

Emergency Protocol

What is a Mental Health Emergency?

Any situation in which a person's behavior puts them at risk of hurting themselves or others and/or prevents them from being able to care for themselves or function effectively in the community.

Examples of a mental health emergency

- Threatening or attempting to take one's life (suicidal behavior)
- Self-injury needing immediate medical attention
- Highly erratic, unusual, or uncontrollable behavior or emotional intensity
- Homicidal or threatening behavior

What to do if you or someone else is having a mental health emergency

Seek crisis support from a qualified mental health or emergency service provider below. **HiTOPS does not provide mental health or medical services.** HiTOPS support groups are not a substitute for medical, psychological, or psychiatric treatment.

Mobile Response Teams

For adults 18 and over, call **Capital Health Emergency Mental Health Services Center (609-396-4357)** and ask about the Mobile Outreach Program, which provides services to clients at home or at the site of the crisis. Mobile Outreach may help you avoid possible long waits in the emergency room. Available 24/7

For youth under age 18, call **PerformCare (877 652-7624)** and request mobile response and stabilization services. Available 24/7

Crisis Hotlines

Trevor Project Lifeline (1.866.488.7386) Provides 24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.

Trans Lifeline (877-565-8860) Provides 24/7 crisis and peer support for trans people. All operators are trans.

National Suicide Prevention Lifeline (1-800-273-8255) Provides 24/7 support and assistance for anyone feeling depressed, overwhelmed, or suicidal.

Crisis Text Lines

THRIVE Lifeline (Text 'oSTEM' to 313-662-8209) Provides 24/7 crisis intervention and support for LGBTQ+ individuals.

Crisis Text Line (Text 'HOME' to 741741) Provides 24/7 crisis intervention and support.

In-Person Care

Capital Health Screening Center (750 Brunswick Ave, Trenton, NJ) for 24/7 mental health screeners and emergency services.

IF YOU ARE IN IMMEDIATE DANGER, CALL 911 to request the police and an ambulance. Ask the dispatcher to send an officer or social worker experienced in handling mental illness.