





NAVIGATING THE MENTAL HEALTHCARE SYSTEM

FOR ADULTS LIVING WITH SERIOUS MENTAL ILLNESS

WHEN TO SEEK CARE

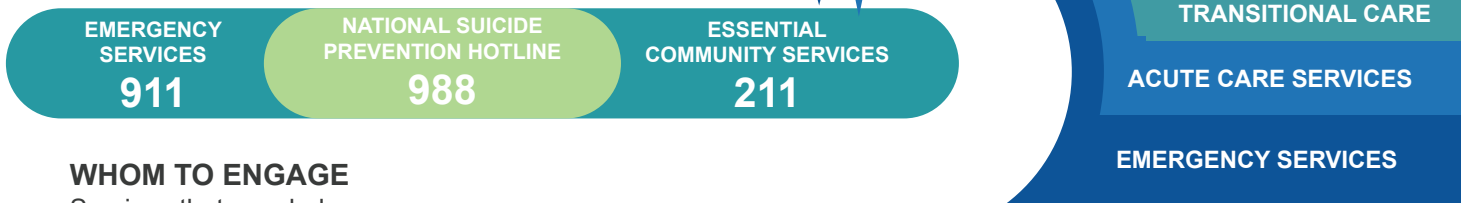
Feelings and situations you may experience

-  In treatment, maintaining levels of independence or seeking self-care help or community support
-  In treatment, participating in mental health care or transitioning to care after hospitalization
-  Breakthrough or emerging signs and symptoms
-  Thoughts or actions—harm to self or others, medical emergency, severe withdrawal



WHERE TO GO

Continuum of care



	
OUTPATIENT CARE	SUB-ACUTE TRANSITIONAL CARE
	
ACUTE CARE SERVICES	EMERGENCY SERVICES

WHOM TO ENGAGE

Services that may help

- 911 or 988, Crisis diversion program, Law enforcement with Crisis Intervention Team (CIT)
- 988, Law enforcement with CIT, Psychiatric emergency room, Hospitalization
- Intensive outpatient program, Partial hospitalization program, Substance abuse stabilization, Residential treatment facilities
- Therapy, Medication management, Social work, Self-help groups (community-run mental health groups), Advocacy (eg, National Alliance on Mental Illness, Mental Health America), Faith-based organizations (eg, churches)



The role of a support team:

- If you are experiencing a mental health-related situation, call someone you trust—friend, family member, caregiver—someone you love
- If you are caring for someone with lived experience, call 211 or 988



BLACK MENTAL HEALTH PROVIDERS