

Who can I contact to
learn more?

**Spring River
Mental Health &
Wellness**

Riverton Office

6610 SE Quakervale Rd.
PO Box 550
Riverton, KS 66770
620-848-2300

Columbus Office

201 W. Walnut
Columbus, KS 66725
620-429-1860

After Hours Crisis # 1-866-634-2301

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Crisis Services



<https://www.springrivermh.org/>

Crisis Line

If you or someone you know is experiencing a mental health crisis you may call **620-848-2300** Monday through Friday 8 am – 5 pm
or
1-866-634-2301 after hours and on holidays.

Emergency: If you or someone you know is in imminent danger, call 911.

When should I call the crisis line?

When you have feelings of being overwhelmed, alone, unable to cope, do not know if you can manage another day, or are worried about a family member or friend, it is a good time to call the crisis line. Crisis lines are good for people experiencing suicidal thoughts; however they are also good for helping you manage other types of urgent mental health issues.

Some of these may include:

- Relationship problems
- Depression or sadness
- Isolation or loneliness
- Feelings of self-harm
- Abusive or bullying situations
- Self esteem
- Concerns about family or friends in crisis

Trust your instincts when deciding whether to call the crisis line.

Whether you need help for yourself or someone else, there is no specific rule for determining when to call the crisis line.

Consider long-term outpatient mental health services.

Crisis lines are great to use when you need them, however regular mental health services will assist you with coping skills.

Crisis Services:

Screening and Risk Assessment:

This is a meeting with a qualified mental health professional to evaluate your current situation and to develop a plan based on your needs. This plan may include a recommendation to a hospital for more intensive services or it may include a follow up plan in the community. This service may be conducted at the office, a local hospital or emergency room, or via tele-video.

Crisis Intervention:

This is urgent care provided to interrupt a behavioral health crisis and help you resolve the issues that may have caused the crisis.

Crisis Therapy:

This is a short-term treatment designed to reduce potential damage to an individual affected by a mental or behavioral health crisis.

The crisis therapist provides immediate assessment, counseling and intervention. The crisis therapist provides emergency assessments and pre-hospital screens as determined a need. The crisis therapist maintains services to the individual and/or family until the crisis is resolved or other services are engaged. The crisis therapist coordinates services with the crisis case manager and other team members.

Crisis Case Management:

The crisis case manager provides individuals and families with crisis services to assist them in accessing resources to resolve behavioral health emergencies. The crisis case manager provides direct support until the crisis is resolved or other services are initiated. The crisis case manager coordinates care with the crisis therapist and other team members.

