

Crisis Plan

URBAN INSTITUTE
OF MENTAL HEALTH

In case of mental health emergency, please call 911, go to your nearest emergency room, or contact a crisis response number as listed below:

- Anne Arundel County Crisis Response:
410-768-5522
- Baltimore City Crisis Response:
410-433-5175
- Baltimore County Crisis Response:
410-931-2214
- Harford County Crisis Response:
1 (800)-639-8783
- Howard County Crisis Response:
410-531-6677
- Montgomery County Crisis Response:
240-777-4000
- Prince Georges County Crisis Response:
301-429-2185

If you have exhausted all other options and have to call 911 for yourself, family, or a friend, please engage in the following instructions to ensure the safety of yourself and your loved ones: If you personally are in need of assistance, try and have a loved one or family member come over so that you are not enduring this process alone.

When calling 911, inform the dispatch worker that officers are being called out to deal with a mental health crisis and to interact with yourself or loved ones as someone in need of care and NOT someone who has broken the law.

Upon the arrival of the officer(s), inform them that you or your loved one is unarmed (no weapon on his/her person) and not dangerous. If you are calling for someone who is experiencing an episode of psychosis and could potentially be a danger to him/herself or others or is armed with a weapon, inform the officers of the situation, but advocate that your loved one is still handled with care.

It is a mandatory policy for law enforcement to place handcuffs while transporting the individual suffering from a mental health illness to the car. This can be traumatizing. You can avoid this by being willing, if you feel safe doing so, to transport your loved one to the ER for further evaluation. If this is not possible, you can follow the officers to the ER to help yourself and your loved one feel more at ease.