

Behavioral Health Crisis Contacts

A behavioral health crisis includes but is not limited to: thoughts of harm to self or others, angry outbursts, substance abuse, or hopelessness.

• Call 911 or go to the nearest Emergency Room in immediate emergency. If calling 911, ask for a CIT (Crisis Intervention Team) Officer. They are specially training to help with someone in a behavioral health crisis.

Hospital Emergency Room: Primary Children's Hospital Emergency Room (801) 662-1234

Address: 100 Mario Capecchi Dr, Salt Lake City, UT 84132

 Call the following Crisis Numbers when there is no immediate medical danger:

Mobile Crisis Outreach Team (Salt Lake County): (801) 587-3000

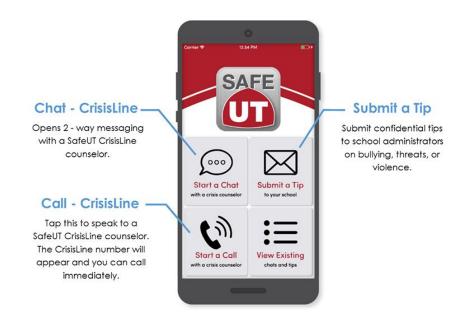
<u>Suicide Prevention Lifeline Phone:</u> 1-800-273-TALK (8255)

Trevor Project Lifeline (LGBTQ+): 1-866-488-7386

Text line Monday-Friday 1pm-8pm MST 1-202-304-1200

MY3 App: http://my3app.org/#top

Safe UT Smart Phone App: https://healthcare.utah.edu/uni/clinical-services/safe-ut/



Safety-Crisis Plan Template

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:	
Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):	
Step 3: People and social settings that provide dist	raction:
Name	Phone
Name	Phone
Place	Place
Step 4: People whom I can ask for help:	
Name	Phone
Name	Phone
Name	Phone
Step 5: Professionals or agencies I can contact duri	ng a crisis:
Mobile Crisis Outreach Team (Salt Lake Cou	nty): (801)-587-3000
	n's Hospital Emergency Room (801) 662-1234)
Address: 100 Mario Capecchi Dr, Sa	lt Lake City, UT 84132
Trevor Project Lifeline (LGBTQ+): 1-866-488	<u>-7386</u>
Text line 7 days a week 1pm-8pm N	1ST 1-202-304-1200
Step 6: Making the environment safe:	
Lock up harmful materials including weapons/sharp when concerns are identified, check in regularly reg	os/chemicals/medications, keep line of sight supervision with an adult garding mood and suicidal thoughts
The one thing that is most important to me and wo	orth living for is:

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What To Do If You Think a Person Is Having Suicidal Thoughts

You cannot predict death by suicide, but you can identify people who are at increased risk for suicidal behavior, take precautions, and refer them for effective treatment.

- Ask the person directly if he or she

 (1) is having suicidal thoughts/ideas, (2)
 has a plan to do so, and (3) has access to lethal means:
 - "Are you thinking about killing yourself?"
 - "Have you ever tried to hurt yourself before?"
 - "Do you think you might try to hurt yourself today?"
 - "Have you thought of ways that you might hurt yourself?"
 - "Do you have pills/weapons in the house?"
 - This won't increase the person's suicidal thoughts. It will give you information that indicates how strongly the person has thought about killing him- or herself.

- Take seriously all suicide threats and all suicide attempts. A past history of suicide attempts is one of the strongest risk factors for death by suicide.
- There is no evidence that "nosuicide contracts" prevent suicide. In fact, they may give counselors a false sense of reassurance.
- Listen and look for red flags for suicidal behavior, indicated by the mnemonic:

IS PATH WARM?

Ideation—Threatened or communicated
Substance abuse—Excessive or increased

Purposeless—No reasons for living
Anxiety—Agitation/Insomnia
Trapped—Feeling there is no way out
Hopelessness

Withdrawing—From friends, family, society
Anger (uncontrolled)—Rage, seeking revenge
Recklessness—Risky acts, unthinking
Mood changes (dramatic)

Act.

- If you think the person might harm him- or herself, do not leave the person alone.
- Say, "I'm going to get you some help."
- Call the National Suicide Prevention Lifeline, I-800-273-TALK. You will be connected to the nearest available crisis center. Or...
- Go to SAMHSA's Mental Health Services Locator (www.mentalhealth. samhsa.gov/databases/) or Substance Abuse Treatment Facility Locator (http://dasis3.samhsa.gov).

Assessing Suicide Risk: Initial Tips for Counselors





U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Substance Abuse and Mental Health Services Administration