

Crisis Center:

A crisis counselor will talk with you so they can understand the situation and help you problem-solve, explore options, and possibly send help to de-escalate the crisis. If there are any concerns a person might harm themselves or someone else, the crisis counselor will complete a risk assessment and work with you to determine what is needed to help the person be safe and stable.

Crisis counselors work to provide trauma-informed, person-centered support in the least restrictive way. Hospitalization does occur at times, as the last and least used option. Most people are helped by finding ways to increase support and reduce risk in their everyday life.

Crisis counseling is a short-term service to address an immediate mental health need. If ongoing services are needed, or if there are needs for services besides mental health support, the crisis counselor will help people connect with resources.