

# Know When to Go:



## Is It a Behavioral Health Emergency?

We learned that you were recently in the hospital. We want to share some tips with you so that you can avoid trips to the hospital, and stay in your home and community longer.

### **CALL First!**

- ▶ You can call MHS at any time and talk with a trained counselor if you feel you are at risk of harming yourself or someone else.
- ▶ You can use the Crisis Text Line 24 hours a day, 7 days a week. Just text **MHS** to **741741**. It's free to use and totally anonymous.
- ▶ You can call **1-800-273-TALK**. This is a free and confidential national suicide prevention lifeline.
- ▶ If you have a behavioral health provider, call and talk with them about how you're feeling.
- ▶ Call your local community mental health center and let them know you are in crisis. Many have walk in hours and you can be seen without an appointment.

### **When Should I GO to the Hospital?**

- ▶ If you have self-harmed in any way.
- ▶ If you are thinking of a plan to seriously hurt yourself or someone else.
- ▶ If you are having complications as a result of withdrawal from alcohol or drugs.

### **What if I don't need to go to the hospital, but I want some help?**

You have other treatment options!

- ▶ Call MHS Behavioral Health Care Management. We can help get you connected with the right services at the right time.

### **Stay Connected!**

- ▶ Take your medicines as prescribed.
- ▶ Keep regular appointments with your therapist and psychiatrist.
  - This will help to prevent future stays at the hospital.
  - By keeping your appointments, you can talk about changes in your mood. Your treatment team can help make changes to medication if needed.
  - These providers will understand your medical history.

**CRISIS TEXT LINE:  
Text MHS to 741741**

**NATIONAL SUICIDE  
PREVENTION LIFELINE:  
1-800-273-TALK (8255)**

### **Need help finding a behavioral health provider?**

Call us at 1-877-647-4848. We can help find a provider near you.