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.
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?

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:

If you have concerns about our services or staff, please contact us at feedback@integralcare.org or at 512-440-4086.