



# 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 the resources that are available in advance.

## FOR CHILDREN UP TO AGE 21

CRISIS

**PerformCare 24/7 (877) 652-7624**

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

**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.

**Contact SPAN Warmline**

**800-654-SPAN**

**for individual assistance and resources related to Children's Mental Health**

Mobile Response MAY still refer to the Crisis Screening Center or other resources based upon their assessment of the situation

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

## 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

[New Jersey Mental Health Cares Line](#) 866-202-4357 M - F 8AM - 8PM

[2nd Floor Youth Helpline](#) 1-888-222-2228 24/7 helpline for NJ Youth

[Designated Screening Services](#) in each county for psychiatric emergencies, crisis intervention, Information and referral