

# Brother, You're On My Mind

## What To Do In An Emergency Or Crisis

No one wants to experience a crisis, but they do happen. Fortunately, there are people and organizations willing and able to help. Use these resources if you or someone you know is experiencing a crisis. It's important to identify the correct options and seek help quickly in a crisis situation.

### In An Emergency

If you or a loved one is in immediate danger [calling 911 and talking with police](#) may be necessary. It is important to notify the operator that it is a psychiatric emergency and ask for an officer trained in [crisis intervention](#) or trained to assist people experiencing a psychiatric emergency.

### In A Crisis

[National Suicide Prevention Lifeline](#) – Call 800-273-TALK (8255)

If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline at 800-273-TALK (8255) to speak with a trained crisis counselor 24/7.

The [National Suicide Prevention Lifeline](#) connects you with a crisis center in the Lifeline network closest to your location. Your call will be answered by a trained crisis worker who will

listen empathetically and without judgment. The crisis worker will work to ensure that you feel safe and help identify options and information about mental health services in your area. Your call is confidential and free.

[Crisis Text Line](#) – Text NAMI to 741-741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

[National Domestic Violence Hotline](#) – Call 800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

[National Sexual Assault Hotline](#) – Call 800-656-HOPE (4673)

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at [Online Hotline](#). Free help, 24/7.

[Veterans Crisis Line](#) - The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, [chat online](#), or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for [deaf and hard of hearing](#) individuals is available.

# General Questions about Mental Health and Local Groups and Services

## Nami Helpline

1-800-950-NAMI (6264) or [info@nami.org](mailto:info@nami.org)

The NAMI Helpline can be reached Monday through Friday, 10 am–6 pm, ET.

Helpline staff and volunteers are prepared to answer your questions about mental health issues including:

- Symptoms of mental health conditions
- Treatment options
- Local support groups and services
- Education programs
- Helping family members get treatment
- Programs to help find jobs
- Legal issues (the NAMI Legal Resource Service can connect individuals with attorneys in their area but does not have the resources to provide individual representation)

We are unable to provide counseling or therapy,

cannot provide specific recommendations for things like treatment or do individual casework, legal representations or other individual advocacy. In the event of a crisis call, we will transfer callers in crisis or who express suicidal ideation to a national crisis line to provide further assistance.

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