

# **Crisis Resources and Alternatives to 911 and ER**

**911 is the most elevated course of action; originally developed for physical safety emergencies yet we depend on that same system to navigate mental health crisis.**

**If do call 911 tell the operator that it is a “mental health emergency” and ask for emergency responders with Crisis Intervention Team (CIT) training.**

**Crisis Intervention Teams (CIT) Partnership of law enforcement, mental health professionals, advocates with lived mental illness and addictions.**

**Mobile crisis team (MCT) Connected with a crisis line, police, hospitals dispatched to your home. Provide mental/physical health screening, stabilization and connecting you with programs & resources.**

**Respite and Residential services short stay with counseling, social activities, treatment planning, daily living skills planning. Alternative to hospital or used on outpatient basis.**

**Walk-in Crisis Services some accept law enforcement drop offs to avoid arrests or hospitalization.**

**Local crisis line number (Contact a NAMI Affiliate Mon - Fri 10 A.M. – 10 P.M. ET.) Call 1-800-950-NAMI (6264) Text "HelpLine" to 62640**

**National Suicide Prevention Lifeline 1-800-273-TALK (8255)**

**Call or text 988**

**My hope is that the 988 for the mental health field becomes just as prevalent as 911**

**Crisis text line all texting**

**In US Text BEGIN to 741 741 (HOME)**

**In Canada text CONNECT to 686868**

**In UK text SHOUT to 852 58**

**Trevor Project for LGBTQ+ youth 1-866-488-7386 or text START to 678678**

**Domestic Violence 800-799-7233 Text START to 88788**

**Human Trafficking 888-373-7888 Text INFO to 233733**

**(Crisis intervention only addresses an immediate emergency. It's not a substitute for ongoing therapy.)**