

# CRISIS & EMERGENCY REFERRAL RESOURCES

Note: While we attempt to keep this sheet up-to-date with the most accurate and effective information, some resources' information or availability may have changed. We recommend researching these options ahead of time to ensure you are familiar with how to access them if the need to do so should arise.

## Call, text, or Chat the 988 Suicide & Crisis Lifeline

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