



CRISIS & EMERGENCY REFERRAL RESOURCES

Redfish Counseling

For information on RFC protocols regarding after-hours and emergency contact, see **RFC Practice Policies**.

Emergency Services	Mobile Crisis (Forsyth County)	24/7 Suicide Hotline	24/7 "Warmline"
What do they offer? Immediate response for life-threatening situations or when physical harm seems imminent/very likely . Physical intervention when a situation has gotten out of control and people may be hurt or killed. Can request "CIT officer" with special training for mental health emergencies.	What do they offer? Crisis team meets you in a safe location (including home, school, work, etc.). On-site professional counselors work with clients and families during the crisis visit. ***Average response time of 2 hours.***	What do they offer? Confidential, free support for people in distress. Provide prevention and crisis resources . Immediate emotional support and non-judgmental feedback for situational needs.	What do they offer? Anonymous peer-to-peer phone support . No diagnosis, and unlikely to involve police/emergency services or refer to a hospital. Prevent hospitalization, save time and money . Most operators have personal experience with mental health concerns, and offer non-judgmental support and feedback to help reduce distress .
Contact: 911	Contact: 888-581-9988 or 800-939-5911	Contact: 1-800-SUICIDE or 1-800-784-2433 Online Chat: suicidepreventionlifeline.org/chat	Contact: (513) 931-WARM or (513) 931-9276
When to contact: <ul style="list-style-type: none"> If you are worried that you or another person may be in immediate danger or risk of harm. If someone is making serious, imminent threats toward themselves or another person/group. If a situation is out of control and people have become physically aggressive (fighting, wrestling/restraining each other). 	When to contact: <ul style="list-style-type: none"> If you are worried that a situation could escalate to the point of someone getting hurt unless someone else intervenes. If you are worried that you may become increasingly unsafe, either because of another person's actions or because you believe you may be a danger to yourself or others. 	When to contact: <ul style="list-style-type: none"> If you are thinking about suicide If you need someone to lean on for emotional support If you are facing a situation regarding substance abuse, mental health, sexuality, abuse, loneliness, or other concerns. When in doubt, reach out! 	When to contact: <ul style="list-style-type: none"> If you need someone to lean on for emotional support If you are overwhelmed by certain stressors or other life events and need someone to talk to. If you feel unstable or worried that you may begin to feel unsafe by yourself. When in doubt, reach out!
	crisissolutionsnc.org	suicidepreventionlifeline.org	cincywarmline.org
Additional Resources: Crisis Text Line (Text "HOME" to 741-741)	Steps to take in a crisis: <ol style="list-style-type: none"> Evaluate the situation (safety risks) Contact others Connect with appropriate professional resources 		Self-Care Strategies: <ul style="list-style-type: none"> Distract Refocus/Relax/Retreat Reach out

