Crisis & Immediate Support Resources

A mental health crisis can happen suddenly and may feel overwhelming. This guide explains what a crisis looks like, when to seek immediate help, and how to access emergency and urgent support for yourself or a loved one.

What Is a Mental Health Crisis?

A mental health crisis occurs when emotional distress becomes so intense that it feels unmanageable or unsafe. This can happen during pregnancy, postpartum, grief, trauma, or periods of extreme stress. A crisis does not mean you have failed—it means you need immediate support.

Signs That Require Immediate Help

Seek urgent or emergency help if you or someone you love experiences:
- *Thoughts of suicide or self-harm*
- *Thoughts of harming others or a baby*
- *Feeling unable to stay safe*
- *Severe panic, fear, or agitation that will not stop*
- *Hearing or seeing things that others do not*
- *Extreme confusion, disorientation, or loss of touch with reality*

What to Do in a Crisis Right Now

If there is immediate danger:
- *Call 911 or your local emergency number*

If you need immediate emotional support:
- *Call or text 988 to reach the Suicide & Crisis Lifeline (24/7)*
- *Chat via 988lifeline.org*

If you are not in immediate danger but need urgent help:
- *Contact your healthcare provider*
- *Go to the nearest emergency room*
- *Reach out to a trusted family member or friend*

What Happens When You Call 988

When you call or text 988, you are connected to a trained crisis counselor. They will listen, help you calm your body and thoughts, and work with you to decide next steps. You do not have to be suicidal to contact 988—any emotional crisis qualifies.

Creating a Simple Safety Plan

A safety plan helps guide you during overwhelming moments:
- *Warning signs that a crisis may be building*
- *Coping strategies that help you feel calmer*
- *People you can contact for support*
- *Professional or emergency resources*

Writing this down ahead of time can make it easier to act during a crisis.

Supporting Someone Else in Crisis

If you are helping someone in crisis:
- *Stay calm and present*
- *Take all statements about harm seriously*
- *Do not leave them alone if they are unsafe*
- *Help connect them to emergency or crisis services*

You do not have to handle this alone—reach out for professional help.

Alabama-Specific Note

In Alabama, crisis support may be accessed through emergency services, hospitals, community mental health centers, and statewide crisis lines. Medicaid and community-based services may also support follow-up care after a crisis.

You Are Worth Immediate Care

Needing urgent help does not make you weak. Your life matters, and support is available right now.