



Mental Health Association of Northern Kentucky

A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND
NATIONAL MENTAL HEALTH ASSOCIATION

513 Madison Avenue, 3rd Floor Covington, KY 41011 859-431-1077 or www.mhanky.org

Preparing for a Mental Health Emergency

Things to consider in preparing for a mental health emergency:

- Writing an Advance Directive-An Advance Directive is used only when a physician determines that you can no longer able to make decisions regarding your treatment. This directive allows another person (whom you select) to make the decisions for you regarding treatment. You may have very specific medication requests or things that you do not want for yourself. A copy and explanation on how to write on is available on our website www.mhanky.org
- Keeping open communication with all doctors and therapists that treat you
- Keeping all appointments with your doctors and therapists
- Develop a support network-This network may consist of friends, family, or a support group

In the Event of an Emergency

Things to consider once you have an emergency:

- Calling Crisis Stabilization-Crisis Stabilization is quick access to a therapist, case management, and/or overnight care to help cope with a crisis. You may call NorthKey's access line at 331-3292 and ask for crisis stabilization services. They will get back to you within 30-45 minutes of your call
- Calling a suicide hotline-For immediate phone counseling call 1-800-784-2433
- Take yourself to the hospital emergency room if needed
- Call and talk to your current therapist or doctor if he/she is available
- Call and friend or family member to talk to