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)
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

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, waivered 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.

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.

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