

CRISIS

SERVICES

IN MISSISSIPPI

For more information, visit www.dmh.ms.gov or call the DMH Helpline at 1-877-210-8513

Mobile Crisis Response Teams are available in all 82 counties.

Teams provide mental health crisis response services to members of their communities.

Responds to wherever the person is experiencing the crisis with the goal of avoiding placement in a more restrictive environment if possible.

Mississippians place more than 26,000 calls each year to Mobile Crisis Response Teams.

Crisis Stabilization Beds are available across Mississippi.

Offers short-term, voluntary, residential mental health treatment services.

Can help a person avoid court commitment to a state behavioral health program.

More than 3,500 Mississippians are served each year.



Mississippi Department of Mental Health

Supporting a Better Tomorrow...One Person at a Time

HELPLINE • 1-877-210-8513



HOW TO ACCESS CRISIS SERVICES



Mental health problems are health conditions that can affect the way someone thinks, feels, or behaves. However, just as with any other health problem, it is important to address a mental health problem as quickly as possible.

A mental health crisis is any situation in which someone's behavior puts them at risk of becoming unable to properly provide self-care, function in the community, or possibly hurt themselves.

Just as with physical health problems, there may be times when a mental health crisis occurs unexpectedly. It is important to know what resources are available to you. Two programs that provide crisis services in Mississippi are Mobile Crisis Response Teams and Crisis Stabilization Units.



Mississippi Department of Mental Health

Supporting a Better Tomorrow...One Person at a Time

MOBILE CRISIS RESPONSE TEAMS (MCERT)

Mobile Crisis Response Teams provide guidance and support to adults and children who are experiencing a mental health crisis. The teams work closely with law enforcement to reduce the likelihood that a person experiencing a mental health crisis is unnecessarily placed in a more restrictive environment, like jail, a holding facility, hospital, or inpatient treatment.

- Response teams are available in all 82 counties and can be accessed by calling the toll-free numbers that are answered around the clock by Licensed Therapists, Peer Support Specialists, and Community Support Specialists.
- Response teams respond wherever a person is experiencing a crisis or at a designated location, like a local hospital.

Mobile Crisis Response Team Contact Numbers:

Region 1 – 888-404-8002

(Coahoma, Quitman, Tallahatchie, Tunica)

Region 2 – 866-837-7521

(Calhoun, Lafayette, Marshall, Panola, Tate, Yalobusha)

Region 3 – 866-255-9986

(Benton, Chickasaw, Itawamba, Lee, Monroe, Pontotoc, Union)

Region 4 – 888-287-4443

(Alcorn, DeSoto, Prentiss, Tippah, Tishomingo)

Region 6 – 866-453-6216

(Attala, Bolivar, Carroll, Grenada, Holmes, Humphreys, Issaquena, Leflore, Montgomery, Sharkey, Sunflower, Washington)

Region 7 – 888-943-3022

(Choctaw, Clay, Lowndes, Noxubee, Oktibbeha, Webster, Winston)

Region 8 – 877-657-4098

(Copiah, Lincoln, Madison, Rankin, Simpson)

Region 9 – 601-955-6381

(Hinds)

Region 10 – 800-803-0245

(Clarke, Jasper, Kemper, Lauderdale, Leake, Neshoba, Newton, Scott, Smith)

Region 11 – 877-353-8689

(Adams, Amite, Claiborne, Franklin, Jefferson, Lawrence, Pike, Walthall, Wilkinson)

Region 12 – 888-330-7772

(Covington, Forrest, Greene, Jeff Davis, Jones, Lamar, Marion, Pearl River, Perry, Wayne)

Region 13 – 800-681-0798

(Hancock, Harrison, Stone)

Region 14 – 866-497-0690

(George, Jackson)

Region 15 – 601-638-0031

(Warren, Yazoo)

CRISIS STABILIZATION UNITS (CSU)

Crisis Stabilization Units (CSUs) offer time-limited, voluntary, residential mental health treatment services for people with severe mental health problems. They also offer the opportunity for the problem to be addressed to avoid court commitment to a state behavioral health program. A thorough mental health assessment and treatment, along with follow-up outreach and aftercare once a person is discharged, are provided by the CSU.

To find CSU beds in your area, call the **DMH Helpline at 1-877-210-8513** or visit dmh.ms.gov.





OVERVIEW OF MISSISSIPPI'S MENTAL HEALTH SYSTEM



The Mississippi Department of Mental Health is committed to making available a comprehensive system so Mississippians have access to the least restrictive and most appropriate level of services and supports that will meet their needs.

Our system is person-centered and is built on the strengths of individuals and families, while meeting their needs for special services. Services should be provided on a continuum of where the person is, at that time, and what their needs are.

SERVICE DELIVERY SYSTEM

The mental health service delivery system is comprised of three major components:

- 1) state-operated programs and community services programs
- 2) regional community mental health centers
- 3) other nonprofit/profit service agencies/organizations

STATE-OPERATED PROGRAMS: DMH administers and operates state behavioral health programs, a mental health community living program, a specialized behavioral health program for youth, regional programs for persons with intellectual and developmental disabilities, and a specialized program for adolescents with intellectual and developmental disabilities. These programs serve designated counties or service areas and offer community living and/or community services.

- The behavioral health programs provide inpatient services for people (adults and children) with serious mental illness (SMI) and substance use disorders. These programs include: Mississippi State Hospital and its satellite program Specialized Treatment Facility; East Mississippi State Hospital and its satellite programs – North Mississippi State Hospital, South Mississippi State Hospital and Central Mississippi Residential Center. Nursing home services are also located on the grounds of Mississippi State Hospital and East Mississippi State Hospital. In addition to the inpatient services mentioned, East Mississippi State Hospital provides transitional, community-based care.
- The programs for persons with intellectual and developmental disabilities provide residential services. The programs also provide licensed homes for community living. These programs include: Boswell Regional Center and its satellite programs Hudspeth Regional Center and Mississippi Adolescent Center; Ellisville State School and its satellite program South Mississippi Regional Center; and North Mississippi Regional Center.

REGIONAL COMMUNITY MENTAL HEALTH CENTERS (CMHCs): CMHCs operate under the supervision of regional commissions appointed by county boards of supervisors comprising their respective service areas. The 14 CMHCs make available a range of community-based mental health, substance use, and in some regions, intellectual/developmental disabilities services. CMHC governing authorities are considered regional and not state-level entities. DMH is responsible for certifying, monitoring, and assisting CMHCs.

OTHER NONPROFIT/PROFIT SERVICE AGENCIES/ORGANIZATIONS: These agencies and organizations make up a smaller part of the service system. These programs are certified by DMH and may also receive funding to provide community-based services. Many of these agencies may also receive additional funding from other sources. Services currently provided through these nonprofit agencies include community-based alcohol/drug use services, community services for persons with intellectual/developmental disabilities, and community services for children with mental illness or emotional problems.

The Mississippi Department of Mental Health provides hope by supporting a continuum of care for people with mental illness, alcohol and drug addiction, and intellectual or developmental disabilities.

By inspiring hope, helping people on the road to recovery, and improving resiliency, the public mental health system is working to help Mississippians succeed.



MENTAL HEALTH SERVICES



ALCOHOL & DRUG ADDICTION SERVICES



INTELLECTUAL AND DEVELOPMENTAL DISABILITY SERVICES

thinkagain

ABOUT MENTAL HEALTH Mississippi

1 in 5 people has a **mental health** condition. You wouldn't ignore a **physical health** problem. **Don't ignore a mental health problem either.**



Staying healthy means not just caring for our body, but **our minds as well**. Mental health is an **essential** part of our overall **health** and **well-being**.

We **pay attention** to our blood pressure, our cholesterol, our heart rates, and our weight. We should put the **same focus** on our **mental health**.

Proper diet, exercise, sleep, and stress management can **help protect** your health and wellness – both **physically** and **mentally**.



HELP IS AVAILABLE

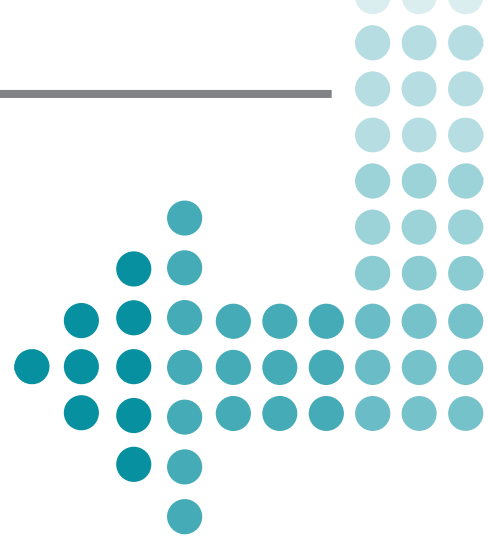
Call the DMH Help Line at 1-877-210-8513 if you or someone you know needs help.

- To learn about **resources** in your area, visit www.dmh.ms.gov.



SHATTER THE SILENCE

Suicide: the secret you **shouldn't** keep



If your friend tells you they are having thoughts of suicide...



WHAT TO DO

- Be honest and express your concern
- Listen and offer support
- Take them seriously
- Offer to accompany them to seek help

WHAT NOT TO DO

- Think it will go away
- Keep it a secret
- Think nothing can be done
- Think you can fix it all by yourself

WARNING SIGNS

- Talking, thinking or writing about suicide
- Talking about feeling worthless or hopeless
- Losing interest in activities
- Using or increasing use of drugs or alcohol
- Any changes from typical behavior



TALKING through feelings with your friends and trusted adults can help you realize the need for **HELP**. By showing **CONCERN** and **SUPPORT**, you can **ENCOURAGE** your friend to talk to their parents or another trusted adult about getting help.

WHERE TO GO FOR HELP OR INFORMATION

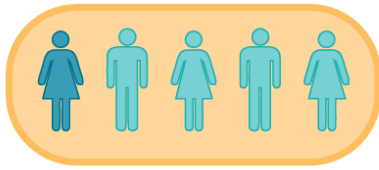
- Go to the nearest emergency room
- Call 911
- Visit www.dmh.ms.gov
- Call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255)
- Call the Department of Mental Health at 1.877.210.8513



B4Stage4

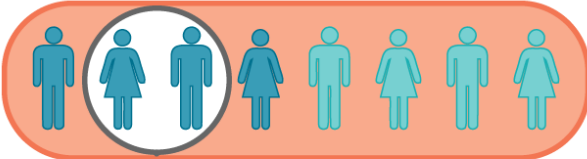
Changing the Way We Think About Mental Health

Mental Health Matters For Everyone



1 in 5

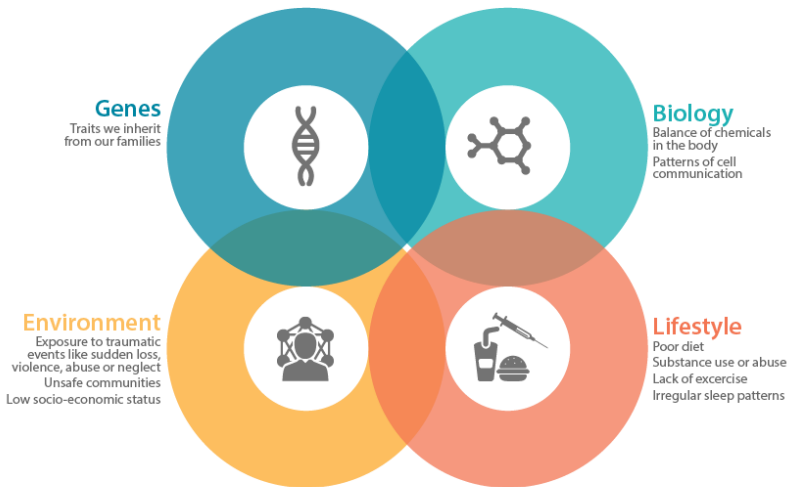
American adults will have a diagnosable mental health condition in any given year¹



50 PERCENT

of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.²

Risk Factors

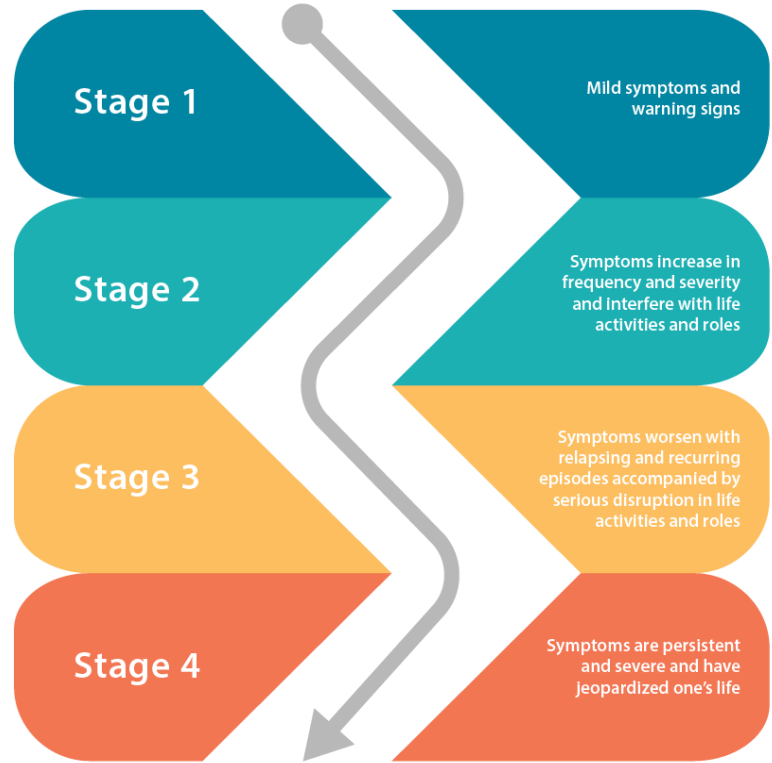


Symptoms and Warning Signs

When people first begin to experience symptoms of a mental health condition, they shouldn't be ignored or brushed aside in the hopes that they go away. Like other health conditions, we need to address the symptoms early, identify the underlying disease, and plan an appropriate course of action on a path towards overall health.

- Too much sleep or trouble sleeping
- Trouble focussing or having racing thoughts
- Changes in appetite
- Isolating yourself from others or losing interest in things you once enjoyed
- Irritability or having a short temper

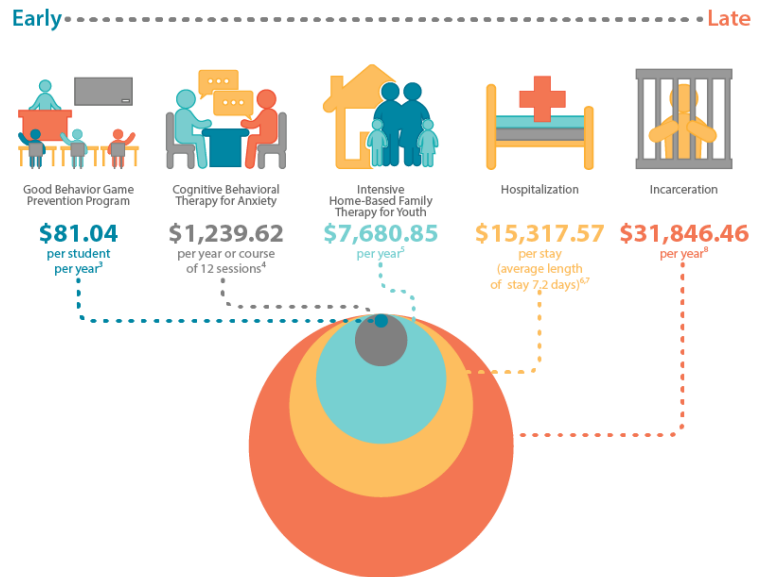
Stages of Mental Health Conditions



Cost of Waiting Until Stage 4

Like any other chronic condition, mental health conditions can get worse if left untreated. This often results in crisis events like inability to work, hospitalization, homelessness or incarceration.

The good news is, mental health conditions are not only common, they are treatable – especially when they are treated early. There are a variety of treatment options ranging from talk therapy to medication to peer support. The earlier we treat mental health conditions, the easier it is for people to recover and the less it costs.



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Sources

¹Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality, (September 4, 2014). *The NSDUH Report: Substance Use and Mental Health Estimates from the 2012 National Survey on Drug Use and Health: Overview of Findings*. Rockville, MD: Ronald C. Kessler et al., Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication, 62 Arch. Gen. Psychiatry 593, 595 (2005). <http://www.wsipp.wa.gov/BenefitCost/Programs/24>
²<http://www.wsipp.wa.gov/ReportFile/1464>
³<http://ftf.org/Other/State-Indicator/expenses-per-inpatient-day/>
⁴<http://www.cdc.gov/nchs/fastats/mental-health.htm>
⁵<http://www.wa.gov/sites/default/files/resources/downloads/price-of-prisons-updated-version-021914.pdf>
⁶Cost figures adjusted for 2015 using the U.S. Bureau of Labor Statistics CPI

★★★★
RESPONSIBLE
GUN SAFETY
★★★★

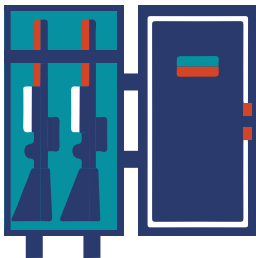
DID YOU KNOW?

Every year in Mississippi, almost **300 people** end their lives with a gun. In 2017, firearms accounted for **66% of all suicide deaths** in Mississippi compared to 51% across the nation.

Data Source: National Center for Health Statistics (NCHS), National Vital Statistics System (Mississippi Data) Centers for Disease Control and Prevention (CDC) Data & Statistics Fatal Injury Report for 2017 (National Data)

SAFETY TIPS TO REDUCE

SUICIDE BY FIREARMS



- Lock your guns and bullets in separate locations when not in use.
- Free gun locks may be available through your local law enforcement and projectchildsafe.org.
- Ask a friend or local police department about temporarily storing guns away from the home of someone showing signs of suicide.



HELPLINE • 1-877-210-8513





PREVENT
SUICIDE
WITH GUN
SAFETY

WHAT ARE SOME WARNING SIGNS OF SUICIDE?

- Comments like “Things will never get better”, or “No one would miss me if I were gone”
- Recent difficulties with chronic health issues, relationships, work, school, or legal problems
- Depressive symptoms, withdrawal or isolation from family, friends and hobbies, or becoming suddenly cheerful after a period of depression
- Noticeable change in behavior including mood, appearance, sleeping habits, or eating habits
- Increase in risky behavior including drug and alcohol consumption
- Giving away prized possessions

WHAT CAN YOU DO?

- By putting time and distance between a suicidal person and a gun, you may save a life.
- By following gun safety tips and recognizing possible warning signs, you can prevent suicides.
- If someone you know shows any of these signs of suicide, **ACT**.
- **Acknowledge** the risk is real. **Care** enough to listen without judgement. **Tell** someone to access help.

If You Don't Know Where to Start:



American
Foundation
for Suicide
Prevention