

# **IN A CRISIS IF DANGER IS IMMINENT**

**If your instincts tell you a situation is dangerous, it probably is.  
CALL 911 immediately**

ASK who in the department is trained to deal with people who are having a mental health crisis. For example –

“I am calling about an emergency involving mental illness. Do you have someone assigned to handle mental health emergencies?”

MAKE IT CLEAR that you are calling about someone having an acute mental illness episode. For example –

“My daughter has bipolar disorder, she is not taking her medication and she is manic.”

DESCRIBE the behavior you are seeing that most closely matches the laws in your state that are used to hospitalize someone for emergency psychiatric care or to initiate civil commitment proceedings. For example, don't say, “My son is a danger to self,” say –

“My son says he is going to blow his brains out and I know he has a gun in his car trunk.”

“My daughter is setting wastebaskets all over the house on fire.”

EXPLAIN why you cannot handle the situation yourself. For example –

“I am frightened he will hurt me.”

“She is throwing things at the walls and I cannot get her into a car.”

**BE VERY CLEAR that you are seeking involuntary psychiatric hospitalization and not arrest.**

**Print a copy of this list to keep with your list of emergency contacts.**

Remember to take your CARE Kit if you follow emergency transport to the hospital or police station.

