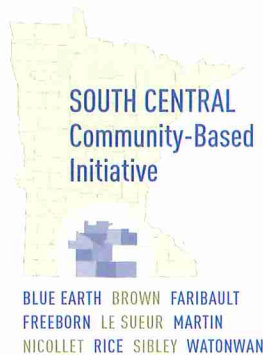




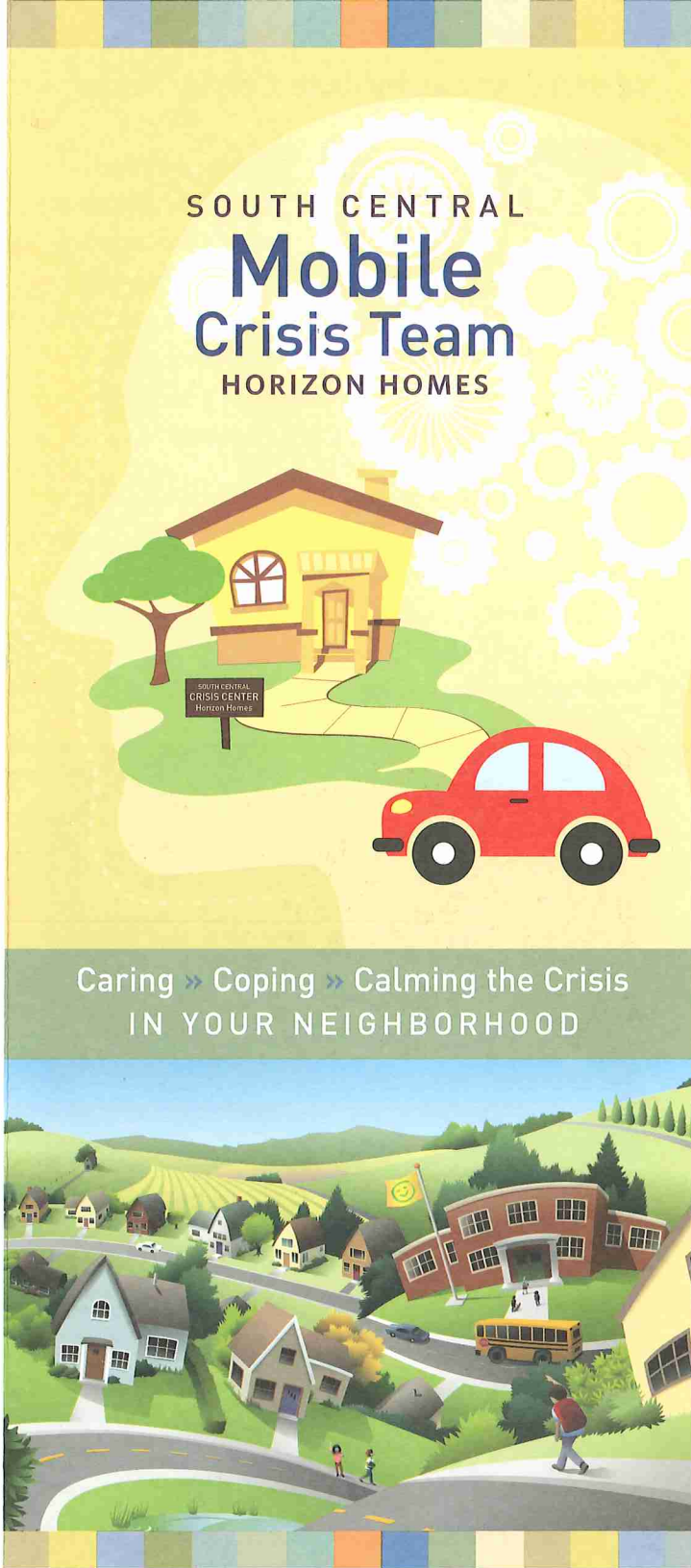
SOUTH CENTRAL  
**Mobile  
 Crisis Team**  
 HORIZON HOMES  
 877.399.3040

**What is a crisis?**

- Feelings of stress or being overwhelmed
- Plans or thoughts of hurting yourself or others
- Suddenly finding it difficult to complete normal daily activities due to stress or other symptoms
- Increase or change in symptoms such as mood, anxiety or panic attacks, hallucinations (seeing or hearing things that other people do not see or hear), or delusions (false beliefs)



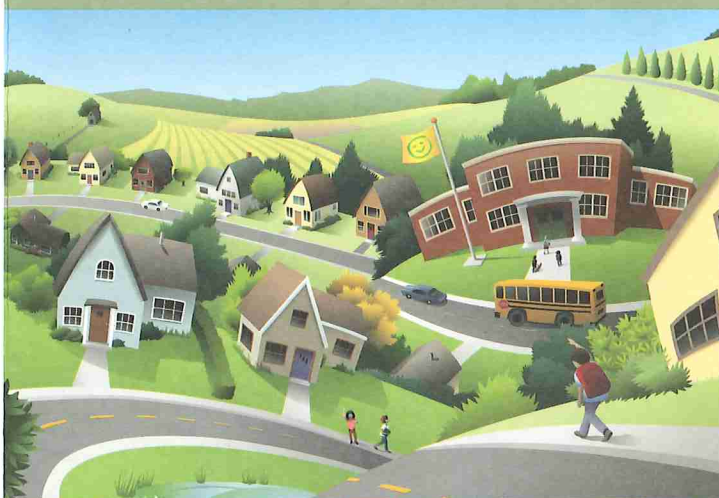
The regional Crisis Center is operated by Horizon Homes, Inc., a well-established local provider of adult mental health services, including housing, treatment, and rehabilitation options. This is possible through a partnership between Horizon Homes, Inc., the South Central Community Based Initiative, and the Department of Human Services.



SOUTH CENTRAL  
**Mobile  
 Crisis Team**  
 HORIZON HOMES



Caring » Coping » Calming the Crisis  
 IN YOUR NEIGHBORHOOD



## SOUTH CENTRAL Mobile Crisis Team



The Mobile Crisis Team is available to provide support for children, teens and adults who are experiencing a

mental health crisis in the comfort of their own home or other community location.

### SERVICES OFFERED

- Problem solving and coping strategies
- Referrals to other local services
- Family education and support
- Crisis prevention planning
- Brief ongoing support



### Accessing Services and Referral Process

**Call 877.399.3040**

We will gather information about the situation, and if needed, can send two crisis team members to meet with you.



### Frequently Asked Questions

**Q: When is the Mobile Crisis Team available?**

**A:** Between the hours of 4 p.m.-12 a.m., seven days a week.

**Q: Will I be charged for this service?**

**A:** We will ask for insurance information to bill insurance companies, however, if you do not have insurance, you will not be billed directly.

**Q: Does the Mobile Crisis Team provide transportation?**

**A:** No, however, the mobile team can assist in identifying transportation resources.

**Q: Where can I meet with the team?**

**A:** We can respond to a variety of community settings including: private homes, waived service programs, IRTS programs, hospitals, nursing homes, jails, community offices, etc.

**Q: What areas do you serve?**

**A:** The service area includes the counties of: Blue Earth, Brown, Faribault, Freeborn, Le Sueur, Martin, Nicollet, Rice, Sibley, and Watonwan.

**\* If you are experiencing a life threatening emergency, please call 911 or seek immediate assistance. \***