

## 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

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

#### Emergency Services

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

#### Mental Health Crisis Resources

<b>Service</b>	<b>Phone/Text</b>
<b>988 Suicide and Crisis Lifeline</b>	<b>Call or Text 988</b>
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.*