# Resources: Psychiatric Crisis Response

## What is PMRT (Psychiatric Mobile Response Team - LA/CAT (Crisis Assessment Team - OC)?

* Non-law enforcement mobile crisis response teams – available 24/7
* County Mental Health Team evaluates for involuntary detention if:
 - Risk of harm to self/others
 - Unable to provide basic needs (food, clothing, shelter)
* Provides crisis triage, de-escalation, and intervention

## When to Call 911

* Immediate danger (weapon, violence, crime in progress)
* Medical emergencies (injury, unconscious, urgent illness)
* Fires, car accidents, hazardous materials

## When to Call PMRT/CAT?

* Mental health crisis without immediate danger
 - LA County: 800-854-7771 (LACDMH Help Line)
 - Orange County: 866-830-6011 (CAT); 855-625-4567 (OC Links – MH services, Mon-Fri, 8 – 6 p.m.)
* De-escalation & compassionate intervention
* Crisis evaluation, short-term support, referrals
* Clinician evaluation for possible involuntary hold
**Note:** If danger escalates while waiting → call 911

## When to Call a Mental Health Professional

- Ongoing symptoms interfere with daily life
- Significant mood/behavior/personality changes
- Withdrawal from relationships/activities
- Decline in self-care
- Hopelessness or suicidal thoughts

## Resources

* Suicide & Crisis Lifeline: 988
* Crisis Text Line: Text HOME to 741741
* SAMHSA Helpline: 1-800-662-HELP
* NAMI: nami.org
* CIFT: (714) 558-9266 | <https://ciftcounseling.com/>
* SoCal Christian Counseling: (562) 551-1764 | <https://www.socalchristiancounseling.com/>
* Turning Point: (714) 451-0791 | <https://www.turningpointcounseling.org/>
* HB Christian Counseling: (949) 386-7181 | <https://huntingtonbeachchristiancounseling.com>
* Grace Counseling: (562) 598-5991 | <https://www.gracecounselinggroup.com/>
* New Beginnings: (714) 302-2346 | <https://www.newbeginningschristiancounseling.net/>
* Psychology Today directory: https://www.psychologytoday.com/us (filter: Christian therapists)