

WHEN IN CRISIS

SHOULD I CALL THE CRISIS LINE?

- Do you feel like hurting yourself or someone else?
- Are you in distress and need someone to talk to?
- Do you need a referral for mental health or physical health symptoms?
- Are you out of medication that you take daily and can't afford your prescription?
- Are you homeless and looking for a place to live?

If you answered “yes” to any of the above, you may be in “crisis,” and the Crisis Line can help.

COMMON MYTHS AND MISCONCEPTIONS ABOUT CALLING THE CRISIS LINE:



Myth: You will be admitted to a mental health facility for calling the Crisis Line because you're having suicidal thoughts.

Fact: Having suicidal thoughts does not mean that you will be involuntarily hospitalized. The Crisis Line assessors are there to talk to you and help you. Helping means getting you to a place in which you no longer feel like hurting yourself and making sure you have a good safety plan in place.



Myth: The Crisis Line is only meant to be utilized when a person is having suicidal thoughts.

Fact: The Crisis Line is meant to be used for anyone in crisis, which is not limited to suicidal thoughts or ideations. In fact, you can also call the Crisis Line when you are not in a “crisis” but just need resources.

WHEN IN CRISIS, NUMBERS TO CALL:

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

If you are a veteran in crisis or a family member or friend, call the **Veterans Crisis Line** at 1-800-273-8255 and Press 1 or send a text to 838255.

The Crisis Text Line provides free 24/7 support. Text HOME to 741741.

Or, simply dial 9-1-1 on any phone.

WHEN IN CRISIS, WHERE TO GO:

Local Emergency Room of any hospital

Veterans: Any VA Front Door Clinic or Emergency Room

EMORY
HEALTHCARE

Veterans Program

EMORYHEALTHCARE.ORG/VETERANS

888-514-5345