



MONROE
COMMUNITY
MENTAL
HEALTH
AUTHORITY

How to Get Help in a Mental Health Crisis

According to the National Alliance on Mental Illness (NAMI), a mental health crisis is “any situation in which a person’s behavior puts them at risk of hurting themselves or others and/or prevents them from being able to care for themselves or function effectively in the community.”

Crises can manifest in various forms, such as overwhelming anxiety, severe depression, suicidal thoughts, or a heightened state of agitation, and crisis situations can arise from a variety of factors, including life events, trauma, or existing mental health conditions.

Navigating a mental health crisis can be a daunting experience, and Monroe Community Mental Health Authority is here to offer guidance and support. Whether you’re personally going through a crisis or supporting someone who is, we want to equip you with the knowledge and help you need. Your well-being is our priority, and together, we can navigate the journey to mental health.

A Key Question to Assess the Crisis

Understanding the nuances between immediate danger and a crisis that demands timely support is vital for providing the appropriate level of care and intervention.

Assess the situation before deciding who to call by asking yourself one key question – is the person in danger of hurting themselves, others, or property?

What to Do in Immediate Danger

If you believe a person is in immediate danger of harming themselves or others or damaging property, it is crucial to act swiftly and prioritize their safety. **Call 9-1-1 immediately**, providing them with as much information as possible about the situation. Stay with the person if it is safe to do so.

Remember: your primary concern is their immediate well-being, and professional intervention may be necessary to ensure their safety.

What to Do When It's Not Immediate Danger

When the situation is serious but not immediately life-threatening, it's essential to approach the person with empathy and support. It's important to take any signs of distress seriously and help the individual access the appropriate level of care, even if it doesn't involve immediate danger. You may need to explore the possibility of seeking professional help, such as contacting a mental health counselor, therapist, or crisis hotline.

Monroe Community Mental Health Authority 24-Hour

Emergency Services: (800) 886-7340

National Suicide Prevention Hotline: 9-8-8

National Crisis Text Line: Text HOME to 741741

How MCMHA Can Help

MCMHA is dedicated to providing support and resources to individuals who are experiencing a mental health crisis—and their families.

You are not alone. Call us today.

(734) 243-7340

Locations:

1001 S. Raisinville Rd., Monroe, MI 48161

428 S. Monroe Street, Suite 104, Monroe, MI 48161

Phone: 734.243.7340

Hours: Monday - Friday: 8:30 AM - 5:00 PM