

## Who to Call During a Mental Health Crisis

Depression, anxiety, or behavioral difficulties can sometimes lead to a mental health crisis. In crises, a child may have thoughts of wanting to harm themselves or someone else, or engage in aggressive behavior that causes injury to others. Children may also have difficulty controlling their emotions and calming down when distressed. During these situations it is helpful to know who to call and what supports are available.

Most crises can be managed together with your child's therapist. We strongly recommend you contact your therapist or, if after-hours, the on-call provider **BEFORE going to the Emergency Department.** These providers will be able to support your family in identifying the best care option to resolve the crisis. The exception to this would be if there was a medical emergency, such as your child ingested pills or needs stitches.

To contact POF's therapist:

During Abby's business hours (T/W/Th 7:30am to 4:00pm): Call our office at 859-525-8181 and indicate that the child is experiencing a crisis. You will be asked to provide information about the concern, and then your therapist will call you back within the hour to determine next best steps OR you will be directed to speak with one of our nurses.

After Abby's business hours (4:00pm to 7:30am and weekends): Call our office at 859-525-8181 to speak to the on-call provider OR call the Psychiatric Intake Response Center (PIRC) at (513) 636-4124 to discuss options for having the child's symptoms assessed by phone, an outpatient crisis appointment, or if needed, they can direct you to the Emergency Department.

If the child cannot be kept safe long enough to make one of the above phone calls or has hurt themselves and needs emergency medical attention, please call 911 and/or go to the nearest Emergency Department.

If your child would like to anonymously talk to someone about their feelings or thoughts, they can call or text **988**.

Emergency Care Options	Contact Numbers
Psychiatric Intake Response Center (PIRC) at Children's Hospital	513-636-4124
NorthKey Community Care Crisis Line	859-331-3292
Best Point Behavioral Health by the Children's Home: Pediatric Mental Health Urgent Care (Cincinnati)	513-527-3040
SUN Behavioral Health (if age 18+ and not eligible for PIRC at Children's)	859-340-8995
LGBTQIA+ crisis line: The Trevor Project	1-866-488-7386 Or text 'START' TO 678678