

# FACT SHEET: WHAT TO DO IN A MENTAL HEALTH CRISIS

## Be Prepared

Most families do not expect to have a mental health crisis with their children, teens or young adults. It is easier for families to manage a crisis if they know which resources are available in advance.

If there is immediate  
danger to self or  
others -- call 911



Mobile Response MAY  
still refer to the Crisis  
Screening Center or  
even call 911, based  
upon their assessment  
of the situation

Contact SPAN Warmline  
800-654-SPAN  
for Individual Assistance, Learning  
Opportunities, and Resources related to  
Children's Mental Health

## FOR CHILDREN UP TO AGE 21

PerformCare 24/7 (877) 652-7624

[www.performcarenj.org](http://www.performcarenj.org)

DID  
YOU  
KNOW?

**Crisis Intervention:** PerformCare provides mobile response to stabilize children with mental health issues and/or developmental disabilities.

With parental consent, a mobile response team will go to the child's location (home, school, etc.) to try to de-escalate the situation, if possible avoiding the emergency room, involvement with juvenile justice, etc.

**Other Services:** PerformCare has other services such as care management (intense needs), youth case management (less intense needs), and Family Support Organizations in each county.

## Additional Resources

[NJ Alliance of Family Support Organizations](#) (find the FSO in each county)

[National Alliance on Mental Illness \(NAMI\)](#) in each county (children/adults)

[Hopeful Parents - blog on mental health](#)

[Crisis Assessment Response and Enhanced Services](#) - for adults with both mental illness and developmental disability 888-393-3007