

# Mobile Crisis Outreach Team

A team of mental health professionals who help people having a mental health crisis. Help is available 24 hours a day, 7 days a week – at home, work or school, in clinics and on the streets. The Mobile Crisis Outreach Team (MCOT) also works with the Police Department, the Sheriff's Office and EMS.



We make sure that you're safe.



We create care and safety plans together.



We provide support for up to 90 days.



We connect you to other services.

**Services are available regardless of ability to pay and can be provided in many languages.**

**Someone in a mental health crisis may have a hard time dealing with everyday things.**

A crisis can happen anytime, anywhere. If you need help now, call the 24/7 Crisis Helpline at **512-472-HELP (4357)**.

*Press 1 for English, then 1 for mental health crisis support.*

# Mobile Crisis Outreach Team

## My Safety Plan

This plan can help you stay safe during a mental health crisis.

1. Get to a safe place.
2. How can I take my mind off my problems until help gets here?  
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3. Who can stay with me until help gets here?

Name: \_\_\_\_\_ Number: \_\_\_\_\_

4. Who can I call for help?

Name: \_\_\_\_\_ Number: \_\_\_\_\_

5. Which MCOT member helped me today?

Name: \_\_\_\_\_ Number: \_\_\_\_\_

Notes: