Service	Phone/Text
988 Suicide and Crisis Lifeline	Call or Text 988
Crisis Text Line	Text HOME to 741741
Veterans Crisis Line	1-800-273-8255 (Press 1)
Washington Recovery Help Line	1-866-789-1511
Spokane Regional Crisis Line	1-877-266-1818

When to Go to the Emergency Department

Go to the nearest Emergency Department or call 911 if you have:

- Chest pain, pressure, or tightness
- Difficulty breathing or shortness of breath
- Signs of stroke: facial drooping, arm weakness, speech difficulty
- Severe allergic reaction (throat swelling, difficulty breathing)
- Uncontrolled bleeding
- Severe abdominal pain
- Loss of consciousness or altered mental status

- Thoughts of hurting yourself or others
- Severe injury or trauma

Local Hospital Emergency Departments

Providence Sacred Heart Medical Center

101 W 8th Ave, Spokane, WA 99204
(509) 474-3131

MultiCare Deaconess Hospital

800 W 5th Ave, Spokane, WA 99204
(509) 473-5800

When in doubt about whether to seek emergency care, call 911 or go to the Emergency Department. It is always better to be safe.

Keep this document in an accessible location for quick reference.