**EMERGENCY RESOURCES- FLORIDA**

**911 Emergency**

If you or a loved one is in immediate danger, calling 911 and [talking with police](https://www.nami.org/Find-Support/Family-Members-and-Caregivers/Calling-911-and-Talking-with-Police) may be necessary. Tell the operator that it is a psychiatric emergency and ask for an [officer trained in crisis intervention](https://www.nami.org/Learn-More/Treatment/Getting-Treatment-During-a-Crisis) or trained to assist people experiencing a psychiatric emergency.

**Preparing For A Possible Crisis**

Prepare for crisis – you can take steps beforehand to help you act quickly and lessen the impact if a crisis does occur.

A crisis plan includes:

* phone numbers of mental health professionals, family members and friends
* a list of current prescription medications, doses and diagnosis
* any history of suicide attempts, psychosis or drug use
* triggers and coping mechanisms that have helped in the past

**Crisis Guide**[***Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency***](https://www.nami.org/crisisguide)provides important, potentially life-saving information for people experiencing mental health crises and their loved ones. This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, what to do following a crisis, a sample crisis plan, available resources and more.

**Suicide Prevention**[**National Suicide Prevention Lifeline**](https://suicidepreventionlifeline.org/)800-273-8255
If you or someone you know is in crisis – considering suicide or not – call and talk confidentially with a trained crisis counselor 24/7. You’ll be connected with a local crisis center in the Lifeline network. Counselors listen empathetically and without judgment, work to ensure callers feel safe, help identify options and offer information about local mental health services.

[**American Foundation for Suicide Prevention**](https://afsp.org/)888-333-2377
Provides referrals to support groups, mental health professionals, resources on loss and suicide prevention information.

**Emergency And Crisis Hotlines**

Following are national resources and hotlines that provide support and information. They can answer questions and help in times of need. In general, hotlines are:

* available to call 24/7
* 100% confidential
* free

[**Poison Control**](http://www.aapcc.org/)800-222-1222
Poison centers offer expert medical advice and information. Online assistance at www.PoisonHelp.org.

[**Florida Abuse Hotline**](http://www.myflfamilies.com/)800-962-2873
Report abuse or neglect. A service of Florida Department of Children & Families.

**[Florida Domestic Violence Hotline](http://www.myflfamilies.com/)**800-500-1119
Trained expert advocates help with crisis intervention, safety planning, resources and information. Multilingual.

[**National Hopeline Network**](https://www.imalive.org/)800-442-4673
Volunteers trained and certified in crisis intervention.

[**Crisis Text Line**](http://crisistextline.org/)Text 741741Connect by texting with a crisis counselor trained in collaborative problem solving.

[**National Center for Victims of Crime**](https://victimconnect.org/)
800-394-2255
Local assistance, confidential referrals and resources. Multilingual.

[**National Child Abuse Hotline**](https://www.childhelp.org/)800-422-4453
Childhelp helps the victims of child abuse through education treatment and prevention programs.

[**National Domestic Violence Hotline**](http://www.thehotline.org/)
800-799-7233
Trained expert advocates help with crisis intervention, safety planning, resources and information. Multilingual.

[**National Runaway Safeline**](https://www.1800runaway.org/)
800-786-2929
Text 66008
Services for youth and teens who have run away or are thinking of running away. Support and help connecting parents and guardians to resources.

[**National Sexual Assault Hotline**](https://www.rainn.org/about-national-sexual-assault-telephone-hotline)800-656-4673
Connect with a trained staff member from a local service provider that offers access to free services.

[**Veterans Crisis Line**](https://www.veteranscrisisline.net/)800-273-8255 Press 1
Text 838255
Connects veterans in crisis, families and friends with qualified, caring Department of Veterans Affairs responders.

[**Disaster Distress Helpline**](https://www.samhsa.gov/find-help/disaster-distress-helpline)800-985-5990
Text | TalkWithUs to 66746
Trained crisis counselors help people who are experiencing emotional distress, stress, anxiety and other depression-like symptoms related to any natural or human-caused disaster. Multilingual. Service of the Substance Abuse and Mental Health Services Administration (samhsa.gov).

**Girls & Boys Town National Teen Hotline**800-448-3000
Crisis hotline that helps parents and youth cope with stress and anxiety. Young people and families can ​ask questions via​ phone, text, chat or email. Counseling, crisis and resource referral services specially-trained counselors. Placement and long-term residential care. Multilingual.

[**NAMI HelpLine**](https://www.nami.org/Find-Support/NAMI-HelpLine#crisis)800-950-6264
info@nami.orgM-F | 10 am – 6 pm (EST)

Trained and knowledgeable responders provide information, referrals and support to people living with a mental health condition, family members and caregivers, mental health providers and the public. Many live with a mental health condition or provide care and support to a family member or friend. In the event of a crisis call, they will transfer callers in crisis or who express suicidal ideation to a national crisis line to provide further assistance. They can answer 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
* Connection with local attorneys

They cannot:

* provide counseling or therapy
* provide specific recommendations for things like treatment
* do individual casework, legal representations or other individual advocacy

NAMI’s new mental health [crisis infographics](https://www.nami.org/NAMI/media/NAMI-Media/Infographics/crisis%20guide/Crisis-Guide-Infographics.pdf) are printable resources that are a great way to spread awareness about what to do in a crisis, detailing:

* warning signs
* what to do in a crisis
* preparing for a crisis
* making a crisis plan
* what to do if you suspect someone is thinking about suicide