

Preparing for a Mental Health Emergency

Mental Health Emergency Plan:

Fill in this form for a quick and easy reference when needed in a mental health crisis.

Numbers to call:

911 for emergency involving violence, crime, or a weapon

988 for threat of suicide or other mental health crisis without violent elements

Long-distance, 10-digit number to call for 911 response if loved one is in a different location:

Local crisis hotline, noting hours of operation:

Local mobile crisis response, with hours and notes on how to request a responder authorized to issue an involuntary hold:

Crisis phone for current provider agency, if applicable:

Locations of note:

Your address:

Addresses where a crisis could occur (loved one's home, shelter, workplace, favorite hangout, etc.):

Current providers (name, title, address, phone):

State treatment laws:

Who can issue a hold (mental health professionals, law enforcement, citizens, etc.):

Key words from state laws that describe criteria for an initial hold and/or inpatient commitment (such that threat of harm, grave disability, inability to meet basic needs):

Who can transport to a facility under a court order (ex. Law enforcement, mobile crisis, a blended team, a family member):

Treatment program options:

Local inpatient facilities (for example, acute hospital emergency department, psychiatric facility, crisis diversion facility and note any that are first choice):

Local agencies for a warm hand-off at discharge (name, address, phone, fax):

NOTE: If assisted outpatient treatment (AOT) or other intensive outpatient service is available, discuss options immediately upon admission.

Items to store with this document:

- [Mental health history](#)
- Drafted [letter of advocacy](#)
- Photo evidence of behaviors/symptoms or notes about video evidence ready to share during a mobile crisis visit
- Guardianship, conservatorship, power of attorney paperwork
- Documents for filing a citizen petition for involuntary treatment, if applicable
- [Psychiatric advance directive \(PAD\)](#), if available