

**Mental Health Crisis Plan**

Patient address:

Patient phone #:

Patient's healthcare providers contact:

Primary care Provider #:

Psychiatrist #:

Therapist #:

Emergency contact: (list all family members or friends that would be helpful in a crisis situation)

#1:

#2:

#3:

Patients Medical conditions:

Patient's Medications:

Previous psychiatric history including psychosis, psychiatric hospitalizations, and suicide attempts:

Known Triggers:

What has helped in the past:

What has not helped in the past:

History of drug or alcohol abuse:

If you are considering suicide, self harm, harming others, or experiencing psychosis, severe depression or anxiety and need help the following resources are available to you for immediate help. You can always **go to any local Emergency room or call 911 for assistance**. Make sure to tell the dispatcher if 911 is called that this is a mental health crisis as many of the local police officers have been trained in Crisis intervention.

**Mobile Crisis Response Hotline:**

Lee County: (877) 928-9062

Scott County: (276) 225-0976

Wise County: (276)523-8300

Tennessee: (877) 928-9062

Para interpretar de español por favor llame : (423) 467-3726

**National Suicide prevention Lifeline:** 1-800-273-TALK (8255)

**National Crisis Text Line:** Text: HOME to 741741. Can also message on Facebook. Go to link: <https://www.crisistextline.org/>.

**Walk-in Mental Health Facility Evaluation available 24/7:**

There are walk-in sites listed below that will provide evaluation 24/7. Make sure to call in advance and ensure that they accept non-local patients as the closest facilities are located in the Tricities. These facilities only accept those who are willing to be admitted. If you are a loved one trying to find help for a patient who is not able or willing to be admitted you will need to go to an Emergency room or call 911.

Creekside Behavioral Health in Kingsport (will accept non-local patients)

1025 Executive Park Blvd Kingsport, Tn 37660

Facility phone: 423-830-8110

Free Confidential Assessment: 423-830-8114

Ballad Health Behavioral Health

24/7 Respond Helpline: 1-800-366-1132 (same for all Ballad health facilities and they can direct you to the right facility)

Ballad Health 5 East Inpatient Behavioral Health at Bristol Regional Medical Center

Will accept self admission and non-local patients

1 Medical Park Blvd. Bristol, TN 37620

Facility phone: 423-844-5300

Ballad Health ClearView Behavioral Health

58 Carroll St Lebanon, Va 24266

Facility Phone: 276-883-8280

Ballad Health Ridgeview Pavilion  
103 North Street Bristol, Va 24201  
Phone number: (423) 844-6000

Frontier Health Turning Point  
Typically will only accept patients from Tn so call ahead  
Facility Phone: 423-926-0940  
Free Confidential Assessment: 877-928-9062  
Facility Address: 208 E Unaka Ave, Johnson City, TN 37601

Green Oak Behavioral Health  
Geriatric inpatient psych  
312 Hospital Drive Clintwood, Va  
Phone Number: (276) 926-0251