

## 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

**Suicide Prevention Lifeline Phone:** 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:**

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**Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):**

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**Step 3: People and social settings that provide distraction:**

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 during a crisis:**

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

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

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

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

Text line 7 days a week 1pm-8pm MST 1-202-304-1200

**Step 6: Making the environment safe:**

Lock up harmful materials including weapons/sharps/chemicals/medications, keep line of sight supervision with an adult when concerns are identified, check in regularly regarding mood and suicidal thoughts

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**The one thing that is most important to me and worth 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 “no-suicide 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?

**I**deation—Threatened or communicated  
**S**ubstance abuse—Excessive or increased

**P**urposeless—No reasons for living  
**A**nxiety—Agitation/Insomnia  
**T**rapped—Feeling there is no way out  
**H**opelessness

**W**ithdrawing—From friends, family, society  
**A**nger (uncontrolled)—Rage, seeking revenge  
**R**ecklessness—Risky acts, unthinking  
**M**ood 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, 1-800-273-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/](http://www.mentalhealth.samhsa.gov/databases/)) or Substance Abuse Treatment Facility Locator (<http://dasis3.samhsa.gov>).

## Assessing Suicide Risk: Initial Tips for Counselors

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE**<sup>TM</sup>  
**1-800-273-TALK (8255)**

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)