



# What mental health crisis services exist?

Depending on where you live, you and the people who need your support may have access to a number of crisis resources.

## Hotline and Crisis Text Support



- **National Suicide Prevention Lifeline**  
988 (Text/Chat/Call)  
(<https://suicidepreventionlifeline.org/>)  
24/7/365 free support also available in Spanish  
(<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>)
- **The Veterans Crisis Line** (<https://www.veteranscrisisline.net/>)
- **Crisis Text Line** ([www.CrisisTextLine.org](http://www.CrisisTextLine.org))



## Local Crisis Services

Because calling 911 and involving law enforcement is not always the best option in response to a mental health crisis, we encourage you to proactively research whether or not these resources exist in the event of intense psychological distress.

- **Mental health urgent care/crisis facilities.**
- **Telehealth Crisis Support** from your EAP or community mental health center.
- **Mobile Crisis Services** supports people in their home and assesses them for transport to an urgent in-person service.
- **Respite Homes/Peer Respite** provides a warm homelike environment for support
- **911 Emergency Services** contacted when people are at high risk of danger to themselves or others. If psychiatric beds are not available, individuals in custody of police may be detained in jails. For many, this is a traumatizing experience that erodes trust in the mental health support process.
- **Inpatient psychiatric unit.** Admission to these units usually requires evaluation by a psychiatrist and may require invoking involuntary admission statutes as provided by law.



Scan to find  
more Mental  
Health Resources.