



**Mental Health
Emergency
Call
9-1-1**

www.santacruzhealth.org

- **Suicide/Crisis Hotline:** 1-877-663-5433
Local 831-458-5300
- **Santa Cruz Behavioral Health Center**
Crisis Stabilization Unit
831-600-2800
2250 Soquel Avenue, Santa Cruz
- **County Mental Health Access Team**
(831) 454-4170 or (800) 952-2335
(24-hours a day)

Walk-in Crisis Services Available:
Monday - Friday 8 am – 5 pm.
1400 Emeline Avenue, Bldg. K.
Santa Cruz, CA 95060

IMPORTANT NON-EMERGENCY PHONE NUMBERS

**My local (non-emergency) Police
Department:**

For Family Support call NAMI:
namiscc.org or call (831) 824-0406

**For an alternative to hospitalization
call Second Story: 831-466-0967**

PLAN AHEAD

Know to Ask for a Crisis Intervention Trained Officer (CIT)

When you call 9-1-1, ask to have a CIT Officer dispatched if available as these officers are trained to respond to mental health emergencies.

Fill out the *Information from Family Member form*

Complete the form **ahead of time**. Send a copy to their mental health provider and keep extra copies on hand for hospital personnel if a mental health emergency occurs. For a copy of the form, visit www.namiscc.org/crisis.html or call NAMI at 831-824-0406.

This form provides hospitals and mental health providers with important detailed information on your family member or friend's mental health history.

Be prepared for a *5150 Hold*

If your family member or friend is a danger to themselves or to others, or is gravely disabled, it may be necessary to place them on an involuntary hospital hold of up to 72 hours for additional help and evaluation.

Second Story - 831-466-0967

Second Story is a peer run respite house and an alternative to hospitalization. Ideally one should interview before a crisis. People can stay for a short time as long as they have a home to return to, are currently receiving Specialty Mental Health Services through Santa Cruz County and are over 18 years old.

MENTAL HEALTH Emergency

Guidelines for Calling 9-1-1



Santa Cruz County
Mental Health & Substance Abuse
Services
1400 Emeline Ave. Building K
Santa Cruz, CA 95060
(800) 952-2335
www.santacruzhealth.org



COUNTY OF SANTA CRUZ
Health Services Agency Mental Health
and Substance Abuse Services



Santa Cruz County



We all want to protect the people we love, but sometimes we cannot do it on our own. If a family member or friend is in a mental health crisis and at risk of harming themselves or others, call the police — even though you or your family member may be upset or afraid — to help ensure everyone's safety.

1. BEFORE CALLING 9-1-1

- **Be prepared:** Become familiar with the guidelines in this brochure.
- **Know your rights:** If the individual is placing you or themselves in danger, police need to step in and help. You have the right to ask for help and your loved one has a right to receive help.
- **Try to remain calm:** Take a few deep breaths so you can speak as slowly and calmly as possible.
- **Remove harmful items:** If possible, remove any items from the immediate area that could be used as a weapon, such as fire arms, knives, tools, or baseball bats.
- **Information from Family Member form:** If possible, complete this form prior to a crisis. Provide a copy to hospital personnel. (Visit www.namisc.org/crisis.html for form.)

2. DURING THE CALL

Try to make the call from a safe and quiet place where your family member or friend will not feel threatened by overhearing you.

- State that you are calling about a mental health emergency and request a CIT Trained Officer (if available).
- Describe the situation in detail, such as whether your loved one is suicidal, aggressive, off their medication, or threatening someone.
- Listen carefully and answer the dispatcher's questions so they have the information to help.
- Stay on the phone — emergency help is being dispatched. **Do not hang up** until you are asked to do so by the dispatcher.



3. WHEN THE POLICE OFFICER ARRIVES

- Tell them what you've seen and heard — stick to the facts.
- Explain what is happening now.
- Let them know what has and has not worked in the past.
- If the person in crisis is being transported — find out where.
- Ask the police officer for their contact information for follow up.

What to Say When Calling 9-1-1

I'm calling about a **Mental Health Emergency** and request a **CIT Trained Officer**.

My name is: _____.

I'm calling from [your location].

I'm calling because my [family member/friend] is: _____.

Describe in detail what is going on right now.

Advise police if there is information on file with law enforcement about the person in crisis.

Ask if it's possible to arrive without lights or sirens.

The 9-1-1 dispatcher will ask the following: (be clear and brief)

- Are there any acts or threats of violence?
- Are there any weapons involved?
- Where is the person experiencing the emergency located?
- Has there been a suicide attempt or has the person made threats of suicide?

Additional information you may be asked to provide:

- The person's mental health condition/diagnosis and mental healthcare provider.
- Whether he/she is intoxicated or overdosed.
- Any medications the person is taking.
- Whether the person is gravely disabled and unable to care for themselves.