

# CRISIS INTERVENTION RESOURCES

**National Suicide Prevention Lifeline:** (800) 273-8255 — "1" for Veterans

**Text:** 838255

**911:** Request Crisis Intervention Response Team

**Mobile Crisis Outreach Team:** (713) 970-7520

**Mental Health Warrant, Harris County Psychiatric Center**

Address: 2800 South MacGregor Way, Houston, TX 77021

Phone: (713) 741-6024

**Learn more about court order for mental health services:**

[hpc.uth.edu/pages/access/court-ordered-involuntary-services.htm](http://hpc.uth.edu/pages/access/court-ordered-involuntary-services.htm)

**ALWAYS encourage or request that a veteran is transported to the nearest VA Hospital:**

Michael E. DeBakey VA Medical Center  
2002 Holcombe Blvd., Houston TX, 77030

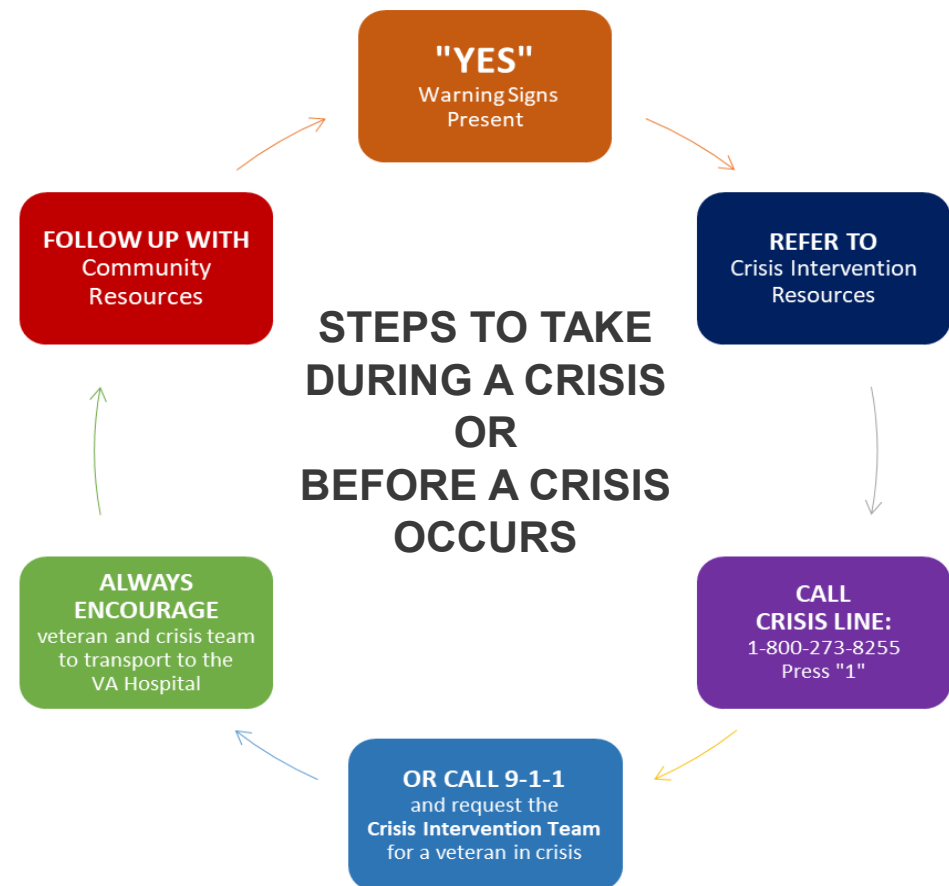
## ADDITIONAL COMMUNITY MENTAL HEALTH & WELLNESS RESOURCES

VA Mental Health	(713) 794-8454	houston.va.gov
VA Eligibility Center	1-877-222-VETS (8387)	vets.gov
Veterans Behavioral Health at MHA of Greater Houston	(713) 523-8963	mhahouston.org
Easter Seals Greater Houston	(713) 838-9050 (832) 713-7971	eastersealshouston.org
Give an Hour	(800) 662-HELP (4357)	giveanhour.org
Vet Center	(877) 927-8387	vetcenter.va.gov
United Way	2-1-1 (Answered 24/7)	unitedwayhouston.org
The Harris Center for Mental Health and IDD	(713) 970-7000	harriscenter.org
Grace After Fire	(832) 554-7161	graceafterfire.org
Head Strong Project		getheadstrong.org
Hope for Warriors	(832) 319-0472	hopeforthewarriors.org
Paws for Vets	(832) 844-6466	pawsforveterans.com
Lone Survivor Foundation	(936) 755-6075	lonesurvivorfoundation.org
Wounded Warrior Project	(832) 536-3098	woundedwarriorproject.org
City of Houston Veteran Affairs	(832) 393-0992 (832) 393-8147	houstontx.gov
Combined Arms	(832) 285-9531 Ext 104	combinedarms.us
PTSD Foundation	(877) 717-7873	ptsdusa.org

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Spencer Walker, Veterans Treatment Court Wellness Coordinator, [jwalker@mhahouston.org](mailto:jwalker@mhahouston.org)  
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# CRISIS INTERVENTION GUIDE



# Look For Warning Signs

- Threatening to hurt or kill oneself
- Seeking access to pills, weapons, or other means
- Giving away possessions
- Talking or writing about death, dying or suicide
- Withdrawing from family and friends
- Engaging in risky behavior
- Increasing alcohol or drug abuse

## IF YOU NOTICE ANY OF THE WARNING SIGNS ASK THE FOLLOWING QUESTIONS:

	In The Past Month	
Answer Questions 1 and 2	YES	NO
1. Have you wished you were dead or wished you could go to sleep and not wake up?		
2. Have you actually had any thoughts about killing yourself?		
<b>If YES to 2, answer questions 3, 4, 5 and 6</b>		
<b>If NO to 2, go directly to question 6</b>		
3. Have you thought about how you might do this?		
4. Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?		
5. Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?		
ALWAYS Ask Question 6	In The Past 3 Months	
6. Have you done anything, started to do anything or prepared to do anything to end your life?		
Examples: Collected pills, obtained a gun, given away valuables, written a will or suicide note, held a gun, but changed your mind about using it, cut yourself, tried to hang yourself, etc.		

Any **YES** must be taken seriously. Seek help from friends, family, co-workers and inform them as soon as possible.

If the answer to **4, 5, or 6** is **YES**, immediately **ESCORT** to Emergency Personnel for care.

**Do Not Leave The Person Alone. Stay engaged until you make a warm hand off to someone who can help.**



# Crisis Response Plan

Thinking clearly during a crisis can be difficult, and can sometimes feel impossible. It's important to have a course of action ready. Here are samples to help organize contact information to use in case of an emergency, warning signs to watch for and actions to take if you feel a person is slipping into a crisis.



<b>WARNING SIGNS:</b> Ex: Pacing, anxiety	<b>HOW DO YOU REACT TO ANXIETY?</b> Ex: I want to hit things, anger, argue with loved ones, crying.
What happens when you feel anxious?	How do you react to anxiety?
1.	1.
2.	2.
3.	3.
<b>WHAT COULD HELP YOU DEAL WITH STRESS?</b> Ex: Go for a walk, play with dog, call or text family, think about kids.	<b>WHAT CAN YOU DO TO HELP YOURSELF?</b> Ex: Write, breathing exercises for 10 mins, listen to calming music, go for walk.
1.	1.
2.	2.
3.	3.
<b>REASONS TO LIVE:</b> Ex: Family, pets, kids.	
1.	
2.	
3.	
<b>CALL YOUR DOCTOR.</b> Write doctor name & number below.	<b>OTHER IMPORTANT NUMBERS</b>
Doctor:	1-800-273-TALK (8255)
Phone #:	Local VA Hospital:
<b>Leave a message with your name, time, and your phone number.</b>	Call 911