

Mental Health Mobile Crisis Response Teams



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What are Mental Health Crisis Teams?

Mental health mobile crisis response teams are made up of mental health professionals who can step in during a mental health crisis. These professionals can meet a person at home, school, work or wherever a crisis occurs. The teams meet face-to-face with the person in crisis to help the situation. Services can include: being there for up to 10 days to help someone, fast access to psychiatrists, mental health crisis beds and referrals to community mental health providers. Teams can also contact emergency services if needed.

Each county has a 24-hour crisis hotline that can give advice and support. Teams can give long term support by helping family or caregivers create a “crisis plans” to prepare for future situations. Crisis services are available 24-hours a day, 7 days a week, 365 days a year.

How are Mental Health Crisis Teams funded?

At first, mental health crisis teams were funded through the *2007 Mental Health Initiative*. Now, crisis teams are covered by Medical Assistance, Minnesota Care and other private healthcare plans.

Who uses Mental Health Crisis Teams?

Crisis teams are made to be within reach to anyone in the community at any time. Families and friends of a person experiencing a mental health crisis can call a crisis team to help and support their loved one. Many of the families who use the crisis team are parents of children and young adults. Like all emergency services (fire, police, EMT), crisis teams are available to anyone, no matter if they have money to pay or not. They are ready to help with any mental health emergency.

Why are Mental Health Crisis Teams important?

A mental health crisis can be very scary. It is a difficult experience for both the person in crisis and those around them. Sometimes loved ones and caregivers are not ready to handle these situations and need the advice and help of professionals.

Many times, police or EMT's are called to help during mental health crises but they do not have the training and experience to fully take care of the situation. Mental health crisis teams have the training and know how to help resolve mental health crises.

By stepping in, mental health crisis teams can stop someone from expensive and unnecessary stays in the hospital or in jail. Crisis teams are great at connecting people, who have not used mental health services before, with community resources. Having funds for mental health crisis is important to make sure that children and adults in crisis have 24/7 access to appropriate crisis services.