PSYCHIATRY ATLAS

NEED MENTAL HEALTH HELP? KNOW WHO TO CALL

988 Lifeline online



EMERGENCY HELP

911/ EMERGENCY ROOM

- Suicide attempt or immediate risk of serious self-harm
- Overdose, unconsciousness, chest pain, severe breathing trouble, or seizure
- Immediate threat of harm to yourself or others, or any other life-threatening emergency
- Severe or rapidly worsening mental health symptoms or trouble staying safe
- New confusion or sudden changes in thinking or awareness
- Serious medication reactions

Immediate danger or unsafe travel? Call 911 instead of driving

Calling 911 or going to the ER does NOT automatically mean hospitalization



URGENT HELP

CALL OR TEXT 988

You do not have to be suicidal

Suicide & Crisis Lifeline • Free support, 24 hours a day, 7 days a week

- Feeling overwhelmed, severe anxiety or panic, or a mental health or substance-use crisis
- Suicidal or self-harm thoughts without immediate physical danger
- Concern about a loved one
- Unsure whether to call 911? 988 can talk you through discussing options
- Confidential, with safety and legal exceptions

You don’t have to do this alone

If this doesn’t sound like what you’re going through, you can still reach out by calling a trusted friend or family member and letting them know how you’re feeling

988 does not replace 911 for immediate danger



NON-URGENT HELP

Not an emergency? You don't have to wait

Outpatient psychiatry or primary care provider (PCP) • No immediate emergency

- Ongoing anxiety or depression, or problems with sleep, stress, or coping
- Non-emergency medication questions, medication side effects, or medication changes
- Understanding symptoms, check-ins, and follow-up appointments

If you don’t have a mental health provider, consider asking your PCP for a referral

Do not wait for a routine visit if symptoms become urgent or you cannot stay safe

YOU DO NOT HAVE TO BE IN CRISIS TO ASK FOR HELP

Seek support early • Unsure about immediate danger or a medical emergency? Call 911

Sources and References

1. **Calling 911**
   National 911 Program · Updated 2023-01-24
   https://www.911.gov/calling-911/

2. **Key Differences Between 988 & 911: Social Media Series**
   Substance Abuse and Mental Health Services Administration · 2025
   https://www.samhsa.gov/resource/988/key-differences-between-988-911-social-media-series

3. **Confidentiality**
   988 Lifeline · Updated 2026-08
   https://988lifeline.org/confidentiality/

4. **Help for Mental Illnesses**
   National Institute of Mental Health · Reviewed 2026-04
   https://www.nimh.nih.gov/health/find-help

5. **Recognizing medical emergencies**
   Jesse Borke · MedlinePlus Medical Encyclopedia · Reviewed 2025-01-08
   https://medlineplus.gov/ency/article/001927.htm

6. **First Aid for Seizures**
   Centers for Disease Control and Prevention · 2024
   https://www.cdc.gov/epilepsy/first-aid-for-seizures/

7. **Involuntary Civil Commitment: Fourteenth Amendment Due Process Protections**
   Hannah-Alise Rogers · Congressional Research Service · 2023
   https://www.congress.gov/crs_external_products/R/PDF/R47571/R47571.1.pdf