What is a MENTAL HEALTH EMERGENCY?

Symptoms and conditions of**mental health emergencies** may include the following:  talk of, plan for, or symptoms looking like or becoming an attempted suicide, substance use that causes severe dysfunction or severe alcohol intoxication, depression or anxiety escalating to a severe or intense degree, presence of delusions, violence or feeling violent, panic attacks, or significant, rapid changes in behavior, sudden or major change in personality.

If follow up counseling is needed please call 517-483-1924 to schedule an appointment with an LCC Counselor.   [www.lcc.edu/counseling](http://www.lcc.edu/counseling)

Resources for 24/7, year-round assistance:

o   For medical attention, please **go to your nearest hospitalemergency department or call 911**, i.e. [www.sparrow.org](http://www.sparrow.org/)  (517-364-1000), or [https://www.McLaren.org](https://www.mclaren.org/) (517-975-6000), others call 211 or 866-561-2500

o   For any mental health urgent care, please **call the *Community Mental Health*Crisis Services** ***(517) 346-8460*or 800-372-8460…**Hearing Impaired**: (800) 649-3777**, 812 E. Jolly Road Lansing, MI & Clinton, Eaton, Ingham Counties’ locations. <https://www.ceicmh.org/services/cs>

o   For personal danger, please **call LCC Public Safety 517-483-1800 or 911-your local police department.**

o   For crisis counseling**, call the Listening Ear Crisis Center** (**517)-337-1717,** currently available 7 days a week, 10 a.m. to 2 a.m <http://theear.org/>