

# Navigating a Mental Health Crisis

## What is a **mental health crisis**?

A situation in which an individual is exhibiting extreme emotional disturbance or behavioral distress, considering harm to self or others, disoriented or out of touch with reality, has a compromised ability to function, or is otherwise agitated and unable to be calmed

**Is the person in danger** of hurting themselves, others or property?

If the answer is **'yes'** or you think they may be at risk, you need to seek help **immediately**.

- Remove potential means such as weapons and medications to reduce risk.
- If safe proceed to **nearest Emergency Room**
  - If not safe for transport, call **911**.
- Call the **National Suicide Prevention Line** at 1-800-273-8255

**If not in danger but experiencing symptoms** of mental health crisis

- **Call patient's therapist/counselor**

If patient does not have a Therapist, Lahey provides walk-in services:

For children 5-17 years old available Tuesday and Wednesday.

For 18 years and older, available Mon-Thur both 8-10am only!

12 Methuen Street, 3<sup>rd</sup> Floor

Lawrence, Ma 01840

Phone 978-620-1250

- **Call Crisis team 978-521-7777**
- If you feel it may be medication related call your prescribing physician
- Call the Behavioral Health number on back of your insurance card