

Crisis Assistance

FREE SUPPORT AT YOUR FINGERTIPS, 24/7

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text. Here's how it works:

- 1. Text START to 741741 from anywhere in the USA, anytime, about any type of crisis.**
- 2. A live, trained Crisis Counselor receives the text and responds quickly.**
- 3. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment**

<http://www.crisistextline.org/how-it-works/>

Suicide Prevention and Crisis Information

TSPN maintains lists of links and websites relevant to suicide prevention and mental illness. Check out the online resources link.

Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.

<http://tspn.org/get-help-now>

Mobile Crisis Services:

A qualified clinician will come to the Emergency Room or talk to a patient via Telemed to determine which course of treatment is appropriate for the current situation. Please note that inpatient hospitalization is not always the outcome of a MCU evaluation, but the clinician will provide resources and community support if the recommendation is for an alternative to inpatient care.

For Knox, Loudon, Blount, Monroe, and Sevier County: Helen Ross McNabb – (865)-539-2409

<http://www.mcnabbcenter.org/service/mobile-crisis-unit-0>

Mental Health Association of East Tennessee

<http://mhaet.com/treatment-resources.php>

Tennessee Statewide 2-1-1 Resource Network

211 provides a free, easy to use, comprehensive information and referral system which links people in need with appropriate health and human service resources.

<http://tn211.mycommunitypt.com>

Tennessee Department of Mental Health

http://tn.gov/mental/recovery/crisis_serv.shtml

Quick Reference Referral Guide ~ Compassion Coalition

<http://www.compassioncoalition.org/wp-content/uploads/2009/12/Quick-Reference-Referral-Guide-1-20121.pdf>