



**Department of Behavioral
Healthcare Services**

CHILDREN'S MOBILE CRISIS

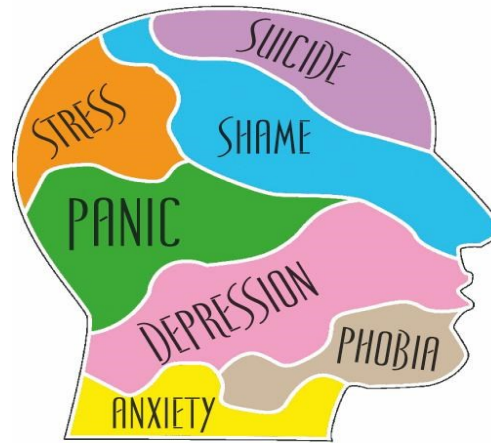
**1811 King Street
Portsmouth, VA 23704**

(757)-393-8618



**[www.portsmouthva.gov/149/
behavioralhealthcare](http://www.portsmouthva.gov/149/behavioralhealthcare)**

**Serving youth and families in the
City of Portsmouth.**



CHILDREN'S MOBILE CRISIS

What is Children's Mobile Crisis?

Children's Mobile Crisis provides short-term emergency face to face mental health intervention when a youth between the ages of 5-17 is experiencing an emotional/behavioral and/or psychiatric crisis that may place a child at risk of hurting themselves or others. Mobile Crisis services can be provided to youth and families in the home, at school, or office setting regardless of insurance coverage.

Purpose

To assess for immediate safety and restore equilibrium for the individual experiencing the crisis and their support system. The Mobile Crisis Clinician seeks to provide services when problems arise to prevent the crisis from worsening with the goal of preventing psychiatric hospitalization or removal from the home.

Services Provided:

- Clinical Crisis Assessment
- Crisis Counseling (individual and family)
- Case Management (linkage to community and ongoing resources)
- Behavioral Management Services
- Mobile Response
- Use of strength based and person centered approaches
- Residential referrals based on requirements
- Children's Psychiatrist

How to make a referral:

Parents/legal guardians, hospital/medical staff, schools, DSS, Juvenile Justice, and various other professionals can contact the Children's Mobile Crisis Clinician at 757-393-8618 ext. 5076 to discuss the needs of the youth. A crisis assessment if appropriate will be offered to the family within 1 business day.



**Why fit in when you were
born to stand out?**

~ Dr. Seuss

WHEN SHOULD YOU CALL FOR CRISIS SERVICES?

A crisis occurs when there is a change for the worse in the display of emotions or behavior that makes it difficult for them to use their normal coping skills.

WARNING SIGNS THAT A MENTAL HEALTH CRISIS MAY BE DEVELOPING:

- ◆ Escalating irritability, anger, or hostility
- ◆ Bizarre behavior or disorganized thinking
- ◆ Dramatic changes in eating or sleeping
- ◆ Sudden withdrawal from friends and family
- ◆ Persistent sadness, hopelessness, worthlessness, and guilt
- ◆ Lack of enthusiasm and motivation together with fatigue and poor energy
- ◆ Intent to harm others/physical and /or verbal aggression
- ◆ Making suicidal statements or repeated thoughts of death and dying
- ◆ Showing signs of self injurious behavior

If it is an immediate crisis, contact our 24-hour Portsmouth Emergency Services Hotline at 757-393-8990 or call 911 and request a CIT officer.



“TALKLIFE” IS A FREE SMARTPHONE APP THAT ACTS AS A SAFE PLACE WHERE YOU CAN TALK ABOUT ANYTHING: MENTAL HEALTH, DEPRESSION, SELF HARM, EATING DISORDERS, A BAD BREAKUP OR A RELATIONSHIP, SCHOOL, OR WORK ISSUE. “TALKLIFE”, DECLARES BEING AVAILABLE FOR THE MOMENTS WHEN YOU JUST NEED A FRIEND, AND YOU’RE LOOKING FOR SOMEONE WHO JUST UNDERSTANDS YOU AND WHAT YOU’RE GOING THROUGH. VISIT YOUR MOBILE APP STORE TO DOWNLOAD THE APP TODAY!

National Suicide Prevention Hotlines:

1800-273-TALK (1800-273-8255)

1800-SUICIDE (1800-784-2433)

National Alliance on Mental Illness

www.nami.org

Portsmouth Department of Behavioral Healthcare Services

MISSION STATEMENT

The Mission of the Portsmouth Department of Behavioral Healthcare Services is to promote independence, recovery, positive outcomes for those we serve, through excellence in the delivery of integrated Mental Health, Intellectual Disability, and Substance Use and Prevention Services.

The mission of PDBHS Children’s Mobile Crisis Services are to assess for immediate safety, restore equilibrium, and prevent the exacerbation of worsening conditions for the individual experiencing the crisis and their support system.

