

Taking care of your mental health is just as important as caring for your physical health. But keeping your mind healthy involves work—and sometimes it involves reaching out for help. The Four County Crisis Response Team can help when you or a child is experiencing a mental health crisis.

**What is a “mental health crisis?”**

A mental health crisis is defined differently in every situation. Here are just a few examples:

- You’re overwhelmed and you don’t know what to do.
- You feel like things are out of control.
- The tantrum never stops.
- You just need someone to talk to.
- You feel like hurting yourself or someone else.

*When you don’t know what to do or who to call, call us first.*

**Crisis Services**

The Crisis Response Team is a group of counselors who provide an array of services and supports.

Services include:

- Crisis Hotline
- Crisis Screening
- Face-to-face assessment and intervention
- Crisis stabilization
- Crisis prevention planning
- Information and referrals
- A link to resources and supports
- Overnight Crisis Care and Stabilization for children and youth
- Residential Adult Crisis Stabilization

**Mobile Crisis**

The Four County Crisis Response Team provides support and assistance to children and adults experiencing a mental health crisis. If needed, the Crisis Response Team will travel to your home or a community location to de-escalate the situation and help the individual in crisis cope with immediate stressors. The team will identify strengths of the individual and/or family and help develop a plan to move forward. Services are provided at low-to-no cost to residents of Benton, Sherburne, Stearns, and Wright Counties.

**Overnight Crisis Care and Stabilization (OCCS) for Children and Youth**

If further intervention or de-escalation is needed following the face-to-face visit, OCCS is a service available for children and youth ages 5-17. Provided by licensed foster care providers, OCCS is an alternative to hospitalization and provides overnight crisis care for 1-7 days.

**Residential Adult Crisis Stabilization**

The Residential Stabilization Program provides a safe place for adults to stay for a day or two while working through a mental health crisis. Clients receive round-the-clock attention in a safe setting.