

# Mental Health Crisis Visit

## What to Expect and How to Prepare

When you are recommended to go to your local Emergency Department (ED) for further evaluation of a mental health concern, you may feel overwhelmed or in shock, which is natural. The first thing to do is take a breath. Not every ED or visit is the same, but there are some things you can expect and ways to prepare.



You will work with mental health professionals to complete an assessment. The purpose of the assessment is to understand why you came to the ED and work together to create a recommended plan to move forward safely.



ED assessments may lead to a stay in the hospital, but does not guarantee it. Other recommendations may include:

- Returning home with a connection for therapy and a plan for safety.
- Resources for community crisis services for immediate support.



Sometimes the best recommendation isn't what you were expecting.

- It is ok to ask for an explanation of the recommendation.
- Tell the team if you are concerned and be open to a conversation about options.



To make the safest recommendation, we need everyone's help. It is important that a parent or legal guardian is available for the assessment.



Sometimes EDs are busy and you may have to wait for your assessment. It is ok to ask for things you need while you wait.



It is unlikely that an ED will prescribe or change medication during assessments. They may recommend following up with your primary care doctor or connect you to a psychiatrist to discuss medication.



Hospitals have rules for personal items allowed in the hospital during assessments for safety. This means you may be asked to change clothes or store personal items. It can be frustrating, and the hospital will make sure you get your things back.



You will meet a lot of people who will ask questions to get to know you. It is ok to ask them their name, their job, who will see you next or ask for a break.

### Help is available 24/7

If you or a friend are experiencing suicidal thoughts text or call the **988** Suicide & Crisis Lifeline or call **1-888-418-6777** in Ohio to connect with the Mobile Response and Stabilization Team (not available in all counties). If there is a medical emergency or you need emergency assistance traveling to your local ED, call **911**.



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