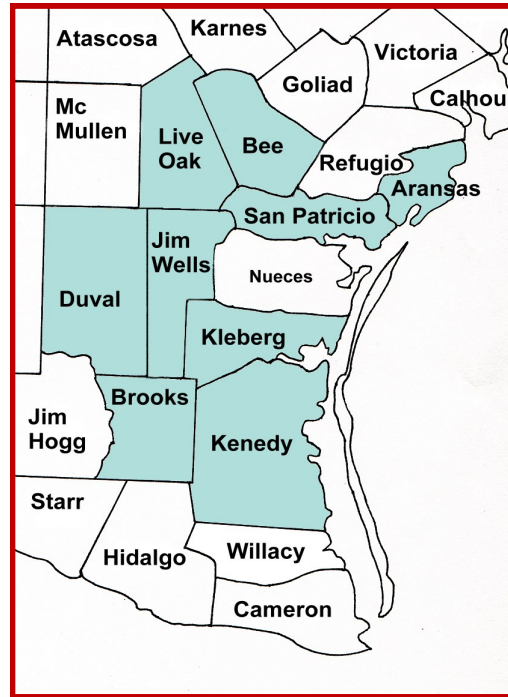


WHAT IS CONSIDERED A MENTAL HEALTH CRISIS ?

A mental health crisis can include, but is not limited to:

- * Feeling that you're at risk of hurting yourself or someone else
- * The sense that you can no longer cope with life
- * Feelings of severe or overwhelming anxiety or fear



Coastal Plains

Integrated Health

200 Marriott Dr.

Portland, Texas, 78374

Office: (361) 777-3991

Toll Free: 1-888-819-5312



24/7 CALL,TEXT,CHAT



IMPORTANT

**For any crisis situation that
involves the threat of imminent
danger, call**

911



Mental Health Crisis Intervention



Crisis Hotline

1-800-841-6467



Coastal Plains Integrated Health offers an innovative array of psychiatric crisis services available 24/7. If you or someone you're concerned about needs assistance during a time of crisis, call the toll free Crisis Hotline at 1-800-841-6467 or come to one of our centers. Dedicated professionals work closely with individuals and their families to resolve an immediate crisis while ensuring safety in a respectful, compassionate manner. You can also contact the National Suicide Prevention Lifeline at 988.

Community Based Inpatient Crisis Stabilization

The goal of **Community Based Inpatient Crisis Stabilization** is to assist a person through a crisis, when they are presenting as an imminent danger to self or others, or at risk of continued decline of mental health. If a person is needing a safe place to be and less restrictive options are not the answer, crisis staff members will consult with Licensed Practitioners of the Healing Arts (LPHA's) to help the individual (and their family) make a decision on a safe place to go to help them get through the crisis and receive professional psychiatric help.

Hospitals in collaboration with Coastal Plains include:

Bayview Psychiatric Hospital
 South Texas Health Behavioral Center
 DHR Health
 Palms Behavioral Health
 Oceans Behavioral Health
 Cedar Crest Hospital & Residential Treatment Center
 Laurel Ridge Treatment Center

It is our hope to:

- Keep people safe
- Provide services in the least restrictive environment,
- Protect the individual's rights
- Help the person through the crisis situation based upon their needs.

Coastal Plains contracts with several local behavioral health hospitals in South Texas.

Mobile Crisis Outreach Team (MCOT)



MCOT goes into the community in the Coastal Plains nine (9) county catchment area to provide crisis services and support to individuals in a mental health crisis.

MCOT:

The following services are grant funded by Methodist Healthcare Ministries and Center resources:

Is made up of an array of qualified and highly trained mental health professionals.

- Focuses on providing timely crisis assessments and development of a treatment plan unique to the individual's needs.
- Team members who provided crisis care will remain the single point of contact to follow up with individuals after a crisis to ensure they receive the support needed.
- Works closely with local law enforcement, other mental health community providers, psychiatric hospitals, local emergency rooms and other community partners to ensure the highest level of collaborative assistance.
- Receives referrals on individuals of all ages from community agencies, schools, law enforcement, local hospitals, families, and individuals.