

Crisis Assessment

Crisis assessment completed by a Master level therapist.

Risk assessment determines:

- Level of risk to self or others
- Presence of stressors that are contributing to the crisis
- Internal/External resources that can be accessed to de-escalate crisis
- Identify strengths and needs

Hillcrest Family Services Mental Health Centers Southeast Iowa Region:

Henry County Mental Health Center
106 N. Jackson St
Mt. Pleasant, IA 52641
Phone: 319-385-7177

Louisa County Mental Health Center
218 N. 2nd St
Wapello, IA 52653
Phone: 319-527-4455

Coordination and Support

- Coordination of treatment recommendations
- Referral to Inpatient hospitalization
- Referral to Regional Crisis Homes
- Schedule Urgent Care follow-up appointments
- Crisis appointment with Psychiatrist or Psychiatric ARNP
- Access to community resources

Washington County Mental Health Center

2175 Lexington Blvd, #2
Washington, IA 52353
Phone: 319-653-6161

Crisis Line Provided by
South East Iowa Link
Phone: 1-877-404-4770

Hillcrest Family Services

Crisis Services

Information for Accessing Services

Serving all people in crisis



Hillcrest Family Services

Serving all people or families in crisis related to:

- Mental Health
- Trauma
- Grief & Loss
- Feelings of Hopelessness
- Major Life Stress

Regardless of insurance coverage or ability to pay.

For list of contact information see back of brochure

What is a Mental Health Emergency?

Mental Health Emergencies

A life threatening situation in which a person is imminently threatening to harm themselves or another person, is severely disoriented, has an inability to function, or is otherwise out of control and in need of immediate emergency care.

Examples:

- Acting on a suicidal threat
- Homicidal or threatening behavior
- Self-injury requiring immediate attention
- Erratic or unusual behavior that compromises safety of self or others.

How to help someone experiencing a Mental Health Emergency?

- Take them to Emergency Room
- Emergency Room contacts Hillcrest to request Crisis Assessment
- Hillcrest works with Hospital to provide assessment and coordinate appropriate services

What is a Mental Health Crisis?

Mental Health Crisis

A non-life threatening situation in which a person is experiencing an extreme emotional disturbance or behavioral distress, may be considering harm to self or others, may be agitated and/or otherwise unable to be calmed.

Examples:

- Talking about suicide
- Making threatening statements
- Erratic/Unusual behavior
- Severe impairment to daily functioning

How to help someone experiencing a Mental Health Crisis?

- Offer Hillcrest Urgent Care Appointment (Same day in-office)
- Contact Hillcrest
- Arrange transportation to Hillcrest Mental Health Center
- Person meets with therapist for assessment, safety planning, and coordination of services

How to decide where to go?

Hospital Emergency Room
For Mental Health Emergency:

- Person is immediate danger to self or others
- Severely disoriented or inability to function

Mental Health Center
For Mental Health Crisis

- Non-life threatening situation
- Considering harm to self or others
- Unusual behavior

Hillcrest Family Services

Mental Health Centers

-Henry, Louisa, and Washington
Counties

Emergency Departments

-Mt. Pleasant
-Sigourney
-Washington