

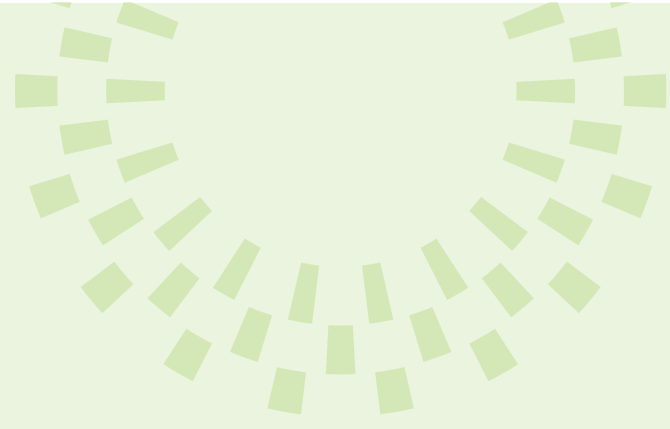
### WHAT IS A MENTAL HEALTH EMERGENCY?

A mental health emergency is a sudden severe emotional disturbance with one or more of the following:

- ... Risk of harm to self (suicidal), others (homicidal), or property
- ... Out of touch with reality; for example, seeing or hearing things that no one else sees or hears, having conversations with themselves, or exhibiting bizarre behavior
- ... Suddenly losing interest in school, friends, family, hobbies, personal hygiene, etc.
- ... Extreme nervousness, confusion, or sadness that begins suddenly
- ... Severe arguments or fights within the family
- ... Uncontrollable behavior that is upsetting everyone in the home, school, or neighborhood
- ... Sudden changes in mood, behavior, or thinking

### SUICIDE WARNING SIGNS

- ... Previous suicide attempts
- ... Statements expressing a wish to die
- ... Change in behavior which is out of character
- ... Changes in eating/sleeping patterns
- ... Giving away personal possessions
- ... Making final arrangements
- ... Withdrawal from friends and family
- ... Drug/alcohol involvement
- ... Dangerous and self-destructive behavior



CAPITAL HEALTH  
REGIONAL MEDICAL CENTER  
750 Brunswick Avenue  
Trenton, NJ 08638

[capitalhealth.org/mentalhealth](http://capitalhealth.org/mentalhealth)

609.396.HELP (4357)



## EMERGENCY MENTAL HEALTH SERVICES

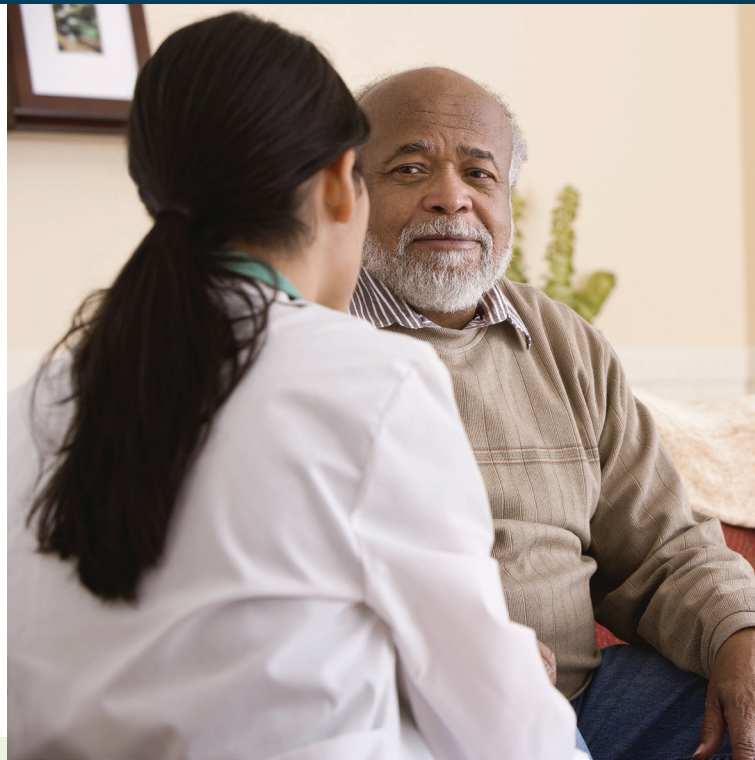
*Psychiatric Screening Center*



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#### EMERGENCY MENTAL HEALTH SERVICES

At Capital Health, we provide rapid, thorough assessments and interventions to stabilize a mental health emergency and direct clients and loved ones toward appropriate mental health solutions.

Our comprehensive assessments include social, economic, familial, medical, and psychological factors which play a part in psychiatric emergencies. Our counselors are trained to evaluate children, adults, and elderly adults.

**ON-SITE SERVICES** Our emergency walk-in program, located at Capital Health Regional Medical Center, provides individuals with the ability to request an assessment by a psychiatric counselor at the time of their crisis, 24 hours a day, 7 days a week. A brief medical screening will be provided by a medical doctor, after which, clients will be transferred to our screening center, where a mental health counselor will provide an emergency screening assessment. This may be followed by one or more of the following services, if required:

- ... Nursing assessment
- ... Evaluation by a psychiatrist
- ... Referral for inpatient hospitalization
- ... Referral for outpatient services
- ... Brought to a holding bed specifically for medication, observation, and stabilization.

#### AVAILABLE 24 HOURS/DAY, 7 DAYS/WEEK

Serving residents of Mercer County  
609.396.HELP (4357)

**MOBILE OUTREACH SERVICES** We offer services to adults and their families at home or at the site of their crisis. Individuals may request emergency mental health services at the time of their crisis at any verifiable location within Mercer County. Mobile services are offered in the following:

- ... Crisis prevention (*pre-crisis evaluation*)
- ... Crisis intervention and evaluation
- ... Short-term stabilization and follow-up care
- ... Referral to appropriate mental health services for continued care, drug/alcohol treatment, individual counseling, family therapy, psychiatric hospitalization, or civil commitment

