



## Adult Mobile Crisis Services

### On-site help for individuals in distress

We offer Mobile Crisis Services to support adults in Macomb County experiencing a mental health crisis.

The Mobile Crisis Team can assist when someone is:

- Going through a mental health crisis or presenting behaviors that require professional intervention
- Struggling with thoughts of suicide and/or participating in self-harming behaviors
- About to physically injure themselves or others

To reach the Mobile Crisis Team, call the MCCMH Crisis Center at **586-307-9100** and ask for the Mobile Crisis Therapist. They will assess the situation and determine the best way to help.

Mobile Crisis Services are available 24/7.



Our Mobile Crisis Team includes a therapist and peer support specialist trained in intervention and de-escalation techniques.

After the crisis has been stabilized, we'll work with the person to create a safety plan and connect them with the services they need.

Contact the MCCMH Crisis Center for support 24 hours a day, 7 days a week: **586-307-9100**



If you are experiencing suicidal thoughts or emotional distress, the 988 Suicide & Crisis Line is available by phone, text, or chat 24/7. Call or text 988 or visit [988lifeline.org](http://988lifeline.org).



**MACOMB COUNTY**  
COMMUNITY MENTAL HEALTH

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board.

MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.



[mccmh.net](http://mccmh.net)



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