

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 weapon988 for threat of suicide or other mental health crisis without violent elementsLong-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:

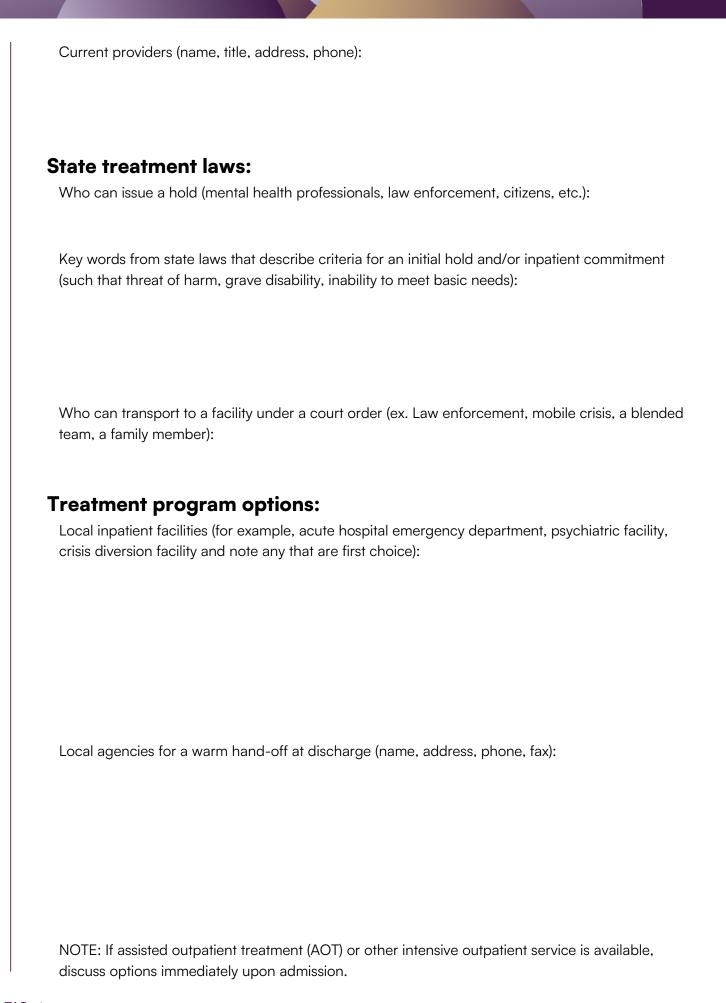
Crisis phone for current provider agency, if applicable:

Locations of note:

Your address:

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

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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