

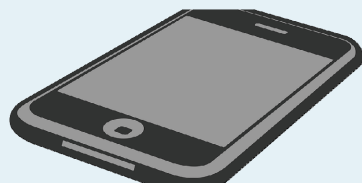
What is a Crisis?

- Feelings of Stress or being overwhelmed
- Plans or thoughts of hurting yourself or others
- Suddenly finding it difficult to complete normal daily activities due to stress or other symptoms
- Increase or change in symptoms such as mood, anxiety or panic attacks, hallucinations (seeing or hearing things that other people do not see or hear), or delusions (false beliefs)

We can help... just call us!

203-358-8500

800-586-9903



Se habla Español

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Southwest Connecticut Mental Health System

Regional Mobile Crisis

Intervention Team

203-358-8500

800-586-9903

**Either number will reach all areas
served by SWCMHS**



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Mobile Crisis Services are offered

24 hours/day 7days a week

Face to Face contact

Monday through Friday

8:00 – 6:30pm



*Southwest Connecticut
Mental Health System*

*Regional Mental Health
Crisis Intervention Team*

203-358-8500

800-586-9903

Caring >> Coping >> Calming the Crisis

IN YOUR NEIGHBORHOOD



*Serving all areas in Southwest CT
(including but not limited to...)*

*Darien, Greenwich, New Canaan,
Stamford, Weston, Wilton, Norwalk,
Westport, Southport, Bridgeport,
Easton, Fairfield, Monroe, Stratford,
and Trumbull*

Frequently Asked Questions:

Q. When is the Mobile Crisis Team available?

A. Face to face—between the hours of 8:00am and 6:30pm, by telephone, 24 hours a day/7 days a week.

Q. Will I be charged for this service?

A. No, all services are provided at no charge to you.

Q. Where will I meet with team?

A. We can respond to a variety of community settings including: private homes, residential programs, social service agencies, hospitals, jails, community offices, etc.

*If you are experiencing a life threatening emergency, please call 911 or seek immediate assistance.

Services Offered :

- Problem solving and coping strategies
- Referrals to other local services
- Crisis prevention planning
- Mobile Crisis Assessments and Evaluations
- Crisis Intervention and or assistance in de-escalating difficult situations
- Helping to cope with past traumatic experiences



Accessing Services and Referral Process:

Call 203-358-8500

Or 800-586-9903

We will gather information about the situation and if needed, can send crisis team members to meet with you

The Regional Mobile Crisis Team is available to provide support for adults (18 years and older) who are experiencing a behavioral health crisis in the comfort of their own home or other community location

Face to face contact Monday through Friday from 8:00am to 6:30pm.

Wherever needed in Fairfield County.

And

By Telephone : 24 Hours a Day, 7 Days a Week

Only a phone call away

203-358-8500

800-586-9903