

# WHAT DO I DO IF MY LOVED ONE IS IN CRISIS OR IF I NEED EMERGENCY HELP?

- CALL US AT 1-888-588-6774, THIS NUMBER IS ANSWERED 24/7/365. WE CAN HELP CONNECT YOU WITH RESOURCES, DETERMINE IF A SCREENING IS NEEDED, ETC.
- REACH OUT TO LAW ENFORCEMENT BY CALLING 911. THEY WILL MAKE SURE THAT YOU ARE SAFE AND GET HELP.
- GO IMMEDIATELY TO YOUR LOCAL EMERGENCY DEPARTMENT. YOU WILL BE ASSESSED AND CONNECTED WITH A METAL HEALTH PROFESSIONAL. \*FOR ADULTS, MEDICAL CLEARANCE MAY BE NECESSARY TO RULE OUT SYMPTOMS.

WE COVER: ALLEN, ANDERSON, BOURBON, NEOSHO, LINN, AND WOODSON COUNTIES

[www.sekmhc.org](http://www.sekmhc.org)



**Southeast  
Kansas  
Mental Health  
Center**

**1-888-588-6774**