

MENTAL HEALTH CRISIS OVERVIEW

Mental health crises can be some of the scariest, most stressful situations we ever experience. However, there are ways to make them safer, more manageable and, more importantly, prevent them altogether. This section will give you an overview of the information you'll need to do that. This section also covers basic information about civil commitments.

THIS SECTION WILL COVER:

- What is a Crisis?
- Basic Steps to take in a Crisis
- Safe Police Interactions
- Crisis Prevention
- What is a Civil Commitment?
- Why do Commitments Occur?
- How does a Commitment Begin?
- How does an Emergency Detention Work?
- Commitment Process and Possible Outcomes
- What are my Rights?

“Wherever you are is always the right place. There is never a need to fix anything, to hitch up the bootstraps of the soul and start at some higher place. Start right where you are.”

—Julia Cameron