

When Should I Use MCMHA's Behavioral Health Urgent Care (BHUC)

The core purpose of a BHUC is to address urgent behavioral health needs and facilitate appropriate next steps in care. This generally includes: immediate assessment and evaluation, crisis intervention and stabilization, care coordination and referrals, and limited medication management.

YES/GO TO BHUC



You're experiencing a mental health crisis but are not in immediate danger.

- Intense anxiety or panic attacks
- Sudden mood swings
- Depression with thoughts of hopelessness (but no active suicidal plan)



You need rapid medication evaluation or adjustment.

- Missed a dose and feeling destabilized
- Side effects or withdrawal symptoms



You need immediate support and can't wait for a therapy appointment.

- Emotional Distress
- Trouble coping after a trauma
- Behavioral outbursts (youth or adults)



You or a loved one is at risk of harming others (but not actively doing so).

- Verbal threats, agitation, or escalating aggression



You're struggling with substance use (but not overdosing).

- Urgent need for evaluation
- Withdrawal symptoms starting

NO/DON'T GO TO BHUC



You or someone is in immediate danger.

- Active suicide attempt or self-harm
- Severe psychosis with violent behavior
- Overdose or life-threatening substance use
- **Call 911 or go to the Emergency Room**



You need routine, ongoing care

- Regular therapy or medication refills
- **Contact your primary provider or psychiatrist**



You're looking for documentation for legal, work, or school issues

- FMLA, disability, court or school evaluations, etc.
- **These require a scheduled, formal assessment and are best done by a behavioral health professional outside of the BHUC.**



You have chronic but stable mental health concerns

- Long-term depression, ADHD, mild anxiety
- **Manage through regular outpatient services**

Where to go instead?

- **Emergency Room:** For life-threatening issues
- **Crisis Hotline: 988** for immediate support
- **Primary Care / Therapist:** For ongoing mental health management
- **MCMHA Crisis Line:** [1-800-273-TALK \(8255\)](tel:1-800-273-TALK).
- **Call (734) 243-7340** to schedule an intake with MCMHA staff for ongoing services



Contact Us

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<https://www.monroecmha.org/>

Open 11am - 7pm M-F