NAVIGATING THE MENTAL HEALTHCARE SYSTEM: HOUSTON
FOR ADULTS LIVING WITH SERIOUS MENTAL ILLNESS

WHEN TO SEEK CARE
Feelings and situations you may experience

- In treatment, maintaining levels of independence or seeking self-care help or community support
- In treatment, participating in mental health care or transitioning to care after hospitalization
- Breakthrough or emerging signs and symptoms
- Thoughts or actions—harm to self or others, medical emergency, severe withdrawal

WHERE TO GO
Levels of care

- STABILIZATION AND SUPPORTIVE CARE
- TRANSITION SERVICES
- ACUTE CARE SERVICES
- EMERGENCY SERVICES

WHOM TO ENGAGE
Services that may help

- Mcot Harris Center
- Houston Suicide Prevention Hotline
- Nami Houston Warm Line
- 911, Crisis diversion program, Law enforcement with Crisis Intervention Team (CIT)
- 988, Law enforcement with CIT, Psychiatric emergency room, Hospitalization
- Intensive outpatient program, Partial hospitalization program, Substance abuse stabilization, Residential treatment facilities
- Therapy, Medication management, Social work, Self-help groups (community-run mental health groups), Advocacy (eg, National Alliance on Mental Illness, Mental Health America), Faith-based organizations (eg, churches)

The role of a support team:
- If you are experiencing a mental health-related situation, call someone you trust—friend, family member, caregiver—someone you love
- If you are caring for someone with lived experience, call 211 or 988