

Mental Health Crisis Procedures

Whereas we recognize that mental health of individual members is not only an essential ingredient of overall health, but also intrinsically linked to the health of our organization and the well-being of building a movement in community

Whereas the chapter is in need of procedures and best practices established to address mental health crises experienced by members, to best respond and practice care for one another

Whereas we cannot rely on all resources equally for addressing mental health, and must be able to distinguish between resources that can perpetuate further harm and those that can lead to harm reduction

Let it be resolved that Las Vegas DSA adopt these practices as their guideline to responding to members who are experiencing a mental health crisis:

1. If a member is expressing that they are having a mental health crisis, then ask if the individual has existing providers or is already receiving assistance.
 - a. If yes, encourage the individual to continue using that resource.
 - b. If no, ask if the individual has health insurance.
 - i. If yes, encourage them to call their insurance provider to find a mental health provider.
 - ii. If no, point to the Mental Health Crisis Resources library.
2. If a member is expressing that they are having a mental health crisis and you are unsure if they are in a situation that is unsafe:
 - a. If you feel comfortable, consider asking any of the following questions to identify the severity of the situation:
 - i. "What is keeping you safe right now?"
 - ii. "Are you safe?"
 - iii. "Who do you lean on for support? Can you reach out to them today?"
 - b. If the member does not appear to be a danger to themselves or others, then follow the procedures in step 1.
 - c. If the member appears to be in a situation that is unsafe or has the means and intention to do harm to themselves or others, then follow the procedures in step 3.
3. If a member is in a situation that is unsafe, or has the means and intention to do harm to self or others:
 - a. If you feel comfortable, ask if someone else is with that person who can provide help.
 - i. If yes, try to make the other individual aware of the situation so that they may intervene.
 - b. If you know the person's location, call 311 and request for a well-check. Specifically ask for a Crisis Response Trained Officer, if available.
 - c. If you do not know the person's location, contact a member of the Steering Committee so they can send a well-check to the member's last known address.
 - d. If you feel there is an emergency, call 911.

Let it be further resolved that Las Vegas DSA create a Mental Health Crisis Resources webpage on lvdsa.org that lists the following resources:

Resources for Individuals Seeking Training

- Office of Suicide Prevention - Resources managed by Nevada Division of Public and Behavioral Health
 - [Suicideprevention.nv.gov](https://suicideprevention.nv.gov)
- Mental Health First Aid Training - Training recommended by healthcare professionals
 - Mentalhealthfirstaid.org

Resources to Help Find Providers or Specific Resources

- Psychology Today - Helps find providers that match with an individual's insurance
 - psychologytoday.com
- Good Therapy - helps find providers that match with an individual's insurance
 - Goodtherapy.org
- Nevada 211 - Database of providers and community resources, managed by Nevada Department of Health and Human Services
 - Nevada211.org
 - Mental health services - nevada211.org/mental-health-service
 - Addiction services - nevada211.org/addiction-services

Support Groups

- Nami - Virtual support group sessions by topic, including training opportunities
 - namisouthernnevada.org/support-groups
 - namisouthernnevada.org/crisis
- Alcoholics Anonymous - Support group for individuals struggling with alcohol
 - aa.org
- Al Anon - Support group for individuals affected by someone with a drinking problem
 - al-anon.org
- Narcotics Anonymous - Support group for individuals struggling with narcotics
 - na.org
- Las Vegas Radical Mental Health Collective - A support group modeled after [soteria](https://soteria.org)
 - lvrmhc.org

Clinics and Facilities

- Southern Nevada Adult Mental Health Services - Clinics managed by Department of Health and Human Services with a variety of services including, but not limited to, Inpatient Acute Psychiatric, Mobile Crisis, Outpatient Counseling, Service Coordination, Intensive Services.
 - dpbh.nv.gov

Crisis Hotlines

- Suicide Prevention Lifeline - Assistance for those considering self-harm or suicide
 - 800-273-8255
- Crisis Text Line - Assistance for those considering self-harm or suicide
 - 741741
- Domestic Violence Hotline - For victims of domestic violence
 - 800-799-7233
 - thehotline.org

Services for Minors

- Division of Child and Family Services (DCFS) Mobile Crises - When a youth is in crises, can be an alternative to getting mental health responders compared to 911
 - 702-486-7865
 - knowcrisis.com

Services for College Students

- UNLV Student Counseling and Psychological Services
 - unlv.edu/caps
- CSN Counseling and Psychological Services
 - csn.edu/caps
- Nevada State College All About You Counseling
 - nsc.edu/current-students/counseling-services
- The Care Center - Provides support for UNLV, NSC and CSN community members who have been impacted by sexual violence, relationship violence, family violence or stalking
 - 702-895-0602
 - unlv.edu/carecenter

Let it be further resolved that the Mental Health Crisis Resources webpage be assessed at least annually in order to add additional resources and remove those with a history of harm.

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